



Why We Ask You To Make A Choice About Coffee

We urge you to consider your coffee intake. We have found that regular coffee drinkers are often our slowest healing patients with the highest rate of relapse and reinjury. We believe that coffee can greatly compromise your body from functioning at its best. But putting belief aside, here are some facts about coffee:

Coffee crops are routinely sprayed with neurotoxic herbicides and pesticides.

Coffee may be decaffeinated using petroleum based solvents.

We rarely see a patient with chronic gall bladder distress who is not a regular coffee drinker. The oils in coffee can be very inflammatory to a sensitive body.

Coffee's natural oils can become rancid quickly after the beans are ground.

If you are a woman who drinks coffee, you are at higher risk for breast and bladder cancer.

Pregnant coffee drinkers have an increased incidence of miscarriage, as well as having children with birth defects.

Coffee drinkers have more pancreatic cancer and heart attacks, and the more coffee consumed the greater the risk.

Only two cups of coffee a day can raise your cholesterol levels.

Coffee's natural acids can erode your delicate small intestine lining, which then can interfere with nutrient assimilation, leading to nutrient – especially mineral – deficiencies. You can also start to absorb other nutrients in a state which may lay the groundwork for autoimmune diseases.

Coffee, along with alcohol and refined sugar, depletes your body of potassium salts, which in turn can create poor reflexes, loss of muscle tone and overall weakness.

Coffee is a known calcium inhibitor and low calcium absorption can leave you at risk for developing osteopenia, osteoporosis, heart disease and nervous system problems.

Coffee drinkers experience more sleep disturbances than non-coffee drinkers.

Coffee drinkers have higher rates of congestive heart disease and heart attacks.

Coffee drinkers eat approximately 24% more saturated fats than non-coffee drinkers.

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Coffee can relax the valve between your esophagus and your stomach, which can lead to hiatal hernia and acid reflux/heartburn.

Coffee stimulates irritating acid secretions in your stomach which can encourage ulcers in your stomach and small intestine.

Coffee taken with and up to one hour after meals can reduce iron absorption by 39%.

Coffee drinkers have more reported physical pain due to coffee's interference with opiate receptors in the nervous system.

Coffee contains methylxanthines, and total abstinence from foods containing methylxanthines reverses fibrocystic breast disease in the majority of women studied. By the way, chocolate, tea and cola also contain methylxanthines. Further, restless leg syndrome patients significantly decrease their symptoms when eating a diet free from xanthine derivatives.

Studies of coffee drinking pregnant women revealed the following facts:

- Caffeine, found in both regular and decaf coffee, freely crosses the placenta
- A pregnant woman's coffee intake decreases the fetal heart rate
- Pregnant women showed a 2.3 fold increase of glucose and the hormone epinephrine 30 minutes after drinking coffee
- A pregnant woman's coffee intake increases the rate of fetal breathing

And a study on caffeine in 1993 revealed:

- The average half life of caffeine in a newborn is 80 hours (that's the time it takes for half the caffeine which crossed the placenta to exit the newborn's body)
- Fetal caffeine levels can reach 80% of maternal levels, and a fetus is nowhere near 80% the size of its mother; that's an extremely high concentration for such a small body
- Infants born to coffee drinking mothers can exhibit heart arrhythmias, fine tremors and increased breathing rates due to withdrawal from coffee
- Adult coffee drinkers are at greater risk for heart arrhythmias themselves

A study in 1994 correlates lifetime coffee intake with higher incidences of osteoporosis in post-menopausal women.

A study in 1988 shows a relationship between increased coffee drinking and decreased fertility rates.

Some authorities report that for certain individuals coffee can be as "addictive" as tobacco, alcohol or certain prescription/recreational "drugs," even going so far as classifying caffeine itself as a drug. We urge you to decrease your coffee drinking gradually, as the effects of withdrawal can be very difficult. Ask the doctor for recommendations to help minimize these effects, ranging from mood swings to headaches to gastric distress to musculoskeletal pains to sleep difficulties.

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Caffeine Chart

Drip Brewed Coffee, 5 oz	115 mg.
Red Bull, 8.5 oz.	80 mg.
SoBe Adrenaline Rush, 8.3 oz.	79 mg.
Iced Tea, 12 oz.	70 mg.
Mountain Dew, 12 oz.	55 mg.
Diet Coke, 12 oz.	45 mg.
Espresso, 1 oz.	40 mg.
Pepsi, 12 oz.	38 mg.
Coca Cola, 12 oz.	34 mg.
Cold relief medication, 1 tab	30 mg.
Dark chocolate, 1 oz.	20 mg.
Milk chocolate, 1 oz.	6 mg.
Chocolate Milk beverage, 8 oz.	5 mg.
Cocoa Beverage, 5 oz.	4 mg.