

Behold the Powers of Birch Water

This interview was originally published on my first food and nutrition blog, The Rachelian Report.



Birch water. Never heard of it? Allow me to introduce you to the next, newest, most exciting product on the market. Birch water, which is harvested from the

fresh sap of the birch tree, is full of vitamins and minerals, and boasts an impressive nutrition profile.



Nutrition-wise, birch water is rich in minerals, such as manganese. It also contains magnesium, zinc, iron, potassium and calcium. In addition, it contains saponins, which aid in lowering cholesterol and powerful diuretics, which aid in detoxification.



In some ways, birch water can be considered a coconut water alternative, and a healthier option at that. For, like coconut water, it contains electrolytes. However, it is much lower in sugar and contains naturally-occurring xylitol, which has been shown to be beneficial for oral health. For individuals who are looking for a healthy, electrolyte-rich drink that is low in sugar, birch water would be an excellent option.



As well as being a nutritionally-impressive and delicious-tasting drink, there are beneficial social and environmental benefits of this beverage, as safe, gentle practices are used to harvest the sap, which protect and save trees, and clean water projects are supported through it.



Although I was initially unsure, once I tasted the refreshing BirchiQ birch water, I was convinced that this is indeed a delicious and nutritious beverage that deserves a place in your fridge, purse, lunch box or gym bag. The flavor is very light, with only the slightest touch of sweetness. Therefore, It is perfect for those who don't enjoy strongly flavored or sugary beverages. So, with the powerful nutritional and environmental benefits, and a light flavor profile, BirchiQ water may just be the perfect new drink for you. It's time to get sappy!



Want more information? Find BirchiQ water on [Amazon.com](https://www.amazon.com).

Note: It was a pleasure to partner with BirchiQ on this post and to promote their wonderful product. They are a local, Bellevue-based company, so be sure to check them out today!