

Coconut Water can prevent Swine FLu..

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[Green Coconut Water can prevent Swine Flu](#)

- [Young Green Coconut Water can prevent H1N1...pls take young green coconut water daily. Former associate professor of ecology at University Malaya has authored several books on complementary therapy called, 'Ecological Healing System'.](#)

- [Dr Palaniappan said his 33 years of research had shown that high acidity in the body resulted in loss of immunity, thus making people more susceptible to viral diseases like Influenza A \(H1N1\).](#)

- [Hence, to prevent acidity, it was essential to consume alkaline food and drinks that could neutralize excess acid in the body.](#)

- [Dr Palaniappan recommends coconut water, which is alkaline, and therefore could be used as a herbal medicine for the prevention of H1N1.](#)

- [For example, he said, those who felt feverish and developed a burning sensation while attending to a call of nature because of extreme acidity, could neutralize it by //drinking coconut water, twice a day, for three days//.](#)

- [He also recommended orange, lemon and pomelo which, despite containing citric acid, were very rich in potassium and therefore, would not disturb the body's immunity.](#)

- [According to Dr Palaniappan, excessive physical activity like running a marathon should be avoided as it produced acid due to excessive metabolic activity.](#)

- [Similarly, he said, keeping late nights without adequate sleep and working without proper rest could also increase the body's acidity which in turn, lowered immunity and made the body vulnerable to viral attacks.](#)