

“She stood in the storm and when the wind did not blow her away, she adjusted her sails.”

- Elizabeth Edwards

I love this quote because it definitely describes me. It probably also describes many of you. Mrs. Edwards is talking about resilience, which I wrote about in my May 2019 newsletter. It's definitely worth another read if you're facing some challenges in your life. I know I am. Many people I care a lot about are as well. Adjusting your sails when you're faced with difficulty is similar to bending but not breaking. It's getting back up when you've been knocked to the ground. My dad used to say, "When life gives you lemons, make lemonade." I'd much rather make a lemoncello martini, but you get the point. No challenge is insurmountable. We have to remember the world we see each and every day is created by the things on which we focus. It's never too late to adjust our lens so we can begin to see more clearly. If you need help, be sure to contact me.

Yours in health,

Susan Monaco, Certified Health Coach
Health and Wellness by Design

www.healthnwellnessbydesign.com,

susan@healthnwellnessbydesign.com

Is Coffee Actually Good for You?



I love my morning cup of espresso or coffee, but I certainly don't like to overdo it. Coffee is probably one of the world's most popular beverages...after water. The problem for me is if I drink coffee after about noon, I have a hard time falling asleep that night. It's unfortunate because sometimes, nothing beats a hot cup of coffee. So when I want a Bailey's and coffee after a hike on a cold day, I always choose decaf. Lots of people will tell you that coffee is bad for you. But coffee beans do have some very important nutrients such as the B-family vitamins like riboflavin, pantothenic acid and niacin, as well as potassium, manganese and magnesium. Perhaps most importantly, they contain antioxidants and caffeine, which have a wide range of health benefits when consumed in moderation and at right times during the day. Here are ten health benefits of coffee.

1. It helps you feel less tired and increases your energy. The reason is because of the caffeine, which is absorbed into your bloodstream when you drink it. Then it goes to your brain. Once it reaches that destination, it increases some of the neurotransmitters in your brain like dopamine and norepinephrine. It also blocks something in your brain called adenosine, which is what causes it to have a stimulant effect. This helps to improve mood, energy and other aspects of brain function.
2. It can help you burn fat. I've reviewed several studies that show caffeine can increase the body's ability to burn fat by as much as 29% in people who are thin and by 10% in those who are obese. Several other studies show that caffeine can increase your metabolic rate by 3-11%. This too will help with weight loss.
3. It can improve performance because caffeine stimulates the nervous system, which signals fat cells to break down. This then makes fatty acids available as energy for your body. It also increases adrenaline, which can help improve physical performance by about 12%.

4. It may help lower the risk of Type 2 diabetes. A review of 18 different studies that included almost 500,000 people showed that EACH cup of coffee reduced the risk of developing diabetes by 7%. This seems to indicate the more coffee you drink, the lower your risk of diabetes. But more studies are clearly needed.
5. It may lower your risk for developing Parkinson's disease. No one knows why, but it looks like coffee drinkers have a much lower risk of developing this awful disease. The risk seems to be reduced anywhere from 32%-60%, which if true, is huge. Since decaf drinkers aren't helped, caffeine seems to be the answer here. Again, more studies are needed, but this looks promising.
6. It may help protect you from Alzheimer's and dementia. As I'm sure you're aware, Alzheimer's is the most common neurodegenerative disease in the world. It's scary for sure. I found several studies that showed people who drink coffee have up to a 65% lower risk of developing this dreaded disease. Like with points 4 and 5 above, more studies are definitely needed to confirm whether this is in fact true. Some of my own research shows you can help prevent Alzheimer's by eliminating aluminum from your daily life (aluminum foil, aluminum pans, deodorant that contains aluminum). Aluminum has the ability to cross the blood/brain barrier, which seems to be a contributor. You should really try to eliminate aluminum from your life.
7. It may protect your liver. This is great news for people like me who enjoy drinking alcohol. Coffee may actually protect against cirrhosis of the liver, but it sounds like you have to drink at least 4 cups per day to get the real benefit. I'm more of a one cup a day girl, so I'm likely not benefitting as much as I could be.
8. It may help reduce depression. This could be very good news for the roughly 4% of the population who are clinically depressed. But again, in order to really reap the benefit, you have to drink at least 4 cups per day. If you're depressed and if you enjoy drinking coffee, one study showed that your risk of suicide would decrease by 53%. That's a pretty amazing statistic, if it is in fact accurate. As I stated last month, if you know anyone who is depressed and contemplating suicide, please call the National Suicide Prevention Hotline at 1-800-273-8255 or text TALK to 741741. Please don't wait.
9. It may lower the risk of some cancers. It looks like coffee could potentially help protect against liver and colon cancer. No one is exactly sure why, but it appears that coffee drinkers have a 40% lower risk of developing liver cancer and a 15% lower risk of developing colon cancer. Again, you have to drink at least 4 or 5 cups to get the benefit, but there is one study of almost 490,000 people that showed their risk was lowered. More research in this area is obviously needed, but if true, would be terrific news.
10. It's high in antioxidants. I was shocked to read that people can get more antioxidants from coffee than from fruits and veggies. Honestly, this seems pretty unrealistic and I need to investigate further. But here's one study that seems to support that fact that coffee is high in antioxidants. [Coffee Study](#)

In summary, I'm a huge believer in "everything in moderation." Personally, I have no interest in drinking 4 or 5 cups of coffee per day, but I have a few friends who do just that. My research seems to indicate that no harm will come from drinking coffee and in fact, there can be plenty of good. So the bottom line is, if you love your coffee keep drinking it. If you've been avoiding it because you thought it was bad for you, fear not. Drink up but don't overdo it. Keep in mind: too much caffeine can have side effects such as anxiety, insomnia, digestive issues, addiction, increased blood pressure, increased heart rate and stimulating effects on the bladder.

Have a wonderful month.