

Forget Your Coconut Water?

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We've got you covered.



The Boutique at Maya Whole Health offers a great variety of all-natural drinks and snacks -including coconut water, the fat-free, cholesterol-free, low-calorie, super-hydrating drink that's a true health rage right now, as well as a new "it" ingredient celebrity chefs are experimenting with, too.

If you've ever cracked open a coconut, you've seen the clear, nut-favored [coconut water](#) stream out. Bottled coconut water was introduced in the U.S. about five years ago, claiming health benefits such as being naturally rich in electrolytes and potassium and low in sodium. Perfect for a moderate workout, coconut water helps regulate blood pressure, because the potassium counteracts the stimulating effects of sodium (according to the Huffington Post).

If coconut water is not your thing, you can always choose bottled water, [Honest Tea](#), [Izze](#) juices or another drink in the media these days: [Kombucha Wonder Drink](#). Founder

Steve Lee -who is also behind such tea brands as Stash Tea and Tazo- developed his product in 2001, from a Russian woman's culture started by her family in Siberia 50 years earlier. Pronounced [kom-boo'-cha], this energizing beverage is a sparkling fermented tea that tastes slightly tart, slightly sweet - something our human bodies may use to help aid digestion and build the immune system. Kombucha just may be the secret to longevity and vitality.

Hungry for more? *The Boutique at Maya Whole Health* also carries healthy snacks to curb those after-Pilates cravings, such as [Larabars](#) - seen on "The Biggest Loser", Seattle, WA-based [Theo Chocolate](#), [YogaVive](#) Apple Chips and -instructor Kristina Balcom's favorite- [Papa Giki](#) Health Cookies. Baked in Tacoma, WA, these cookies are a "grab and go meal" that's healthy and decadent. Made with ground organic flax seed plus eight more whole grains, fiber and soy protein, as well as semi-sweet dark chocolate, toasted almonds, golden raisin and coconut and sweetened with organic evaporated cane sugar known for its low glycemic index, Papa Giki Health Cookies are also dairy-free and delicious. "Start your day with Papa Giki and a glass of skim milk," the company says, "and you will get 1000 mg of Omega 3, five grams of fiber and 16 grams of protein."



The next time you need refreshment before or after a class, remember: you've got some really healthy and delicious options right within your grasp at *The Boutique*.

~ Namaste ~