

# Download Coconut Cures Preventing And Treating Common Health Problems With Coconut

Updates: 04/23/2019. Coconut oil is one of the few foods that could be classified as a “super food”. The benefits of coconut oil contain hair care, stress relief, skin care, cholesterol level maintenance, weight loss, proper digestion, and regulated metabolism. This topic has 21 study abstracts on Coconut Oil indicating that it may have therapeutic value in the treatment of Abdominal Obesity (Midsection Fat), High Cholesterol, and Alzheimer's Disease. Cool Down With Coconut Water. Coconut water is a popular beverage, dubbed “Mother Nature’s sports drink,” 1 and has been endorsed by many celebrities — actress Gwyneth Paltrow, 2 music icon Madonna 3 and basketball player LaMarcus Aldridge, 4 to name a few — because of its outstanding health benefits. There’s no doubt that a tall glass of pure, organic coconut water is one of the ...Coconut Water: Can Drinking Too Much Be Dangerous? One of the best-known benefits, an uncommonly high amount of potassium, is also one of the main coconut water disadvantages.