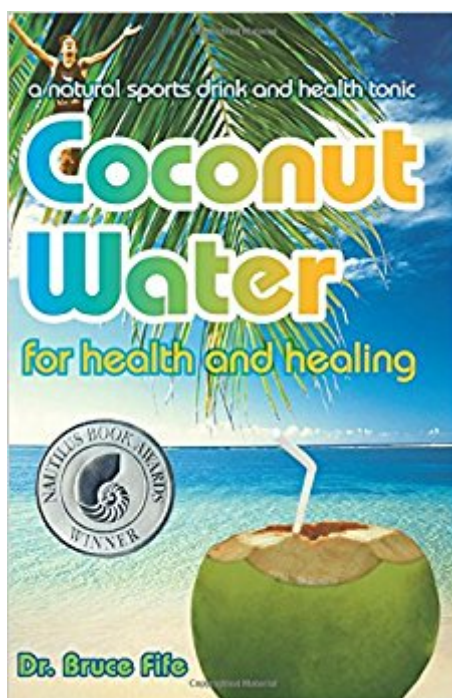


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# Coconut Water For Health And Healing



## 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

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## Customer Reviews

Dr. Bruce Fife is the author of 20 books and serves as the Director of the Coconut Research Center. He is considered the world's leading authority on the health aspects of coconut.

This book has some wonderful information about coconut water and its uses. I love the story about the woman who was on the cruise and was going to go back and have cataract surgery. This fellow accidentally splashed coconut water into her eye while opening a coconut on the tropical island. She found that it healed the cataract and put it in the other eye. She did not have to have cataract surgery after all. It is wonderful to read about things like that and know that God has already provided a cure for our bodies in his coconuts. Wonderful read and I learned so many things. I love the taste of coconut water. I especially love Vita Coco flavored with pineapple. It is great and also the lemonade. I think that with a little bit of fruit flavoring it helps it to go down well but I also put it in fruit smoothies and do love it, all the way around. It does a body good!!

Really informative Virgin young coconuts are in a lot of Asian food markets in the usa and a lot of stores like Grocery outlet carry them. They MUST be refrigerated in the stores and you need to have them do that. Most store owners think they are the REGULAR coconuts. No they come over on refrigerated storage freight containers from Thailand and other countries and they rot here at Whole Foods and other places and they DON't know they must be refrigerated. The fresh young 5-8 months coconuts sweet water not bitter like older coconuts, equals the blood plasma used to give people in traumatic situations. It brings all your blood test levels UP yes and no side effects. It is a bit higher in potassium and lower in Sodium but can help ANYONE that has body health problems. Proven not b.s. It is the liquid you drink and there is 12 -16 ounces in some of them. This book is the key and explains it all. When opened and put liquid in a sealed glass jar only lasts a couple days before turning bitter and fermenting. NO FAT that is False Information I have cleared cataracts using the 4 drops in the eye for 5 days. Use a warm washcloth in a darkened room and use one of your vitamin or colloidal silver dropper bottles do in the evening in a soft lited room and put cloth over each eye after doing the drops and covering with the warm cloth maybe a minute. I videotape this on my 21 yr old cat and I have it on tape after the third day you can see on the video an onion skin like filmy grey looking like a contact lens lifting off the iris and then it dissolved the next day;, My cat can see.. :YES I gave a copy of video to my holistic vet. He was blown away. The account at the vet was remarking about it when He listened, he had just paid \$4000 an eye to have his cataracts removed. It is in the book but tucked into the copy. Some lady splashed some coconut water in her eyes and it improved her sight.....there is a direct statement from the author on this if you find it. Also the thin white meat once you BREAK into the coconut after you remove the water safely is thin and can be used to let babies and kids chew and make fruit smoothies with. I do that with kiwi fruit mixed and you want holistic ice cube tray popsicles for the kids with no red#40 or any other toxins do this

blend coconut and melon like cantaloupe or watermelon or kiwi and freeze in plastic NOT METAL trays. there you go..Or freeze it like I said and make smoothies out of it. Carry on to the EXTREME I used it for a killer dessert. I freeze it and then take out before a solid freeze and put in the blender again and Jolia! FRUIT SORBET SSSOOOOOOOOOOOOOOOOOOOOOOO beautiful served in a glass martini like goblet!!!

This is the third book I read related to coconut from Dr. Bruce Fife. It's amazing how little we know about this amazing super food. I grew on an island (Puerto Rico) where coconuts are everywhere but the people here barely use them, they just don't know how good it is. 80% plus of our food is imported, which means processed and there is a lot of cases of heart disease, diabetes just to name a few. Problems that coconut in it many forms can help resolve. Once you introduce coconut to your life you start to see changes really fast. I did not like coconut water now I love it. Read also The Coconut Oil Miracle.

This should be in everyone's refrigerator. Its a Sports drink, Natures drink for life giving fluids to enrich our blood and stop dehydration. When it comes to Coconut, Dr. Fife has no equal. His books are my Bible.

Everything you ever wanted to know about coconut water and its benefits. Clear, concise, and easy to understand. Very useful information. I highly recommend this book.

I am most satisfied with this book and the information provided in it. I've begun using it as a beverage that I drink. I have shared the information in it with others who are very interested in its health benefits especially rehydration.

Though I'd read about the benefits of coconut water, I wasn't too keen on it. I'd tried one brand and it was awful. However, after reading Dr. Fife's book, I decided to give it one more try. There really IS a difference in coconut waters, and I found one that is palatable. I use it when making doggie treats and also include it in my smoothies.

I won't tell you what my problem was--but years of doctors didn't solve it. Nine days--just 9 days--after I started drinking coconut water, it worked. And believe me, I'm still drinking it!

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