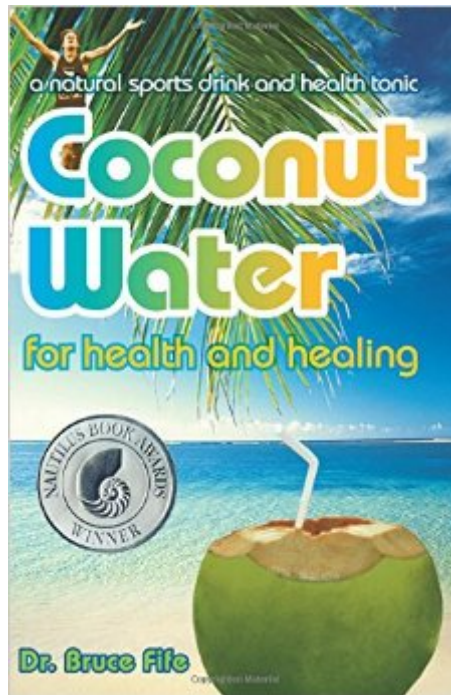


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# Coconut Water For Health And Healing



## Synopsis

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.

## Book Information

Perfect Paperback: 223 pages

Publisher: Piccadilly Books, Ltd. (January 1, 2008)

Language: English

ISBN-10: 0941599663

ISBN-13: 978-0941599665

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 12.5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (27 customer reviews)

Best Sellers Rank: #61,997 in Books (See Top 100 in Books) #15 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #35 in Books > Medical Books > Allied Health Professions > Diet Therapy #1081 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

Firstly, I would like to explain that coconut water is the liquid found in the coconut, as opposed to coconut milk, which is a manufactured product produced by crushing coconut meat and extracting the juice. Now, with regard to the book, I must admit that I found most of it extremely boring and thus

not easily read, due mostly to its scientific content. Though the basic content of the book is absolutely important. It turns out that coconut water is a superfood that saves lives. It can be used intravenously, its composition being "remarkably similar" to that of human blood plasma, thus making it more effective than standard IV saline solutions for rehydration. Dehydration is a serious problem, for example, during cholera epidemics. Oral rehydration with coconut water has proved to be extremely effective, though there is much resistance to its use from the medical profession. Coconut water is superior to all other beverages for rehydration. Water is not enough, since the decisive factor is the electrolyte content of the fluid used, and coconut water contains the necessary electrolytes, most importantly, it has a high potassium content. Coconut water is effective against Crohn's disease, strokes, kidney stones, urinary tract infections, edema, cardiovascular disease, atherosclerosis, high blood pressure, etc, etc.

I bought the "Coconut Water" after 3 months ago having received and read the "The Coconut Oil Miracle", and after that bought "Virgin Coconut Oil", all written by Dr. Bruce Fife. It all started about 3 years ago by buying especially many healthy books, that is about eating the right things and doing the best exercise. It came when I discovered that there was something wrong with one of the bones, happily before it broke, and had to have an operation. And then after being to cholesterol measures for me and my wife in February last year, 2009, and for her getting a bad result, more books by. And about the cholesterol it showed up, in the new bought books, that what I had learned in the 1960's when I was a teenager, and also read in books bought in Denmark in the 90's was wrong. But first in this year, 2010, after buying and reading nearly 100 books concerning (most) eating and exercise, I came to the books about coconuts. And then also about this, coconuts, found that it was much misinformation we had got in nearly all of the years since the second world war. Because we had been told about sorting fats in only good and bad and thereby coconuts came to be bad. And then it has shown up that this was totally wrong, and instead all concerning coconuts is the best we can get. After reading the 3 mentioned books by Bruce Fife, and our knowings now a day, I think that it is a shame that in most of books concerning healthy eating the coconuts is not even mentioned, even though it showed up to be the most healthy. But without doubt it will change in the future, that is that all concerning coconuts will get into the books about healthy eating. All of the books written by Dr. Bruce Fife are written in good ways and have many good informations, both scientifically and about cases.

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