

Coconut water: a remedy for blood pressure

By [Genevieve Aningo](#)

Posted In [Diet](#)

A Nutritionist with Alpha Clinic Dawaki, Abuja, Aisha Abdullahi, on Monday said that coconut water helped dilate blood vessels, improve blood flow and regulate blood pressure in humans.

Abdullahi, who made the assertion in an interview in Abuja, disclosed that the most essential thing about the liquid was its low carbohydrates and sugar content and its 99 per cent fat-free.

According to her, the minerals, potassium and magnesium in coconut are known to help to reduce high blood pressure, noting that coconut water contains more of potassium than the ones found in banana.

She also said that these qualities made it the number one choice juice among dietary drinks.

The nutritionist said that coconut water had been proven to be a universal natural donor for it contained a lot of vitamins and minerals necessary for healthy human nutrition.

“As a natural isotonic drink, coconut water has the same level of the electrolyte balance as blood plasma.

“Its composition is high in thiamine, magnesium, niacin, phosphorus, vitamin B12, iron, vitamin B6, potassium, foliate, zinc, pantothenic acid, sodium, riboflavin, calcium and manganese,” she said.

She noted that coconut water had less sugar and sodium content compared to most sports drinks due to its rich content in potassium, calcium and chloride.

“This makes it a better choice to rehydrate, replenish and boost the body energy levels after a strenuous activity.

“Drinking coconut water on a regular basis could be quite effective at regulating blood pressure due to its high concentration of potassium.

“Coconut water has a therapeutic effect on the urinary and reproductive systems.

“It is reported to clear up bladder infection, remove kidney stones and improve sexual vitality.

“Coconut water is promoted as a natural sports drink that could be consumed before, during or after a workout to provide replenishment and re-hydration applicable to all levels of activity,” she added.

The nutritionist said that coconut water was a natural electrolyte and isotonic beverage which helps increase the body’s metabolism that could be of great benefit to people with weight challenge.

According to Abdullahi, coconut water acts as a detoxifying agent, and a strong antidote against any form of poisonous infusion in the body.

She explained that the liquid was a great antiviral and antibacterial substance which helped to fight against intestinal worms, parasites and other gastrointestinal tract infections in children and adults.

“Additionally, the water from coconut may not only act as an antibiotic but it can also rehydrate the body.

“Therefore, a simple remedy for intestinal worms is to mix one teaspoon of extra virgin olive oil into a cup of coconut water and drink it daily for at least three days,” she said.

Abdullahi prescribed daily consumption of one cup of coconut water twice as remedy for constipation, diarrhea and other common digestive problems.

She also said that coconut water could perfectly help increase good cholesterol, regulates blood sugar and cholesterol levels and as well as maintain good condition for the cardiovascular system.

She encouraged people to add coconut water to be part of their daily menu “if they wish to see healthy improvement in their lifestyle”, saying that the health benefits of the liquid was numerous.