



[DOWNLOAD PDF](#)

Coconut Water for Health and Healing: A Natural Sports Drink and Health Tonic

By Bruce Fife

Piccadilly Books, U.S. Paperback. Book Condition: new. BRAND NEW, *Coconut Water for Health and Healing: A Natural Sports Drink and Health Tonic*, Bruce Fife, Coconut water is a refreshing beverage that comes from coconuts. It is 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 and clinical observation have shown that coconut water: makes an excellent oral rehydration sports beverage; aids in exercise performance; reduces swelling in hands and feet; aids in kidney function and...



[READ ONLINE](#)

[4.63 MB]

Reviews

An extremely wonderful ebook with lucid and perfect explanations. I was able to comprehend almost everything using this composed e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Kimberly Carroll

This ebook could be worthy of a go through, and a lot better than other. I have study and that i am sure that i will likely to read through yet again once more in the future. I found out this pdf from my i and dad suggested this pdf to discover.

-- Lorine Rohan