

The Costs of Coffee

It's not only your wallet that takes a hit!

Whenever clients know they need to make improvements in their diet they first suggest cutting back on junk food, take-away food, soft drink and the usual 'bad foods' we all know we shouldn't be having. However very few times are they willing to suggest they should cut back on coffee, clearly identifying their dependence relationship with this addictive diuretic – even if it is only one per day!

You may not think that you consume much coffee, compared to other people you know anyway, however consider the symptoms listed below and take note that even as little as 2 coffees per day can initiate these responses;

- Anxiety and nervousness
- Insomnia
- Various types of heart disease
- Stomach and intestinal problems
- Dehydration
- Moodiness

Furthermore published research has revealed the following about coffee consumption:

- Reduces absorption of B vitamins and calcium due to acidity effect on the small intestines. So although you think your getting calcium from your coffee, your body actually wastes calcium trying to buffer the acidity effect of coffee.
- Increases blood fatty acids, blood pressure and cholesterol.
- May inhibit DNA repair and cause infertility.
- Increases the risk of osteoporosis in women and worsens PMS symptoms.
- Elevates stress hormones and stresses the adrenals – constantly stressing your body makes it very difficult to lose weight!

- Increase the likelihood of developing urinary tracts and bladder cancers by 20%.
- Consumed during pregnancy increases the risk of miscarriage and birth defects.
- Has been directly related to pancreatic cancer and heart attack.



At Linked – Training and Nutrition we don't recommend cutting anything out of your diet completely so this article is not suggesting you give up coffee. In fact on the upside there are also some benefits of drinking the occasional coffee. It acts as stimulant so can be great before a workout to push yourself that little bit harder, and it can also relieve headaches (except headaches caused when trying to give up coffee ☺)

However between the negative effects of coffee and the \$1825 an average Aussie spends on coffee per year, I think it's clear to see that coffee should not be consumed regularly (and yes sorry, regularly means everyday!).

Steph's Suggestion: Don't be dependent on coffee. Enjoy one coffee a day, but not every day!

Keen to try cutting back? Try dandelion tea, it's the closest resemblance to coffee in terms of taste and looks.

Author: Steph Wearne (Nutritionist)

References:

- R.Wood, 2010, *The New Wholefoods Encyclopedia*.
- P.Pitchford, 2002, *Healing with Wholefoods*.
- M.U.Koch, 2011, *Laugh with Health*.