



Coconut Water for Health and Healing

Bruce Fife

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Coconut water is a refreshing beverage that comes from coconuts. It's a powerhouse of nutrition containing a complex blend of vitamins, minerals, amino acids, carbohydrates, antioxidants, enzymes, health enhancing growth hormones, and other phytonutrients. Because its electrolyte (ionic mineral) content is similar to human plasma, it has gained international acclaim as a natural sports drink for oral rehydration. As such, it has proven superior to commercial sports drinks. Unlike other beverages, it is completely compatible with the human body, in so much that it can be infused directly into the bloodstream. In fact, doctors have used coconut water successfully as an intravenous fluid for over 60 years. Coconut water's unique nutritional profile gives it the power to balance body chemistry, ward off disease, fight cancer, and retard aging. History and folklore credit coconut water with remarkable healing powers, which medical science is now confirming. Published medical research shows that coconut water can aid in exercise performance, reduce swelling, dissolve kidney stones and improve kidney function, protect against cancer, improve digestion, relieve constipation, reduce risk of heart disease, lower high blood pressure, improve cholesterol levels, and enhance immune function.

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