

## Coconut water: Perfect Electrolyte Balance from Mother Nature

Coconut water is:

\* Rich in natural vitamins (especially the B vitamins), minerals, and trace elements (including zinc, selenium, iodine, [sulfur](#), and manganese). Vitamins are necessary for the enzymatic reactions your cells need in order to function.

\*Full of amino acids, organic acids, enzymes, [antioxidants](#), and phytonutrients.

\*Rich source of electrolytes and natural salts, especially potassium and magnesium.

\*Light, low-calorie and nearly fat-free, as well as low in [sugar](#) but pleasantly sweet—contains about a fifth of the sugar of other fruit juices, like apple or grape juice, as well as containing a little fiber to moderate absorption.

\*Rich in cytokinins, or plant hormones, which have anti-aging, anti-cancer, and anti-thrombolytic effects in humans.

Coconut water also has an [alkalizing effect on your body](#), which can help correct the cumulative effects of acidifying foods that make up most diets today. For a complete nutritional profile, refer to the tables at the Coconut Research Center site.<sup>1</sup> The list of health benefits of coconut water is impressive, and growing by leaps and bounds with each new scientific study.

Electrolytes<sup>3</sup> are inorganic compounds that become ions in solution and have the capacity to conduct electricity. They are important for electrical signaling—and of course your brain, heart, muscles, and nervous system are all bioelectrical systems. Your cells use electrolytes to maintain voltage across their membranes and carry electrical impulses to other cells.

Things like water balance and blood pH depend on your body's proper electrolyte balance, and you can suffer severe medical problems if your electrolytes fall out of balance.

Fresh coconut water is one of the richest natural sources of electrolytes and can be used to prevent [dehydration](#) from strenuous exercise, vomiting, or diarrhea. You lose electrolytes (especially sodium and potassium) when you sweat, which must be replenished with food and water intake. Because coconut water naturally contains so many electrolytes, it's been called "Nature's Gatorade."

Coconut water has five electrolytes your body needs:

1. **Potassium**: The most important positive ion (cation) *inside* your cells; potassium regulates heartbeat and muscle function. Coconut water contains 295 mg, which is *15 times* the amount in the average sports drink

2. **Sodium**: The most important positive ion in fluid *outside* your cells, and also the one most depleted with exercise, as you lose sodium through sweat and urine

3. **Magnesium**: important for maintaining the electrical potential of your cells, proper muscle function, and preventing calcium overload
4. **Phosphorus**: Plays important roles in bone health, but also in transferring energy throughout your body, helping your muscles contract, and regulating nerve function (partners with calcium)
5. **Calcium**: Important for bone health (partners with phosphorous)

## The ONLY 'Sports Drink' I Recommend

For most average exercisers and athletes, [sports drinks](#) are not only a waste of your money, but more importantly, can actually worsen the health of most who use them. Less than one percent of those who use sports drinks actually benefit from them. Most sports drinks are loaded with things you DON'T want, like refined sugars, artificial colors, and chemicals, none of which are in natural coconut water.

If you exercise for 30 minutes a day at a moderate to high intensity, [fresh, pure water](#) is the best thing to help you stay hydrated. It's only when you've been exercising for longer periods, such as for more than 60 minutes, or in the heat, or at extreme intensity levels, where you are sweating profusely, that you may need something more than water to replenish your body.

Besides plain water, coconut water is one of the best and safest options to rehydrate yourself after a strenuous workout. If you need the electrolytes, it will provide them. If you don't need them, then it certainly won't hurt you. And as you're learning, coconut water has a mountain of other health benefits in addition to rehydration, which no commercial sports drink in the world can provide. Depending on how much salt you've lost through sweating, you might even add a tiny pinch of [natural Himalayan salt](#) to your glass of coconut water.

- Water from young, immature coconuts offers a long and growing list of health benefits, distinct from the benefits of its counterpart, coconut oil
- Coconut water is a powerhouse of natural electrolytes, vitamins, minerals, trace elements, amino acids, enzymes, antioxidants, and phytonutrients, and is low in sugar, but pleasantly sweet
- It's great for post-exercise rehydration, but also has anti-inflammatory properties, protects your heart and urinary tract, is a digestive tonic, improves your skin and eyes, supports good immune function, and can even help balance your blood glucose and insulin levels
- Coconut water is the richest dietary source of cytokinins, plant hormones that have anti-cancer, anti-aging, and anti-thrombolytic benefits in humans
- Because coconut water is isotonic and sterile (upon coming out of the coconut), it is very similar to blood plasma and has been used intravenously in emergency situations for more than 60 years