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Subject: Coffee a menace to Man

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Hello jeffrey

I send you this article because I saw you drinking a coffee last time in Paris. It may help.

FREE YOURSELF FROM THE VICIOUS COFFEE HABIT

Medical texts describe "untoward reactions" (meaning bad) from 1000 milligrams of caffeine or about six or seven cups of strong coffee.

These "untoward reactions" include flashing lights, ringing in the ears, nervousness (no wonder) and tremulousness. It stimulates the central nervous system. Many coffee drinkers are poor sleepers.

Coffee has tars and requires the hard-working liver to work harder and longer to get rid of toxic tar.

Anyone who drinks even a small amount of coffee has put a handicap on himself.

Bad aspect of coffee is its effects on the digestion of many people, causing an increase in stomach acidity with burning in the pit of the stomach. It should definitely not be used by anyone who has an ulcer.

Coffee is not a natural beverage for man, it's an Arabic drink that spread to Europe in the 17th century. Like cigarettes, its consumption has increased markedly since the beginning of the 20th Century, parallel with increase in heart attacks, ulcers, lung cancers and other common ailments.

The U.S.A. consumes more than 70% of the world's coffee crop.

Coffee contains the powerful drug caffeine, therefore if your central nervous system demands caffeine would you not say "I am addicted to the drug caffeine?" You can free yourself from this deadly habit. But you must be strong during the withdrawal period. Yes, you will be nervous and jittery, when your central nervous system is addicted to drug, this always happens, but in less than a week you will free yourself from drug addiction. You will be free again. Coffee will no longer be your master.

That goes for decaffeinated coffees. They have some of the drugs removed, but the "dope" is still there.

No.1 COFFEE RELIEVES FATIGUE

Coffee hides fatigue, it paralyzes the fatigue center and makes a person think he is rested when in fact, he is really tired.

No-2 COFFEE INCREASE ONE'S ABILITY TO PERFORM

The very opposite is true.

No-3 COFFEE AIDS CONCENTRATION

The only people whose concentration is helped by coffee are those whose powers of concentration have been damaged by its use. This action is similar to that which occurs with the whisky drinker who must have "another" to steady his nerves.

No 4 COFFEE DOESN'T DRAW UPON BODY'S PHYSICAL RESERVES

Nothing could be further from the truth. When one is fatigued, one needs rest, not a powerful drug stimulant like caffeine. If we drink a cup of coffee we no longer feel fatigued but we need the rest just the same. If we go on working we expend energy which the body cannot afford.

No- 5 COFFEE BENEFICIALLY INCREASES HEART ACTION

Coffee excites the heart and leads to quickening of the pulse ,just as a whip excites the horse .The effects of a coffee are not spectacular like a "**pot**" or **LSD** or even alcohol .it is subtle drug and all more dangerous because of this.

One can easily be lulled into a sense a of false security and fail to realize how harmful coffee is until a great deal of damage has been done by consuming too many cups in short period of time .

Coffee contains no really natural nutrition t o assist the body to higher standard of health.

It contains no vitamins, minerals, enzymes or nutrients.

It has tars which can foul up the hard working liver. it puts a strain on the kidneys as coffee contains **uric acid**.

In other words coffee can do your body absolutely no good and may do it a great deal of harm.

I have noticed people who have consumed coffee for many years that they have definite tremble in the hands, many heavy coffee drinkers have the out and out shakes

Read the fact and stop the habit

If you drink two cups of ordinary coffee every day you are loading your body witha drug called caffeine .Now if you went to drug store and asked the pharmacist to sell you the same amount of caffeine that you drank in your two cups of coffee, he would painterly say " you need a prescription for a strong drug like a caffeine" Yet you can purchase coffee which is full of drug without a prescription.

An average cup of coffee contains from 70 to 150 milligrams of caffeine, which means that two cups of coffee can give you a pretty good jolt. How much, depend how strong the coffee is and how strong the drinker is .A dose of Coffee 150 To 250 milligrams stimulates the cortex of the brain .In other words, it turns one on . However delicate muscular coordination may be hampered by this dose.

No stimulant is good and its free use always results in depleted vitality, coffee is heart stimulant .It forces the heart to work harder than it is expected to and heavy coffee drinkers often have much higher heart rates than they do after they stop drinking coffee.

Some studies suggest that drinking five to six cups of coffee a day is associated with an increased rate of heart attacks

Best regards

Daniel

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