

Warm Water & Lemon: Why You Should Drink It at the Start of Every Day

Written by Ashley Pitman

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The way you start each day is incredibly important. Whether you're a mom, a coach, a writer, a small business owner or a yoga teacher, what you do first thing in the morning matters.

According to Ayurvedic philosophy, choices that you make regarding your daily routine either build up resistance to disease or tear it down.

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