

Coffee: Go Ahead and Have a Java Jolt!

Over the years, we have heard to stay away from caffeine, especially coffee because it was being classified as a drug. "Say no to drugs" has been our world-wide motto and this campaign was affecting the coffee bean industry; however, there has never been a study or test that has proven coffee or caffeine has a connection to a heart condition or any other medical problem. Drinking about 2 cups of coffee could possibly cause a rapid heart beat in a small percentage of people and could temporarily raise their body temperature.



Some weight loss clients have been advised to drink 2 cups of coffee in the morning before a workout to help reduce body fat. How this works is that the client will awake with an empty stomach, drink the 2 cups of coffee and proceed to workout. The caffeine in the coffee will boost their endurance by prolonging fatigue and help the client burn just body fat. What many people do wrong is they eat a meal right before a workout, usually high carbohydrates or no meal at all and wonder why they crash during a workout. Unfortunately, you will only maintain your current weight and body fat instead of tapping into your excess body fat storage.

Some other benefits to drinking coffee are:

- improvements to long term memory
- stimulates the bowels
- natural diuretic

Of course, plenty of clear liquids should be taken in to flush out toxins no matter how much coffee is consumed.

The only proven negative effect of coffee is that unfiltered coffee beans have compounds that could possibly raise your blood cholesterol as much as 20 points. Basically, stay away from coffee made in a French press. Many people claim the flavor is better but obviously not healthy for the body. Therefore, drink only filtered coffee!!

A couple of tidbits of information about caffeine:

- 1 shot of espresso has less caffeine than regular coffee
- 1 cup of tea has more caffeine than regular coffee
- 1 cup of coffee can enhance your alertness

So, go ahead and have a java jolt and enjoy! Take advantage of the benefits a hot cup of coffee can do for you. One short, skinny latte to go could add amazing results to your life!!