

THE 15 REAL FACTS YOU SHOULD KNOW ABOUT COFFEE

PLEASURE

Drinking coffee might help us look on the bright side of life. Coffee can be pretty amazing for your brain, your skin, your body, your mind relaxation and happiness. People use Coffee as a very healthy drink that makes the people slim, active, happy and intelligent.



DANGER

The health effects of coffee are quite controversial. Coffee also negatively effects the human body and can cause dangerous kind of diseases like ulcer, cancer, psychological disorders, anxiety, skin problems, and also creates hormonal imbalance in women that can effect their pregnancy.

A LIFE WITH COFFEE AND CAFFINE

1. Coffee can provides Pleasure



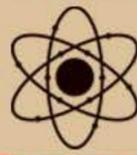
PLEASURE



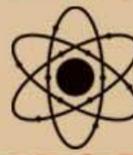
ANXIETY

2. Coffee can cause Anxiety/ Depression

3. Coffee can provide Anti-Oxidants



ANTI OXIDANTS



DARK CIRCLES

4. Coffee can cause Dark Circles

5. Lessens the risk of Parkinson's Disease



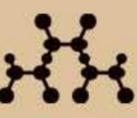
PARKINSON DISEASE



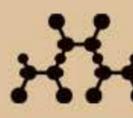
STRESS HARMONES

6. Coffee increases your stress hormones

7. Reduces the risk of Type 2 Diabetes



TYPE 2 DIABETES



URINARY EXCRETION

8. Elevates urinary excretion of some minerals

9. Coffee is great for your liver



HEALTHY LIVER



CHOLESTROL

10. Coffee can increase the Cholestrol Level.

11. Keeps your brain more healthier for longer



HEALTHY BRAIN



HEART RATE

12. Raise the heart rate to 100 beats per minute

13. Coffee can make you a better Athlete



BEST ATHLETE



OSTEOPROSIS

14. Raise the risk of crumbly bones/osteoporosis

15. By drinking Coffee, you can live longer



LONG LIFE



WHAT SHOULD WE DO NOW...!



1. Drink at least six to eight glasses of filtered water instead of coffee.

2. If you are tired, allow more time for sleep instead of having cups of Coffee.

3. Some people rely on substituting coffee for real food. When you are hungry make sure to eat and do not let your blood sugar get low.

4. Keep a journal and track your symptoms and get the difference in quality of energy you experience.

5. If you're irritable or have trouble sleeping, take a combination of calcium citrate 500 mg and magnesium citrate 250 mg before bed.

Those who excessively drinks Coffee, symptoms of causes usually disappear after three or four days. It is best to slowly reduce your intake of caffeine and coffee.