

## Pure4Health – Sripphala Devin Nielson

In South Asia, coconuts are called “sripphala” or fruit of the gods. They symbolize complete usefulness, selfless service, prosperity and generosity. Coconuts also play an essential role in many religious and social functions. Due to its many uses, the Coconut has been called the Swiss Army knife of the plant kingdom. The meat, water, fiber and shell have all been used in a multitude of ways for as long as man has been on earth. This versatility is still evident today in countless, coconut based, products from food to cosmetics.

Two distinct branches of coconut are responsible for the numerous varieties of coconuts found all over the world. As an example of this diversity, there are over 15 different varieties in the small country of Sri Lanka alone. The flavor and quality of a coconut is highly dependent on the soil where it is grown. Thailand has proven to grow the sweetest and best tasting fresh coconuts found anywhere in the world.



Did you know that Coconuts are not even nuts? Coconuts are drupes in the same family as peaches, plums and cherries. Not every coconut contains the delicious and nutritious water that is expected when cracked open. It takes a professional eye, ear, and feel to know if a coconut’s water is ready for drinking.

Coconut water is very delicate and easily spoils. Unfortunately, it is quite difficult and expensive to ship coconuts in fresh form to areas of the world where coconuts do not grow in abundance. There is a growing debate over the canning of coconut water and its effects on the taste, vitamins, minerals, electrolytes, enzymes, amino acids, cytokine and phyto-hormones found in a fresh coconut.

Research studies suggest that cytokinins in coconut water have significant anti-aging, anti-carcinogenic and anti-thrombotic (anti-clot formation) effects. The bioactive enzymes which include acid phosphatase, catalase, dehydrogenase, diastase and peroxidase help in digestion and metabolism. The naturally occurring electrolytes in coconut water are so significant that over the past few years coconut water has been called “nature’s Gatorade.”

What are electrolytes and why are they so important? Electrolytes are salts that become charged molecules, called ions, when they are dissolved in a liquid. Their electrical charges and ability to conduct electricity helps the body to send electrical signals from one cell to another. Some of these electrolytes include potassium, magnesium, calcium and phosphate and are all found naturally in coconut water. These electrolytes maintain the electric voltage throughout your cells so that signals can pass easily. Nerve and muscle functions as well as acidity and fluid levels rely on electrolytes to function and an imbalance can have dire consequences.

The balance of electrolytes in your body can easily change. Electrolytes can be found and replaced through a well-balanced diet rich in veggies and fruit or coconut water. One serving of coconut water can provide as much potassium as 2 bananas and is easier to digest and assimilate into the body.

Coconut Water is best when it is consumed in its freshest form. Come visit us at [www.pure4health.com](http://www.pure4health.com) to learn how you can partake of the closest thing to a fresh coconut.

*Devin Nielson is one of the founders of Pure 4 Health Co., an innovative leader in affordable fresh frozen juices. FRESH IS BEST!!*