

COCONUT-GRAPE SLUSH

Ingredients:

- 4 cups frozen grapes
- 3 cups coconut water

Directions:

Blend the frozen grapes and the coconut water until well-combined. Serve and enjoy!

Fresh grapes may be used if you prefer a non-icy drink. Reduce coconut water to 2 cups.

Grapes are one of the most medicinal fruits in existence. They are powerful liver and kidney cleansers. Grape skins hold micronutrients that expel parasites, mold and other unproductive fungus from the intestinal tract. Antioxidants within grapes can also help fight and prevent most types of cancer. Grapes can help with *mold exposure, hypertension, macular degeneration, kidney stones, diabetes, hepatitis C, depression, anemia, fibromyalgia, chronic fatigue syndrome, herpes simplex 1 and 2, H. pylori infection, brain fog, fatigue, hair loss, brittle nails, blurry eyes and PMS*. Then there's the emotional and spiritual benefits of grapes, which are truly special. If you are feeling *lonely or isolated, or emotionally broken or beaten down*, grapes will help lighten your heart, lift your spirits and help you to find people to connect with in life who value and see you.

Coconut water is the perfect fuel for those who are *constantly busy* and requiring a lot of fuel to the *brain and central nervous system*. If you're someone who gets the *urge for a sugar fix* in the afternoon or anytime, make coconut water your friend. It will get the glucose and mineral salts you need to your bloodstream and brain so you can recharge and carry on. Coconut and coconut water can help *Addison's disease, Raynaud's syndrome, diabetes, bipolar disorder, anxiety, insomnia, Epstein-Barr virus, thyroid nodules, UTI's, Lyme disease, SIBO, memory loss, weight gain, tingles and numbness, back pain, chronic dehydration, headaches and high blood pressure*.

Coconut water also has the ability to enhance the healing power of anything it touches, so every time you have it with your celery sticks and apple slices, or in a smoothie with wild blueberries and spinach, you are getting the greatest value you can from your foods. It's best to have certain foods alone for their specific healing purpose, like celery juice and cucumber juice. Coconut water is the perfect drink to offer to someone in your life who is a little too self-focused. Coconut can open the emotional channel for someone to better consider the needs and values of others alongside their own.