



# The health benefits of coffee

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Coffee makes the world go round.

Billions of cups are consumed globally, daily as a *relaxing, enjoyable, mood-elevating, romantic, social* and *healthy* ritual by people from all walks of life.

Coffee has been recognised for hundreds (if not thousands) of years for its health-promoting qualities, despite much conflicting information out there these days to the contrary - mainly relating to "caffeine", which I'll get to in a moment.

When I refer to Coffee, the important to realise is that I'm talking about coffee in its purest, organic form free from chemical pesticides and fertilizers and that has not been chemically infused as many commercial varieties are today.

***'Untampered with' coffee is a nature-made "bean" created by mother earth for the good of humanity.***

Here's just some of coffee's health benefits:

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- Stimulates metabolic rate and digestion
- Elevates mood and mental focus
- Protects the cardiovascular system
- Boosts sustained energy
- Aids weight loss
- Protects against colon and liver cancers
- Reduces risk of type-two Diabetes
- Extends lifespan by reducing risk of chronic dis-ease e.g. Parkinson's
- Protects against bad bacteria and parasites in the digestive tract.

What about caffeine?

Much of the negative press about coffee relates to the fact that it contains "caffeine".

The important thing to realise is that "**natural**" caffeine, like that found in coffee beans and up to 60 other various plant species, is **the complete opposite** to "**synthetic**" or "processed" caffeine, like that found in commercial grade chemically-infused coffee, OTC drugs, various sports drinks and soda pops.

**Natural caffeine** contains naturally occurring vitamins and nutritional components known as *methylxathines*, which balances the delivery of caffeine to the system, ensuring the sustainable absorption of nutrients into your blood stream.

**Synthetic caffeine** is the cheapest and most prominent form of caffeine found in non-coffee based beverages e.g. popular, global brand sports/energy drinks and soft drinks.

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This type of caffeine is generally exposed to harsh chemicals during production, such as *methylene chloride*, *ethyl acetate* and *carbon dioxide* - which causes a 'spike' in the brain and an instant 'high' before you crash and burn.

The excessive, consumption of these drinks will send the brain and nervous system into chaos, eventually leading to degenerative diseases like **Multiple Sclerosis** and insulin-dependant disease like **Diabetes**.

*My final word on coffee...*

Coffee is meant to be a morning drink because it supports the expansion and contraction of the "**peristaltic action**" of the intestines, activating the waste elimination cycle of the body, which is designed to occur during the '*break-fast*' period after you've slept at night.

Oh, and decaffeinated coffee is a chemical mess...avoid it like the plague!

*By Don Tolman AKA 'Cowboy Don'.*