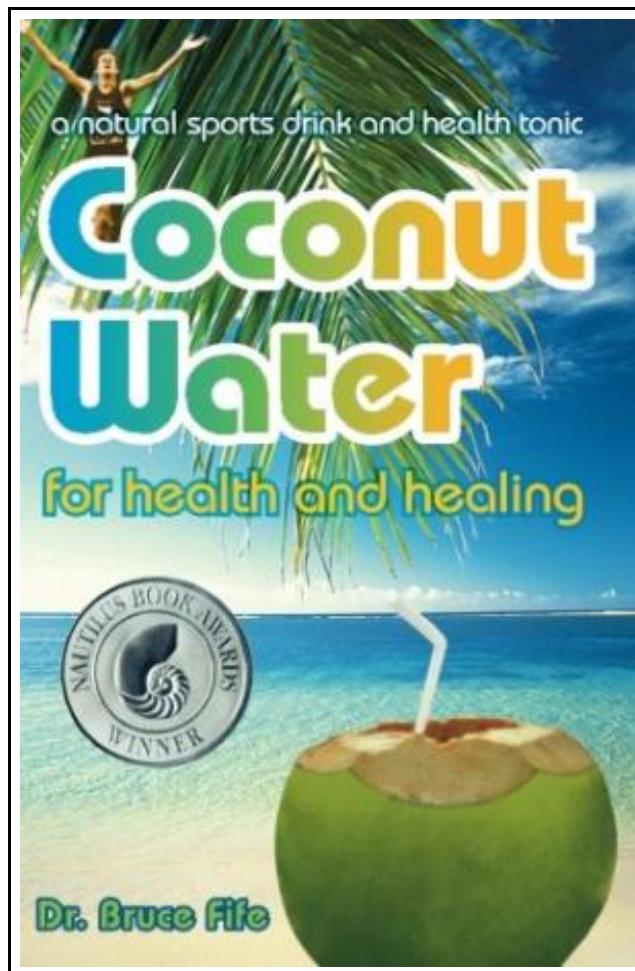


Coconut Water for Health and Healing: A Natural Sports Drink and Health Tonic



Filesize: 8.78 MB

Reviews

The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.
(Tomasa Witting)

COCONUT WATER FOR HEALTH AND HEALING: A NATURAL SPORTS DRINK AND HEALTH TONIC

[DOWNLOAD PDF](#)

To get **Coconut Water for Health and Healing: A Natural Sports Drink and Health Tonic** PDF, make sure you follow the link listed below and save the ebook or have accessibility to additional information which are in conjunction with COCONUT WATER FOR HEALTH AND HEALING: A NATURAL SPORTS DRINK AND HEALTH TONIC book.

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 dissolves kidney stones; protects against cancer; helps balance blood sugar; provides a source of ionic trace minerals; improves digestion; contains nutrients that feed friendly gut bacteria; helps relieve constipation; reduces risk of heart disease; improves blood circulation; lowers high blood pressure; improves blood cholesterol levels; helps prevent atherosclerosis; prevents abnormal blood clotting; possesses anti-aging properties; and, enhances immune function.



[Read Coconut Water for Health and Healing: A Natural Sports Drink and Health Tonic Online](#)



[Download PDF Coconut Water for Health and Healing: A Natural Sports Drink and Health Tonic](#)

Related Books



[PDF] Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online

Click the hyperlink listed below to download "Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online" document.

[Save Document »](#)



[PDF] A Parent s Guide to STEM

Click the hyperlink listed below to download "A Parent s Guide to STEM" document.

[Save Document »](#)



[PDF] Brown Paper Preschool: Pint-Size Science : Finding-Out Fun for You and Young Child

Click the hyperlink listed below to download "Brown Paper Preschool: Pint-Size Science : Finding-Out Fun for You and Young Child" document.

[Save Document »](#)



[PDF] Daycare Seen Through a Teacher s Eyes: A Guide for Teachers and Parents

Click the hyperlink listed below to download "Daycare Seen Through a Teacher s Eyes: A Guide for Teachers and Parents" document.

[Save Document »](#)



[PDF] TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

Click the hyperlink listed below to download "TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)" document.

[Save Document »](#)



[PDF] TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

Click the hyperlink listed below to download "TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)" document.

[Save Document »](#)