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COCONUT WATER FOR HEALTH AND HEALING: A NATURAL SPORTS DRINK AND HEALTH TONIC



Piccadilly Books, U.S. Paperback. Book Condition: new. BRAND NEW, Coconut Water for Health and Healing: A Natural Sports Drink and Health Tonic, Bruce Fife, Coconut water is a refreshing beverage that comes from coconuts. It is a powerhouse of nutrition containing a complex blend of vitamins, minerals, amino acids, carbohydrates, antioxidants, enzymes, health enhancing growth hormones, and other phytonutrients. Because its electrolyte (ionic mineral) content is similar to human plasma, it has gained international acclaim as a natural sports drink for...

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- · Authored by Bruce Fife
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