



Health Matters

by

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Electrolytes are electrically charged ions in our blood and interstitial (between cells) fluids used to carry electrical impulses across the membranes of one cell to another, especially in the heart, nerve and muscle tissue. Our kidneys keep the electrolyte concentrations of these bodily fluids constant. **Coconut juice**, naturally found in young coconuts, is an isotonic beverage with the same electrolytic balance as our blood. In fact, during WWII, soldiers regularly used coconut juice for emergency plasma transfusions. **Coconut juice's** many health benefits include improved cellular hydration, more efficient metabolism, increased energy, better balanced pH, enhanced circulation, lower incidence of kidney stones and more stable blood pressure. One of the healthiest drinks we've found, **coconut juice** is especially refreshing in the summertime. We now offer online shopping at www.NFMonline.com. As always, we guarantee your satisfaction.

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