

# Coconut water, Nature's Own Sports Drink!

**D**o you often get cramps in your muscles? Coconuts can help. They say it has five times more potassium than Gatorade or Powerade, and it can effectively see off your cramp woes! Qualifying to be a 'natural beverage', coconut water is a health drink that can replenish your body on any day. In fact, a mere 12-ounce of coconut water has more potassium than a banana. Besides possessing everything that makes it a good healthy drink, coconut water is high in antioxidants too. Small wonder that everybody's talking about it, the recent meeting of American Chemical Society (ACS) bearing testimony to this.



## *The Magic of Coconut Oil*

Coconut oil, yet another coconut product, can do magic as well. They say more than a dozen pathogenic viruses have been reported to be inactivated by the MCT in coconut oil. There is more! Read ahead and see the experts' take on it.

"Never before in the history of man it is so important to emphasize the value of lauric oils. The medium-chain fats in coconut oil are similar to fats in mother's milk and have similar nutraceutical effects. In the past four decades, misinformation and disinformation provided by certain politically biased agricultural groups, and repeated in professional and lay press have led people to believe that all saturated fats are unhealthy. Little attention is focussed on the facts that saturated fatty acids are not a single family of fats but comprise three subgroups; short-(C2-C6), medium-(C8-C12) and long-(C14-C24) chain fatty acids. The medium chain fats are found exclusively in lauric oils."

**Jon J Kabara,**  
Professor Emeritus, Michigan  
State University, USA

"Until just recently, the important benefit of the lauric acid in coconut oil has been largely overlooked by the medical and nutritional community"

**Mary G Enig,**  
Director,  
Enig Associates, US

