

THE TRUTH ABOUT --- COFFEE ---



MARINA KUSHNER

FOREWORD BY CRAIG KONIVER, M.D.

Marina Kushner

The Truth about Coffee



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This book exposes coffee's darker side that scientists know, however the coffee industry has tried to suppress. The reserve reveals why females should avoid coffee, the role of coffee in adrenal depletion, and how coffee affects pH balance, and ultimately, health. The Truth About Coffee uncovers short- and long-term medical issues associated with coffee consumption. Coffee is highly addictive, presents no vitamins and minerals, and is not proven safe. Discover how eliminating espresso from your diet can not only improve your life, but potentially save it.



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Cup of Joe I'm a coffee drinker. However in moderation. Kushner sums it all up. And only in the morning. From the historical context to the modern testing results, there's too much to chew on right here. I know I enjoy a few cups of coffee a day time, but I've hardly ever been one to increase my "dosage" beyond that amount, which is, based on this reading, still a fairly higher level of caffeine usage. It shoots my blood pressure up, makes me jittery, and causes my center to flutter. All that getting said, I'm hesitant to become personally preachy about such a topic, as I try my better to not end up being the purest voice of reason behind anyone or anything. I came across the information in this book helpful and will share it with my friends. I appreciate this book being designed for the broader conversation. Coffee and caffeine adversely affect a lot of us. The message however is very clear; I would suggest this publication to those who would like to fit h the espresso habit. Interesting book..Much like everything in life, moderation is key. That is an eye-opening book so far as it goes. Coffee and caffeine adversely influence many of us. I have studied much of the research about health, wellness foods, adrenal fatigue, cardiovascular disease and kushner sums everything up. She actually is not selling something, she is selling information in fact it is all predicated on solid technology. She doesn't have all the answers but she has some very important ones. Reading this book has helped me to become alert to how coffee and extra caffeine have been the primary cause of adrenal exhaustion for me. Informative and Succinct I must say i liked this reserve. The writer shares her own struggle with coffee addiction which brings it to a personal level...Sally Mathews12:26pmSally Mathewshttp://www.amazon.com/Truth-about-Coffee-Marina-Kushner/dp/0974758256/ref=cm_cr_pr_product_top. I in fact felt better, even more clear-headed, and my sleep patterns acquired markedly improved when caffeine was finally out of my program.Teresa Reasor Informative This was a very informative book. With much research about health, health foods, adrenal fatigue, heart disease, Ms. About two cups a day. She is not selling a product, she is selling information in fact it is all predicated on solid science. She doesn't have all of the answers, but she has some very important types. Reading this reserve offers helped me to be aware of how coffee and excess caffeine can wreak havoc on your body. but my suggestion is to try the advise out of this publication because it appears to work for my pal. May be an extremely helpful reserve for you I like coffee so I had to undergo this book yesterday evening to see what it surely got to claim. I read it from my friend's gadget and well I have to say, I'll try to take espresso moderately; the recommend in this reserve is, never to take coffee or to literally stop drinking espresso. It claims that Caffeine has a very lengthy half-life in a few people and may lead to trouble falling asleep; although many folks never attribute sleep insomnia to caffeine. Well it may be true because my friend says that whenever he stopped drinking coffee, his insomnia went away. Now he promises that he only beverage tea for caffeine, and cannot have any after 12 pm because the caffeine takes so long to leave his body. This is subject that needs attention. I know a ton of individuals who complain of insomnia and continue steadily to drink coffee... I discovered for myself that many of the facts mentioned in Ms. I discovered the hard way that I had to drink it in moderation after ending up in the er with PVCs. There's a good amount of intriguing details to pull from THE REALITY About Coffee, irrespective of your initial take on the subject. From the reason of how pesticides and the roasting process affect your body via their relationship to antioxidants, to the data of Stillbirth links in women that are pregnant, there exists a well-catalogued litany of interesting fact-getting throughout. Hence my moving to fifty percent decafe and I still need to be careful. Each of us provides to determine our very own course in lifestyle. I'm an admitted Java Junkie! Answers are only as finite as the humans who concoct them, until technology catches up with concern. There are advantages and disadvantages getting unveiled on a yearly basis with a lot of things affecting our body, and I would be a fool to proclaim this reserve as the "end all" source of information on the subject of caffeine and coffee. Wake up to The Truth About Coffee The Truth About Espresso by Marina Kushner. Everything is normally relative. I will say, THE REALITY About Coffee made me think about my own habits. So everything I discovered in this book didn't arrive as a surprise. five stars The author clearly knows her stuff and researched the topic fully. There are often ways to

help one's body along through the span of life, also if some of the present assumption can be anecdotal.. That's where The Truth About Coffee shines.. I was able to go through it in moderation and gain a healthy amount of information that I didn't possess stored before I started. With every book of this design, that is the intended goal. Be equipped for a properly constructed and well-created piece. And keep your brain open. Now I cannot say anything about that because I just take coffee in the morning but, I would like to minimize because of the quantity of caffeine in it and all the other effects of coffee in general. I do possess some including family members who could benefit from every word. But I may have to rethink my inviting morning cup(s) in light of Kushner's well-referenced reserve The Truth About Espresso. It's a power-packed little read that's easy to fly through and make use of as a tool for future reference.. We admit it, I've loved the flavor of espresso in whatever form it's come in, and I've been a espresso drinker for many, many years. I must admit confess that whenever I was asked to read and review this reserve, I hesitated, uncertain of whether I really wanted to read some dry, boring facts or even to discover any truth about the "coffee tradition" I'd been enjoying for so long. Kushner's book rang true for me. Kushner's writing style made the book an easy and easy read. As for my being truly a fan of coffee, I'd experienced the sneaking suspicion that something was amiss due to my consumption. After reading "The Truth About Coffee" by Marina Kushner, I made a decision to experiment with taking a long holiday from coffee. This can be a very helpful book for you and one I'll recommend to all coffee drinkers This was an extremely interesting read, and one I'll recommend to all coffee drinkers. The truth is, Ms. That is an eye-opening book. Therefore, while I would "take a nip" once in a while, I'm now fully aware of how coffee is affecting me and I'm producing a conscious effort to eliminate it from my diet altogether. Here's to better health!. It really is on a principal level explaining the different type of espresso's and how you may get hooked.. There is expect all of us innocently consuming espresso that may result in disastrous outcomes. For an informative summary you can absorb in a weekend, THE REALITY About Coffee may be the book. I will function to curb that use to a single cup, and, ultimately, I might substitute something less damaging entirely. This is an attention opening book that coffee drinkers need to examine. I myself do not drink espresso but found the book to be always a fun and informative read. Highly recommend. It struck me while reading this that a few of the longest living people on record mention coffee as a staple component of their diet plan. For a doctor, an author, or anyone to dictate what we should or shouldn't be doing is somewhat obscuring on some level. I've loved the flavor of coffee in whatever form it's come . It's written in an interesting, exact but user-friendly design amenable to all. Of course I can't speak to the legitimacy of analysis but anyone who would like to can in the lengthy bibliography. I might have to rethink my one cup of coffee a day. pay attention to your body (pg 77) and heed the message!



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