



Super, All-Natural, Functional Drinks

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Last week, New York Magazine ran a piece on the exploding "functional drink" market. Apparently, plain water doesn't cut it anymore, even if it's **imported** from the purest springs or filtered through volcanic rock in Fuji, Japan. The latest craze is brightly colored beverages like **SoBe Life Water**, **Vitaminwater**, **Function Drinks' Urban Detox**, **Snapple's Antioxidant Water** and **Propel Fit Water**. As a runner and yoga devotee, I've always wondered if I should be drinking some magic, post-recovery elixir to rebalance my electrolytes and rehydrate my body. But there's just something too gimmicky and artificial about these wonder drinks, and after a five-mile run I always find myself reaching for plain H₂O.

Recently, though, I've become addicted to coconut water, the delicious liquid inside of young coconuts. My yoga studio is stocked with a fridge of Tetra Pak sippy boxes of it, and fellow classmates down two or three per class. It's super-refreshing and revitalizing, all-natural, low in calories and packed with potassium. And unlike coconut milk, it's fat-free. I'm eagerly awaiting the day when they start handing it out at the water stations of road races instead of Gatorade.

Now **O.N.E.**, a drink company that sells coconut water, has developed two new, super-functional, all-natural drinks—one derived from coffee berry and the other from cashew fruit. Who knew that cashew nuts actually grow from the bottom of the oval-shaped "cashew apple," which has more than five times the vitamin C of an orange, plus is loaded with B vitamins? I can't handle the acidity of O.J., so this has become my new morning juice. It's a lot lighter than regular fruit juice, with a completely unusual citrusy, nutty taste.



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O.N.E. cashew juice