

21 Reasons to Stop Drinking Coffee

By Larry Fuchs Jr.



I recommend that you stop drinking coffee. Many people kid themselves, bragging I drank coffee while doing my Isagenix program and I still lost weight. Facts are that you probably would have released two or three times the weight if you had given up your coffee. **Remember the goal of Isagenix is not weight loss, but to remove impurities from your body.**

The toxicity of caffeine can be found when trying to remove this stimulant from your diet. The **withdrawal symptoms of detoxification alone should clue you into how terrible it is for your body.** Common symptoms include headaches (caused by sudden increase circulation to the brain when blood flow is no longer constricted), fatigue, sleepiness, lethargy, irritability, depression, muscle pain and stiffness, and sometimes even flu like symptoms. The narcotic effect of caffeine is so powerful that its influence is abundantly clear when the addict reintroduces this stimulant and all symptoms vanish.

Here are the facts you should know about what really happens when you drink coffee:

1. Numerous studies **link coffee to calcium loss contributing to osteoporosis**, and more bone fractures. **Calcium is robbed from your bones to neutralize every time you consume something acidic like coffee.**
2. A healthy body maintains a blood pH of around 7.3. **Coffee is 25.1 on the acidic scale. All disease is promoted in an acidic environment** and your health goal should be to create an alkaline body.
3. **Decaffeinated Coffee** is just as bad as and **even more acidic than regular coffee.** Most Decaffeinated Coffees are processed with formaldehyde, which is one of the most toxic substances to humans. Even in small amounts, formaldehyde can cause serious health problems and unfortunately takes years to finally dissipate.
4. Coffee **dehydrates you, raises your cortisol levels (aging you more rapidly), and makes you acidic.**
5. Coffee also **hurts our natural intestinal flow, raises anxiety to high levels, aggression and blood pressure,** along with staining our teeth as the least of the issues.
6. Coffee is another **way to borrow energy** from the future, **but crashes you in the end.**
7. Coffee makes **your anxiety heightened** and therefore **hurting your ability to focus.**
8. Coffee has also been **linked to cancer.**
9. **Heating the coffee bean creates the chemical Methylglyoxal, benzopyrene, and chlorogenic atractyosides.** A 1981 study from the Harvard School of Public Health concluded that **drinking coffee was the cause of half of all pancreatic cancer cases.**
10. It also found that drinking 3 cups of coffee a day **increased your risk of pancreatic cancer by three times.**
11. People who drink too much coffee often have difficulty getting rid of chemicals from their bodies, and **their liver function** is off. **Caffeine just isn't that easy to digest. To break down the coffee you ingest and deliver that burst of energy to your blood stream, your liver uses enzymes.** If all of your enzymes are hard at work within your liver trying to break down the caffeine, they aren't ready and active in your blood to knock out other bad chemicals it needs to get rid of.
12. It takes **64 ounces of water to neutralize one 8 ounce cup** of coffee.
13. Caffeine **constricts blood vessels of the brain and causes decreased flow of blood, which cuts the oxygen supply to the brain, resulting in a headache.** It also **increases your heartbeat 15%** and **makes your lungs work 13 times harder** than normal. **It greatly plays a role in fatigue as well.**
14. **Stop drinking coffee** and you may see a huge **gain in your sex drive!** The **adrenal glands in our bodies are the glands responsible for making hormones that make us feel sexual, like testosterone.** If you have low testosterone, you will have a lower sex drive. Both woman and men have testosterone, obviously lesser amounts in women. But both sexes will see a difference in their sex drive if they drink too much coffee. If your cravings for sex have decreased and you drink a lot of coffee, weaning yourself off may be the first step to getting your sex drive back to normal.
15. People can have **trouble getting pregnant or impregnating their spouse** if they consume too much caffeine. To carry a baby, a woman has to have a certain amount of a hormone called **progesterone.** This hormone also helps women to become pregnant. **Our adrenal glands make another hormone called cortisol, which is used** up by our bodies during times of stress. If our adrenal glands are suffering, they can't make cortisol, and your body may take progesterone so it can make more cortisol. And without the progesterone, you can't get pregnant **or carry a baby through a full term.** If you are attempting to get pregnant, cutting the caffeine from your diet is step one.

16. Caffeine is also blamed for eliminating your feelings of being happy, as **it kills the neurotransmitters** in your body. Your brain won't be able to produce enough of these happy chemicals with lower neurotransmitters. People who are depressed are often lacking in a hormone called serotonin, which keeps you feeling good and satisfied. **Caffeine is actually one of the main suppressants of serotonin, so steer clear of coffee if you suffer from depression or are feeling a little down in the dumps.** While most people believe that coffee will lift them up, in the long run, it pulls them down.
17. Your adrenal glands actually store energy on your behalf, and they make chemicals that help your brain to feel happy, strong and motivated. Because caffeine is a stimulant, **it causes your nervous system to run on high, making adrenaline, which we know we need in situations requiring action, or stress. If you can tolerate high levels of caffeine without a response, this is a bad thing - it means that your glands have actually stopped responding to you,** like the boy who cried wolf! This can leave you **susceptible to accidents, sleepiness, and health problems.**
18. Coffee has the **most pesticides of any food on this earth.** So let's be clear- I'm not saying it has traces of pesticides, I'm saying **you can't find any other plant in the world that has a higher toxicity of pesticides than coffee.** It is so heavily treated with chemicals and fertilizers that it is even proving deadly in crop workers in many countries. Studies have shown over a thousand chemicals in coffee! If this isn't enough to put your cup down, read on... about twenty of these chemicals are proven to cause cancer. Is it worth the risk?
19. Caffeine Can Cause Obesity, **caffeine stresses your adrenal glands, and your adrenal glands work cooperatively with your thyroid,** the gland that takes care of your metabolism. If you have a slow thyroid, you will have slow metabolism, which means you'll gain weight more easily than someone with a 'normal' metabolism. By drinking too much coffee, you're intentionally slowing down your metabolism. So if weight is an issue for you, eliminating coffee from your daily diet is an easy first step to losing those unwanted pounds.
20. Caffeine **limits the ability of your immune** system to properly function. Your adrenal glands create or support over a hundred different hormones which help to keep you in good health. **Caffeine** has been shown to actually limit production by your adrenal glands, which eventually **leads to lowered immunity, meaning more illness.** So staying away from excess caffeine can actually strengthen your body's ability to fight infection.
21. Caffeine slows down your body's **ability to absorb vitamins, minerals, and other valuable materials, which are vital for your health,** drinking too much caffeine can actually cause your body to be unable to take in some of the very valuable ingredients you are feeding it. As an example, **coffee can limit your holdings of iron by more than fifty percent.** So besides the fact that this is bad for your health, if you are working hard to get all the necessary vitamins and minerals into your diet (by eating alone or through expensive multi-vitamins), you are simply throwing your money out the window.

This is for those of you that are ready to pounce on me, because **e+ Energy Shots** have caffeine. Sorry, it's just not the same caffeine. **Coffee contains the stimulant caffeine.** Unlike bioactive caffeine found in **green tea**, black tea, **yerba mate**, guarana, and kola nut, **the caffeine in coffee is considered dead. Caffeine is a central nervous system stimulant that is followed by a depressed phase involving exhaustion, nervousness, irritability, fatigue, and often headaches.**

I know what you're thinking; "just one cup a day is not doing damage", right? The accumulative effects of drinking a cup a day is still unhealthy, just as smoking a cigarette a day is seriously unhealthy. If you are addicted to the taste of Coffee, try an **alternative to drinking coffee, Teeccino.** Teeccino **is an herbal coffee,** made of roasted carob, barley, chicory root, figs, dates, orange peel and almonds. It is delicious and tastes just like coffee. You can find it at most health food stores such as Whole Foods or Trader Joes. Teeccino comes in many flavors. <http://teeccino.com>

References: The Dangers of Drinking

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10 Reasons to Stop Drinking Coffee

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Special thanks to Dr. Russell Brokstein.

