



## Coconut water for health

I want share with you truth behind the power of coconut water. And I suggest that a person should keep it in stock.

Coconut water is a refreshing beverage that can enhance your health both mentally and physically. Known for its concentrations of electrolytes, vitamins, and minerals, Coconut water's natural electrolytes make it a solid match for traditional sports drinks like Gatorade. Studies have shown that coconut water can perform just as well or if not better as a traditional sport's drink to keep you hydrated and help replenish fluids after a run. That's why many people reach for coconut water as a more natural performance drink. Coconut

water is ideal for drink after a hard exercise workout routine. Good Source of Several Nutrients. Coconut water relieve headache and migraines, supporting pregnancy, improving skin condition, preventing cancer, fighting bacteria, help repair damaged hair. have Antioxidant Properties, Benefits Against Diabetes, Help Prevent Kidney Stones, Support Heart Health, Reduce Blood Pressure. Beneficial After Prolonged Exercise Coconut water has more than 10 times the amount of potassium of most sports drinks. An 8-ounce glass of coconut water is packed with as much potassium as a banana. Coconut water helps to move calcium and potassium into muscles to aid in contraction and relaxation. Coconut water also helps with energy production and supports organ function. A hard workout can leave you depleted in magnesium and prone to cramps, restless muscles, and spasms. While coconut water contains more calcium and magnesium than other sports drinks or fruit juices, it is not a concentrated source of either mineral.

### **Delicious Source of Hydration.**

Free radicals are unstable molecules produced in your cells during metabolism. Their production increases in response to stress or injury. Coconut water contains Amino acids and they are essential for repairing tissues and are the building blocks of protein. Coconut water contains more alanine, arginine, cysteine, and serine than cow's milk. It's a major source of arginine, an amino acid that helps your body responds to stress (like the stress caused by a difficult workout). Arginine may also help keep the heart healthy. When there are too many free radicals, your body enters a state of oxidative stress, which can damage your cells and increase disease risk. Coconut water contain The hormones that help plants grow, also known as cytokinins, are also found in Cactus water. These compounds are known to have antiaging and cancer-fighting properties. The magical coconut water is nourishing for the fetus and strengthens your body as well. You can obtain various necessary nutrients by consuming only one glass of fresh coconut water. A single serving is enough for an expectant mother as it contains adequate amounts magnesium, potassium, amino acid, and vitamin C and B complex. Moreover, coconut water is a safe source to obtain fiber and few calories that will help maintain body weight during pregnancy.

Research that people who are exposed to toxins, has shown that coconut water contains antioxidants which modify free radicals so they no longer cause harm. people with liver damage showed significant improvement in oxidative stress when treated with coconut water. Drinking enough fluids is important for kidney stone prevention. Once you start drinking coconut water regularly, you will forget treating your skin with chemical-filled beauty products. It doesn't only treat dry and damaged skin but the cytokines found in the water work as a natural moisturizer. When consumed regularly, these cytokines prevent pre-mature wrinkles, reduce pigmentation. Apart from this, fresh coconut water will also help reduce acne and skin irritation. Being an antimicrobial, coconut water has potential to destroy positive and negative gram bacteria preventing you from several infections. Consuming fresh coconut water can help in combination with cancer treatment. It has been proven as an active anticancer agent that is potent enough to sedate the growth of cancerous cells in your body. Although plain water is a great choice, one study suggests that coconut water may be even better. Kidney stones form when calcium, oxalate and other compounds combine to form crystals in your urine.

These can then form stones. However, some people are more susceptible to developing them than others. In a study people with kidney stones, coconut water prevented crystals from sticking to the kidneys and other parts of the urinary tract. It also reduced the number of crystals formed in the urine Drinking coconut water may be helpful to reduce heart disease risk. In one study, people that consumed coconut water had reductions in blood cholesterol and triglycerides. They also experienced significant decreases in liver fat. Coconut water has the same consistency as blood plasma. Coconut water can used in cases trauma emergency. American soldiers at war would often use coconut water as a substitute blood transfusion in cases of heavy loss. Feel free to contact Me about this or any health issues you may be going through.