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Coconut water is considered as one of the purest natural liquid available on earth, next only to water. There are innumerable health benefits of coconut water which most of us are quite unaware of. We get coconut water from unripe coconut while a matured dark brownish coconut contains a white spongy substance inside that is used in cooking various ingredients.

Health benefits of coconut water

To hydrate the body

Coconut water is a natural isotonic solution which can replace the lost fluids and minerals in the body in no time. Physical activities drain so much fluid from our body besides soaring up the internal body temperature. The coconut water is also one of the best natural body coolants. So, if you are back from any tiring physical activity, have a glass of coconut water and get back the energy and stamina instantly. As a fact, the United Nations Food and Agriculture Organization (FAO) once stated that coconut water should be included as one of the sports drinks for the benefit of player's health.

To get rid of urinary problems

Regular intake of coconut water helps to get rid of many kinds of urinary problems. In fact, strangury, polyuria and any other urinary problems can be reduced by drinking coconut water regularly.

To kill Intestinal worms

For people who are plagued by intestinal worms, drinking a glass of pure coconut water mixed with one teaspoon of olive oil will effectively clear the worms in the stomach and aid in better digestion.

Coconut water for kidney stones

People having kidney stones or any bladder problems should have coconut water once every day in addition to the medicines prescribed by the doctor. Coconut water when taken regularly helps to break the kidney stones and enables better ejection of urine.

Coconut Water in Blood Transfusion

Ever heard of coconut water being used in the emergency ward? After detailed research, doctors have concluded that coconut water is pretty much identical to the blood plasma with respect to its properties. This makes it an ideal inclusion in blood transfusions. In emergencies, coconut water is used as substitutes for the standard IV fluid. During the Second World War, thousands of soldiers were saved by the emergency transfusion of coconut water as a substitute for blood plasma.

Coconut Water To control Vomiting

Coconut water is used to stop vomiting. People suffering from typhoid, malaria, or fevers tend to vomit very often after eating. This is because the body doesn't accept the food. Coconut water is full of nutrients and is naturally sterile. It is readily absorbed by the body even during illness. This in turn helps to stop vomiting.

Coconut Water For Pregnancy

Doctors recommend having Coconut Water during pregnancy. The electrolytes in the coconut water help to maintain the same kind of balance in the blood which means performs the functions of the blood plasma and saves the person's life. Tender coconut water is loaded with electrolytes. And it is also rich in potassium, magnesium, and chlorides. Coconut Water is also a good source of moderate amounts of proteins, sugar, and sodium. Plus it contains moderate amounts of dietary fiber, calcium, riboflavin, manganese, and Vitamin C. And the list of benefits goes on and on! If you wish to know more about the health benefits of coconut water, you may surf the web using high-speed Internet connections availed by any of the popular Broadband Providers.

Thus, there are innumerable benefits of coconut water to our health. And it is one of the natural gifts (or medicines!) of God. It doesn't infringe side effects to the health. The availability of coconut is not a problem; they are abundantly grown all over the world. So, make this natural liquid a part of your everyday diet and be healthy!

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