

8 great benefits of coconut water you may not know yet

Let's find out 8 great benefits of coconut water you may not know, which explains to you why it became popular below!

1. How to drink water? See advice from experts!
2. 7 problems can be encountered if you have wet hair when you go to sleep
3. This is why you should put a lemon on the bedside?

Coconut water is a sterile, delicious and popular natural refreshing drink. This water contains many healthy nutrients, no side effects except for some people who are prone to allergic reactions. Here are **8 great benefits of coconut water you may not know** , which explains to you why it became so popular:

1. Lose weight



Coconut water is a natural electrolyte that both helps **refreshments** and **enhances the body's metabolism** . So it is very beneficial for people who are struggling with weight problems. Moreover, the amount of fat in coconut milk is extremely low and the nutrients in it make you feel full, help **control appetite** .

See also: 10 drinks before going to bed help reduce belly fat quickly

2. Beauty skin

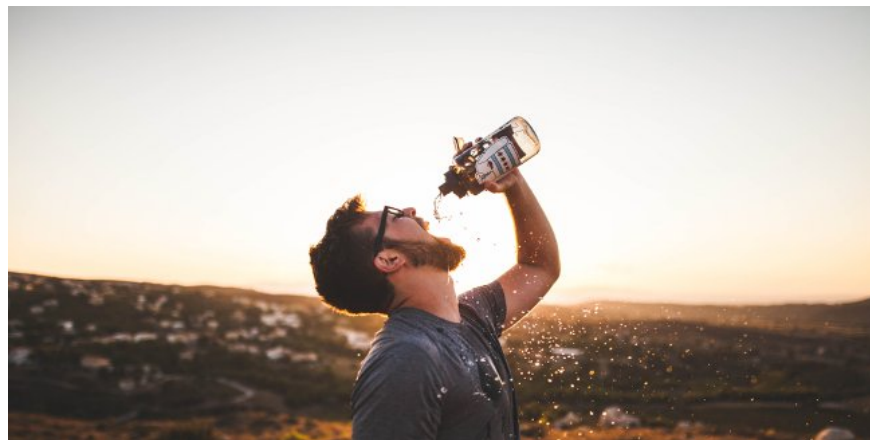


For people with acne or other blemishes on the skin surface, rubbing coconut water on the skin every night before going to bed can help significantly improve the coconut water that will **clear acne** , **brighten skin** and Helps **skin firmer** . Researchers have shown that cytokinin found in coconut water helps regulate skin cell development. In addition, lauric acid in coconut milk can **reduce skin aging** , balance PH and keep skin tissue strong, moisturize the skin.

Moreover, coconut water also nourishes the skin from the inside and significantly reduces sebum. This explains why products such as lotion, shampoo, shower gel containing coconut extracts have a better skin care effect.

See also: Simple and effective body massage guide at home

3. Prize for alcohol



Coconut water helps to **calm the stomach** in case of drinking too much alcohol. When you often have to urinate or vomit, the electrolytes needed in your body will be released, coconut water will replenish.

4. Enhance the immune system



If you have frequent digestive problems, you should drink coconut water. Coconut water contains a lot of fiber to help **reduce indigestion** and **reduce acid reflux** .

Coconut water is a sterile low-calorie and fat-free liquid but rich in vitamins, minerals and other nutrients that help regulate internal fluids and replenish the body's water. In coconut water also contains lauric acid, Chloride and iron, magnesium, calcium, sodium and potassium in coconut water twice the amount of potassium in bananas used to treat dehydration every time dysentery, cholera, pepper flow, flu and electrolyte balance. This helps balance the health of your muscles, heart, nervous system and immune system, as well as absorb and balance the body's internal fluids.

See also: What happens to the body when drinking lemon juice every day?

5. Add water to the body



The ingredient in coconut water helps supplement the body's water more effectively than sports drinks and energy drinks. Prolonged physical exercises and physical activity cause a lot of water loss in the body. Then coconut water works to replenish water and energy effectively.

A cup of coconut water can supplement 294mg of potassium and 5mg of natural sugar, while sports drinks only provide half of the potassium and 5 times the amount of sugar. In addition, the amount of sodium in coconut water is only 25mg, relatively low compared to 41mg and 20mg found in the two corresponding drinks mentioned above.

6. Reduce blood pressure



Sometimes the body has an electrolyte imbalance that causes high blood pressure. Because coconut water provides enough electrolytes to regulate and balance these substances. In many cases, drinking coconut water in the morning will help balance electrolytes better.

7. Rich in nutrients



Unlike other drinks, coconut water contains 5 essential nutrients for human health including: calcium, magnesium, phosphorus, potassium and sodium. With this nutrient content, most people in different health conditions can drink coconut water.

See also: [The 12 great benefits of drinking warm water may be unknown](#)

8. Compatible with human plasma



Because of the same osmotic pressure on human plasma, coconut water can be used in emergencies as an **intravenous fluid** when **vascular** solutions are not available. In poor countries, using coconut water to save people is very common.

According to researchers, people with high blood pressure often have low potassium levels. Therefore, drinking coconut water regularly can be quite effective in regulating blood pressure due to high concentrations of potassium and lauric acid.

Similarly, some recent studies have shown that coconut water can help **raise HDL cholesterol** and make it a great natural water for the maintenance **of cardiovascular health** .

In addition, drinking a glass of coconut water a day helps reduce the abnormal risk of gastrointestinal tract, oral heat and quickly recover the body after dehydration.

How to buy and drink coconut water?



You can drink coconut water separately or combine it with another drink. There is no rule saying how much coconut water you should drink every day, but experts from the Mayo Clinic insist that you maintain an active **lifestyle** if you drink a large amount of coconut water, because every 8 ounces of water Coconut (*1 ounce = 28.35g*) will provide about 45 - 60 calories.

Currently, coconut water available in cans or bottles is sold in many grocery stores or retail stores. However, you should look for the best fresh coconut. When buying fresh coconuts, choose **green** coconut **shells** , or coconuts with some light brown spots because these are fruits that contain lots of water. Do not choose fruits with hard brown pods, which are old fruits. You can shake the coconut to check the amount of coconut water inside.

When using fresh coconut, you should try to drink water as soon as possible because the nutrients in fresh coconuts can begin to dissipate as soon as they are exposed to the air. If not used up, you can put it in a glass bottle and store it in the refrigerator for 10 to 12 hours.

Having fun!

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