

NO-NO

NUMBER SIX

COFFEE

Ahhh, this should be interesting . . . Let's sit down and have ourselves a wee chat about coffee. I am going to start this 'No-No' by throwing at you a list of consequences that can be the result of consuming this dark bitter liquid. For all you habitual coffee drinkers out there it will most likely burst your coffee bubble,—I sure hope so. For those who will choose to ignore this message, I say: All my respect to you, but I know that it is time to get real with your vices and face the truth that this addictive brew will jeopardize your precious health.

Hold on to your seats, here we go:

- Periodic headaches
- Dwindling energy levels, more fatigue
- Moodiness that can result in depression
- Gastrointestinal imbalances, diarrhea, cramps
- Insomnia
- Irritability plus panic and anger eruptions
- Constipation, poor bowel movements
- Anxiety
- Involuntary muscles spasm's and pains
- Irregular heartbeat
- Feeling drained all the time
- Light headedness
- Stiffness of the joints
- High blood pressure of course
- Ulcers
- Anemia
- Shaky hands
- Ear ringing
- Memory loss
- For woman: Premenstrual symptoms
 - Irregularity
 - Painful breasts
 - Emotional imbalances

Do I need to go on? It is shocking, right? Occasionally, I come across articles that still claim the many health benefits of coffee! It just baffles me, the amount of propaganda that still goes on. The money that is poured into the commercial machine is mind-blowing, please be aware of that fact. You are being conditioned to believe that a few cups a day are actually good for you.

And when you finally decide to kick the habit of drinking coffee, you may have to undergo (*depending on your level of addiction*) unpleasant withdrawal symptoms, but you will come out of those annoyances a new person. And, providing you've started to implement some of your newly learned diet truths, that new person will start to experience what it is like to feel naturally energized, to wake up fresh and stay on a high all throughout the day. (*But to stop drinking coffee and continue eating junk food isn't going to cut it*).

Before you can experience this natural high this is what you might go through;

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| ⇒ Some more headaches | ⇒ Nausea |
| ⇒ Irritability | ⇒ Memory loss |
| ⇒ Muscle issues | ⇒ Intense fatigue |

The body has to go through these withdrawals unfortunately, but it will be resetting its natural energy rhythms and functions and will start to give you that natural energy, that natural high, on a continuous basis.

There is a great book that came out some time ago called *Caffeine Blues* by Stephen Cherniske. The author spent many years researching the information on 'America's Number One Drug.' The whole world is addicted to coffee: people from all walks of life. It is a touchy subject. People will always defend their drug as it seems harmless to them.

There are obvious reasons why people drink coffee. I have observed this many, many times in hotel lobbies where you can find these big coffee machines. They're brewing the stuff all throughout the day and I would observe the hotel guests walking around the lobby with their big mugs filled up to the brim. That routine of course is not only privileged to hotels guests but in peoples home's as well: "We have to have a cup of coffee, because otherwise we cannot make it through the day." It is perpetual routine to not let yourself experience the caffeine low by drinking more before it hits you.

And this is why people drink coffee—for energy. The belief that it will indeed bring you a energy boost, a kick in the butt, is truly a misconception that is blindly believed by many. The caffeine will indeed provide you with a 'boost' that is perceived as a increase of energy. But in fact it is a re-action to the toxic properties that rob you off your precious stored natural energy, and your body will—claim it back.

Important news break—NO known substance in this world can give you more energy! There is nothing in a pill, drink, natural food, or physical activity (*sports kick-start your energy but do not create more*) that produces more energy. You have a set amount of energy levels that are at your disposal. You just have to utilize these levels properly according to the *Laws of Excitation*. Herbert Shelton, the father of *Natural Hygiene* states:

"Whenever any irritating substance or influence is brought to bear upon the living organism this occasions vital resistance and excitation manifested by increased and impaired action, which always necessarily diminishes the power of action and does so in precisely the degree to which it accelerates action; the increased action is caused by the extra expenditure of vital power called out, not supplied, by the compulsory process, and therefore the available supply

of power is diminished by this amount Under all circumstances, vitality or energy of any character whatever is invariably manifested or noticed by us, as energy, in its expenditure, never in its accumulation."

In other words, what appears to give us energy is actually draining our energies. The stimulation people get from drinking coffee is an expenditure of vital forces, not real energy, which can only come from deep healthy sleep. Let me explain this a little bit further. There is only one source of energy, and that is your vital or life energy created in your brain. The recharging of your life force can only happen during your daily practice of sleeping. There is no other way. Of course we all know that when we are tired and go to sleep that we wake up feeling refreshed and ready to take on another day. But the misunderstanding happens when we are thinking that if the night of sleeping, for what ever reason, did not produce enough energy we can add or create some more by artificial means. Most people, if not everybody, has experienced this at least several times in their lives through whatever stimulant: the illusion of feeling energized by product or action X, then to crash down in the end and find yourselves to be needing more sleep then normal to feel energized again. I have observed the dangerous side effects of the chemical drug Ecstasy. Users dance all night long for sometimes more than ten hours, on top of a whole day, to then crash and fall into a coma sleep for twenty-four hours or more to recover. It really is like catching up on sleep hours, and restoring your energy reserves that have been seriously depleted.

So, the key to feeling energized early in the morning and to continue this high throughout the day is to prevent unnecessary enervation to the body, so that your levels never go down too much. You need to make sure that the body has plenty of reserves left for the tasks of operating the important bodily functions. The most important function is—the removal of built up toxins that lead otherwise inevitably to disease.

Another interesting consequence is that coffee is responsible for a lot of miserable people out there. The irritable mood swings associated with coffee drinking are greatly underestimated. My oh my, do we ever get cranky in the morning if we do not get our fix. It is not the natural way to be. You will become stuck in that perpetual state of false energy and fake uplifted spirits, to then quickly crash again and become fatigued and moody. It is extremely exhausting you have to admit. This chemical stimulation is actually the body's struggle to deal with increased blood and stress hormones. So it is a deceptive alertness: there are no real increased motor and mental functions.

Some people seem to tolerate it pretty well (*so they think*). They are not affected by the liquid that easily. Everybody has a different toxin removal set up and organ functioning. The more your body takes in a poison and gets adapts to it, the less resistant it becomes and the more poorly the body expels it. Look at children that consume coffee for the first time, they can go and fly off the roof with their first cup. It clearly shows the instant poisonous effect the substance has when consumed in a pure clean system, like that of a child. Please forget about that moderation message that one cup a day is healthy for you, which you find in the media. It is not true. We are conditioned to believe it and we look for excuses to accept it. These are all signs of denial and unfortunately reflect the behavior of a drug addict—if you like it or not.

I learned once that coffee originally was used as a medicine. There was a point in time where

toxins were administered to patients because it was believed it would heal them. In a sense these procedures are still around. There are a lot of medications that contain caffeine as their active ingredient. Apparently a long time ago it was discovered by monks that you could roast these toxic beans and make a drink out of it. Soon after they discovered that people stayed awake a lot longer; a 'miracle' drink was born. For some cultural traditions it came in handy, for instance when there were long religious masses held you could pray a lot longer. When it was introduced to Europe by early explores it was received as a most repellant drink, but when the addictive 'energizing' qualities were discovered people started to make an effort to find a way to make it palatable—sugar. The new beverage was hailed as a tremendous discovery and an addition to the rich cultures of Europe.