

COFFEE & STUFF



Coffee - It's Time To Avoid It!

There are numerous reasons to avoid coffee. Perhaps after reading the facts, you will agree:

Coffee is a narcotic beverage. The caffeine in coffee belongs to the same alkaloid group as morphine, cocaine, and strychnine. The caffeine can combine with your stomach hydrochloric acid to form a potent toxin called caffeine hydrochloride. As this toxin absorbs into your portal circulation and hits your liver, bile is released in attempt to flush it from your system. This is why people feel an increase in "bowel regularity" when they drink coffee.

De-caffeinated coffee is no better than regular coffee. They both contain a large concentration of Trichloroethylene, a potent carcinogen. Trichloroethylene is primarily used as a de-greasing agent in the metal industry and as a solvent in the dry cleaning industry.

Deadly pesticides are regularly used on coffee plants in Colombia. Among them are several that have been banned in the USA: Aldrin, Dieldrin, Chlordane, and Heptachlor. Some speculate that coffee is the most significant source of toxins in the American diet, since coffee is also the primary source of water for Americans. A naturally occurring carcinogen called Nitrosomine is found in coffee.

Chlorogenic acid found in coffee has been linked to toxic side effects in the liver. Heavy coffee use depletes the system of Thiamin (B-1). This can result in symptoms such as fatigue, nervousness, general malaise, general aches and pains and headaches.

Exhausted Adrenal Glands: Caffeine is a nervous stimulant. It causes adrenal glands to secrete adrenaline, the hormone that your body depends on during emergencies to elevate your heart rate, increase respiration and blood pressure for a rapid fight-or flight response. When coffee is over-used, the adrenal can become exhausted. If caffeine sensitivity has diminished and more and more coffee is required to get the "buzz", the adrenals are showing signs of exhaustion.

HEALTH CONDITIONS FOR WHICH DOCTORS ADVISE THEIR PATIENTS TO ELIMINATE COFFEE & CAFFEINE FROM THEIR DIETS:

- Acid indigestion.
- Anxiety, irritability, nervousness.
- Candida, or yeast problems.
- Colitis, diverticulitis, diarrhea, or other irritable bowel symptoms.
- Chronic fatigue syndrome, or other auto immune disorders.
- Diabetes, and hypoglycemia.
- Dizziness, Minniere's syndrome, & tinnitus.
- Gout & kidney stones.
- Heart disease & heart palpitations.
- High blood pressure.
- High cholesterol.
- Insomnia.
- Liver disease, gallstones, blocked bile flow.
- Kidney & bladder disorders.
- Migraines, and other vascular headaches.
- Osteoporosis.
- Skin irritations, rashes, & dry skin.
- Ulcers, heartburn, & stomach problems such as hiatal hernia.
- Urinary tract infections

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Blood Sugar Swings:

Caffeine forces the liver to release glucose into the blood stream. The pancreas responds to the sudden increase of blood sugar by releasing insulin, the hormone which causes excess carbohydrates to be stored as fat. Within the span of an hour or so, the result is a sharp drop in blood sugar. This creates a situation known as hypoglycemia, or low blood sugar. That's when another cup of coffee seems like a good idea and the cycle can repeat itself.

Higher Cholesterol:

Re-heated coffee releases 400% more caffanol into the system. Caffanol has been linked to elevated cholesterol. Never use re-heated coffee!

Acid Imbalance:

Over 208 acids in coffee contribute to indigestion and a wide variety of health problems including arthritis, rheumatic problems, allergies, skin irritation, and general inflammation throughout the body. Coffee breaks down into a by-product known as uric acid. This acid is known to burden the kidneys, contributing to kidney stones and gout. Burning sensation upon drinking coffee is because of its effect of stimulating hyper secretions of hydrochloric acid in the stomach.

Mineral Depletion:

Regular use of coffee inhibits vitamins and minerals from being properly absorbed in the small intestine. Coffee causes unnecessary excretion of calcium, magnesium, potassium, iron, and trace minerals into the urine. All these minerals are considered essential to good health. Women particularly must be concerned about osteoporosis as they reach menopausal years. Studies show that women who drink coffee have increased incidence of osteoporosis compared to non-coffee drinkers.

Pregnancy Danger:

Caffeine can cross the placental barrier during pregnancy. Miscarriages, infertility, and low birth weight have been linked to coffee use.

Prostate Problems:

Coffee can contribute to enlarged prostate and irritate the urethra in males. Frequent urination has been attributed to coffee use.

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References: Stephen Stiteler, L.Ac., O.M.D.

Questions or comments? E-mail us at clinic@sunshinehealthclinic.com or call (865)984-6850