

Tips For Nursing Mothers

On Consuming Lemon Water



Drink it early in the morning or at least 30 minutes before meals

Opt for freshly squeezed lemons than premade lemon concentrate



Use lukewarm or cold water to make the drink

Do not use half-cut lemons lying in the refrigerator



Do not drink lemon water that has been stored for too long

Do not store lemon water in copper bottles

