DRINKS & SMOOTHIES

Drink Coconut Water Every Day To Balance Blood Sugar Levels, Burn Fat And Much More

By bestfolkmedicine · 27/05/2019 · 2 min read



Nowadays, coconut water is one of the most popular drinks because it is delicious, refreshing, and healthy. It contains several crucial nutrients, including some minerals which most of us do not get in sufficient amounts.

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This clear liquid is found inside a green coconut or coconut which has not yet matured. When it does, the liquid transforms into coconut meat.

For centuries, this water has been drunk in tropical countries and it is considered to help alleviate numerous health issues. Nowadays, people from all over the world reap its numerous health advantages and sweet flavor.

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If you still have doubts why you need to make it part of your daily diet, continue reading the article. We will talk in detail about six amazing healing properties of coconut water.

Stay tuned!

The 6 Best Health Advantages of Coconut Water

- **Abundant in crucial nutrients**

A cup of coconut water will supply you with carbs, fiber, protein, vitamin C, magnesium, manganese, sodium, calcium, and potassium.

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- **Antioxidant power**

When there is excessive amount of free radicals in the body, it goes into a state of oxidative stress which may damage the cells and elevate the risk of illnesses. According to lab animal research, coconut water has antioxidants that can modify free radicals and prevent them from causing damage. Another study found that coconut water led to lower free radical activity, as well as more balanced triglycerides, insulin, and blood pressure.

- **Beneficial against diabetes**

Coconut water may help lower the blood sugar levels, according to studies done with diabetic lab animals. Further controlled studies are necessary to confirm the effects in people.

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- **May help avert kidney stones**

Drinking sufficient fluids is pivotal for the prevention of kidney stones. Plain water is a great solution, but so is coconut water. In one study done with mice with kidney stones, coconut water averted the crystals from sticking onto the kidneys and other UT parts.

- **Good for the heart**

In a study with rats, coconut water helped lower the bad cholesterol and triglycerides and a major decrease in liver fat. The fact that coconut water was able to lower the cholesterol as much as statins is a promising finding and needs to be further researched.

- **Balances the blood pressure**

In a study with humans with hypertension, coconut water was able to better the systolic blood pressure in 71 percent of the participants. Moreover, coconut water has 600 mg of potassium in 8 oz. and potassium is a nutrient that can decrease blood pressure in hypertensive individuals and in those with a normal blood pressure.

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