

## The Effects of Coffee on the Body

Coffee, including decaf coffee, contains caffeine, a drug that produces a burst of biochemical reactions that create stress in the body.

- The **adrenal glands** pump out **stress hormones** that stay elevated for up to 18 hours after consumption
- The **liver** releases higher amounts of **sugar and fat** into the blood stream.
- The **pancreas produces insulin** to remove the excess blood sugar and store it as **fat**.
- The insulin spikes create a **blood sugar rollercoaster**.
- **Muscle tension** is increased.
- The blood vessels constrict, **reducing the flow of oxygen** to important areas like your **brain** (up to 30%) and your extremities.
- **Digestion and the immune system** are impaired or suppressed.
- The production of DHEA and other **anti-aging hormones is decreased**.
- **Cortisol and other stress hormones** are elevated.
- We **lose Calcium and Magnesium** by drinking coffee

It takes the body **24 hours to flush out the harmful effects of coffee** (even 1 cup!), even though it contributes absolutely nothing to the total body chemistry and is **harmful to the liver, kidneys, heart, bladder, digestive tract, bones, teeth, skin, growing fetuses and newborns**.

The action of caffeine on the human heart is so stimulating and damaging that when a person has a heart attack, high blood pressure, kidney or bladder disturbance, normally their physician will prohibit any coffee or caffeine consumption.