



The
PTI BUZZ
Carol Kur, MSRD

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- [Franchise Info](#)
- [About Us](#)
- [Locations](#)

Going Nuts over Coconut Water

Coconut water is a natural beverage filled with immune boosting vitamins and nutrients. It seems that people cannot get enough of this "new" water. Here are some of the reasons why:

- Improves Intestinal Health
- Increases Metabolism & Weight Loss
- Detoxifies & Fights Viruses
- Stops Fatigue
- Prevents Hypertension
- Aids in Circulation
- Reduces Cancer Risk
- Helps treat Kidney Stones
- Naturally rehydrate body with Electrolytes



Tread water for 14 minutes and burn 100 calories.



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