**Health Benefits of Coconut Water**

With the scorching heat of the sun radiating its massive heat waves, all everyone could think of is a huge glass of water. It would be even more preferable if the water is refrigerated or if it is some sort of a carbonated soft drink. It is nobody’s fault that people today are highly addicted to soft drinks in spite of knowing the harmful effects that they might cause, because circumstances lead us to take foolish decisions. Ok! So does that mean there is no way to stop the consumption of cool drinks? There definitely is a way where we can begin to reform our habits with more healthy alternatives. One such alternative is “Coconut water”.

I know. So much for a coconut water. But, we can’t deny the fact that it is refreshing and nutritious at the same time. Considering the need for mortals to stay refreshed in the burning summer on one hand and staying healthy on the other, it is a clear win-win situation. Before the introduction of all types of cold drinks, it is coconut water that ruled the charts. It is not only easily available but is also affordable by everyone. There is no much time required for preparation considering it being naturally prepared. All that is needed is a sickle to cut open the coconut and enjoy the divine kernel and liquid.

Derived from young tender coconuts, coconut water is sweet liquid that is rich in electrolytes, vitamins, minerals and other antioxidants. People have started to believe that coconut water seems to be a worthy substitute for sport drinks and other carbonated drinks. It not only fulfills the taste factor with fewer calories and less sugar, but additionally proves to be a healthy beverage that is popular for many health benefits.

For starters, coconut water has the ability to re-hydrate the body. It has an electrolyte composition pattern similar to that of a human body. So, consumption of coconut water maintains the fluid balance in the body. It also keeps blood pressure at the normal level and supports proper functioning of muscles. It is a fact that humans tend to lose electrolytes while sweating. And considering the increasing levels of heat, it is no wonder, we are bound to lose more than the usual. How can we compensate the lost electrolytes? Tadaa! Coconut water to the rescue.

Next, as mentioned earlier, coconut water is a rich source of vitamins and minerals that are essential for good health. It is identified to be an excellent source of Potassium, which plays a major role in maintaining proper heart health, blood pressure and other muscular actions. Study quotes that consuming coconut water helps lower blood pressure in individuals suffering with hypertension. It is also a good source of Calcium, Magnesium and Phosphorus, which are a must for strong bones and teeth. It has also got Iron, which is mandatory for healthy blood cells.

Following the nutritional benefits, the next we are about to encounter is the antioxidant properties of coconut water. With the ample amount of antioxidants, coconut water protects the body from stress and free radicals. Free radicals are nothing but unstable molecules which can possibly damage cells and may even contribute to major heart diseases, cancer and diabetes.

Coconut water is also identified for its anti-inflammatory property that helps to reduce inflammations in the body. Science states that inflammation is a natural response of the immune system to any external sources entering our body. Yes, it is a good sign. But, we humans tend to blow the balloons bigger assuming the worst for everything. Solving that problem is quite simple. Take a sip of coconut water and search for the inflammations getting vanished.

I guess its enough talk about the starters. Let’s take a quick glance at the main course. Imagine a huge platter of all your favorite foods lined up in front of you with the added privilege that all of it is free. Most importantly, you don’t have to share it with anyone. I don’t know about you, but the next moment I’ll be in my own world racing hastily to finish all of it. It is times like these where there is no diet conscience or any kind of barriers. Naturally, we eat a lot more than what we usually consume. We can also hear our stomach growl, not because its empty, but because it is full to the brim.

Amateurs say to drink water to stabilize the diet. Legends advise to take Gelusil, ENO or other antacids. Ultra legends however drink coconut water to ensure proper digestion. It is indeed a powerful source of dietary fiber, that is required for digestion. It also avoids constipation and ensures the maintenance of a healthy gut. It is proven that coconut water reduces risks of obesity, stomach upset, heart burn and indigestion. It in fact also supports weight loss with the lower calories and sugar, and improves metabolic health. So, it gradually provides a feeling of satisfaction and thereby, prevents over eating.

Adding more, coconut water prevents the formation of kidney stones by reducing the calcium concentration and oxalate concentration in the urine. In a similar experiment conducted on rats to find the level of oxalate in kidney stones, coconut water truly is a natural solution. As we all know by now, coconut water has got Potassium. The potassium content helps to improve the functioning of the kidney and moreover, it reduces the risk of kidney stones.

Having its magic performed not only in physical health, coconut water has got its benefits getting branched all the way covering skincare also. It is observed that coconut water has got cytokinins which are plant hormones that multiplies the cells and maximises division. Cytokinins is known for its anti-aging effects which guarantees to maintain proper skin health. It also protects the skin from the harmful effects of the ultraviolet radiations and other external pollutants. So, coconut water on; appearance of wrinkles and fine lines gone!

With all the above discussed benefits, coconut water stands as the solid source that would boost the immunity system. Apart from the vitamins and minerals, coconut water has particularly got vitamin C which ensures strong immune function and prevents any form of infections that might occur. “A sound mind in a sound body” is the motive of coconut water that boosts up the immune system paving way to a healthy body that in turn keeps the mind calm.

Having heard all the positive sides of coconut, all those groups of people who have already started taking coconut water will be grinning for sure. And those who haven’t might have started sipping their glass of coconut water by now. Oh! Forgot to mention that coconut water also has its effects in dental health. It has got a high lauric acid content that brings about its antimicrobial property. It is an important asset for maintaining good tooth and oral hygiene. It can be used to treat oral sores as well.

With all the advancements in our lifestyle, food, clothing, technology, etc, people tend to get easily attracted by the external posh sources that are immigrated within our tradition. We are blinded by the illusions which the newly colonized products have on us. We gradually forgot our identity and began losing our originality. It is not wrong to welcome foreign products or adapt to their way of living. But, it also doesn’t mean that we can forget our age old customs. Exploring new areas at the expense of depleting the already existing remedies is a huge no. However, there are cases where the originality has been restored after understanding that the new transitions are not worth it. So, many problems, one solution and that is Coconut water.

By,

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