



Philip Lai Qi Gong Association

May Newsletter 2018

My dear Qi Gong friends:

Coconut Water

The clear liquid obtained from young coconuts in its fresh form is known as coconut water. Coconut water is one of the commonly used beverages by people from tropical countries. It possesses many qualities and offers lot of benefits which make coconut water a preferred drink. Owing to **high potassium** levels in coconut water, it is also referred to as a **sports drink**. Consumption of coconut water has many benefits and some of these are listed below.

Coconut Water Benefits

There are many health benefits of drinking coconut water. This drink helps in **relieving problems related to the urinary tract, intestines and kidneys**. It also helps **improve digestion and destroys intestinal worms if taken with a teaspoonful of olive oil for three days**. Coconut water **relieves the intestines of harmful toxins**. It also helps to **relieve the gas present in the alimentary canal**. Doctors recommend patients **afflicted with kidney stones to drink coconut water in addition to regular medications**. Coconut water **helps in dissolving kidney stones and allows their easy passage out of the body**. Monolaurin, a chemical present in coconut water has **antibacterial and antiviral properties**. It can **kill pathogens such as cytomegalovirus and the Herpes virus**. Coconut water is also used to **reduce vomiting in patients suffering from typhoid and malaria**. This nutrient rich liquid can **help boost metabolism by increasing oxygen supply to the body cells**.

It is important to note that most of the coconut water benefits can be availed only when it is fresh because fermentation of this liquid begins once it is exposed to air.

Since coconut water is **isotonic** in nature, it proves to be **useful for hydrating** the body. A well-hydrated body finds it easy to get rid of toxins by means of urination.

It helps boost the blood circulation and maintains pH level of body fluids. Electrolytes present in coconut water fulfill the energy requirements of body in a better manner than any other packaged drink. Intake of coconut water helps control weight gain and also helps **control diabetes**. Presence of **antioxidants** in coconut water proves to be of great help in fighting off free radicals.

Coconut water is **considered to be more beneficial than milk and orange juice**. It **doesn't contain fats and cholesterol** present in milk. Excess calories found in orange juice are absent in coconut water. It is observed that coconut water plays an important role in reducing the blood pressure. It is observed that coconut water proves to be useful in reducing acne by cleansing and toning the skin by applying coconut water directly on the face. Coconut water is used by sportsmen as a natural sports drink during exercise. Coconut water is a natural drink without any added preservatives and its consumption doesn't have any side effects. This drink is loaded with minerals, vitamins, nutrients, sugars and all other natural fluids needed for nourishment of our body. The sugar content in natural coconut water is low and the drink is safe for diabetics. Coconut water is free of chemicals, and is also safe for babies. Since this naturally available fluid has many benefits to offer, it is apt to call coconut water, 'the fluid of life.'

I invite you and those who can benefit from medical Qi Gong to take our upcoming courses:

Upcoming Classes and Workshops

See my website for details

McNabb Community Centre:

Qi Gong for Beginners (Master Lai Integrated Healing System Level 1) Saturday, May 26, June 2, and 9 from 8:30 to 11:30 am

Qi Gong and Energy Healing Course intermediate Level Saturday, June 23 from 9 am to 4 pm

Pinecrest Recreation Complex 2250 Torquay Ave. (Baseline and Cobden Rd.)

Tai Chi Yang Style Eight Movements

Saturdays, Starts July 7 (6 classes) 10:30 to 11:30 am

Soloway Jewish Community Centre (JCC) 21 Nadolny Sachs Private (off Carling Ave. near Midland)

Tai Chi Yang Style Eight Movements

Wednesdays Jul 11 to Aug 22 (7 classes) 6:15 to 7:15 pm

For info and Registration for the above courses, please: email philip.lai@rogers.com or visit our website at philiplaiqigong.ca