



COFFEE . . .

Why to Avoid or at Least Minimize Consumption!

Coffee is a narcotic beverage. The caffeine in the coffee belongs to the same alkaloid group of chemicals as morphine, cocaine, and strychnine. The caffeine combines with the hydrochloric acid and forms a potent toxin, called caffeine hydrochloride. As this toxin is absorbed into your potential circulation and hits your liver, bile is released in attempt to flush this toxic poison from your system. This is what accounts for the increase of bowel regularity among coffee drinkers. If you are one of these people, you might ask yourself, “Is such a toxin induced flush really very health promoting?”

Drinking decaffeinated coffee is likely no better than drinking regular coffee because of the large concentration of the chemical Trichloroethylene. It is a close relative of the plastic chemical vinyl chloride, which has been linked to certain types of liver cancer. Trichloroethylene is used mainly as a degreasing agent in the metal industry, and as a solvent and dry cleaning agent in the clothing industry. It’s what makes some of us tired when we go to “the mall” because of its enclosed environment and all.

Remember my earlier comments about toxins in coffee? For 20 years, Columbian coffee planters have used, regularly and heavily, deadly pesticides on their coffee crops. Some of the pesticides are Aldrin, Dieldrin, Chlordane, and Heptachlor. Some speculate that coffee beans are the most significant source of these deadly toxins in North America.

In the roasting process of the coffee beans, the extreme temperatures denature the beans’ natural oils. This is a bad thing. While enhancing their aroma, this high heat process actually creates many types of rancid oils and lipid peroxides with known toxic and perhaps even carcinogenic effects on human tissues.

And there’s more...

Nitrosamines, which occur naturally in coffee beans, are **the same co-carcinogens** as those found in cured meats, such as bacon. The chlorogenic acid found in coffee has also been linked to many other toxic side effects.

Heavy coffee drinkers create Thiamine (B-1) **insufficiency**. Symptoms of B-1 insufficiency range from fatigue, nervousness, general malaise, general aches and pains extending to headache issues for coffee cravers.

Regular use of coffee is believed to destroy important vitamins and minerals. It also prevents some of the nutrients in your food from being absorbed effectively in the small intestines. Coffee lowers the high nutrient value of all of the good foods you do eat. Americans have not been blamed for eating too many high quality foods lately... have you?

The “buzz” or stimulation you get from the coffee actually comes from the **rebound fatigue** when the stimulating effects of the chemicals wear off! Repeated stimulation can contribute to the exhaustion of key organs like the liver, pancreas, and adrenal glands. All three organs possess a critically important function during various stressful situations, like flying.

If after reading this eye-opening information, you still want the buzz of coffee, try Chinese green tea (jasmine) instead. It is still an effective stimulant but does not have as many negative health effects.