



TRINITY
school of natural health

The Coffee Report

Benefits vs. Drawbacks

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**By consuming coffee wisely,
you can reap its rewards
without compromising
your wellness.**

Is Coffee Good for You?

_____ There is an ongoing debate over whether the advantages of coffee outweigh its potential risks. Depending on who you ask, it is either full of antioxidants and linked to several health benefits or packed with caffeine and considered addictive. However, the truth is somewhere between these two extremes. By consuming coffee wisely, you can reap its rewards without compromising your wellness.

RISKS OF COFFEE

Too much of anything (even things that are generally good for you) can end up being harmful. Consider sunshine or exercise, which are both elements of a healthy lifestyle. If you're outside in the sun for too long, you might damage your skin. If you're too active without staying in tune with your body's needs, you can damage joints, tendons, ligaments, or even your heart.¹ The same is true for coffee. Drinking too much of it could result in serious consequences. These are a few of the most common risks:

Increased Sugar Consumption

People commonly add cream and sugar to their coffee to offset its bitterness. Specialty drinks from a café typically include artificially flavored syrups and added sweeteners. In some studies, high-sugar diets have been linked to weight gain, acne, and increased risk of heart disease.² When you frequently drink coffee with sugary additives, you may increase your risk for these conditions as well.

Anxious Feelings

Coffee can impact your mental and emotional health if you don't moderate your intake. According to one study, people who ingest too much caffeine can experience jitteriness, anxious feelings, and heart palpitations.³ The same research also discovered that caffeine seemed to exacerbate panic attacks.

Sleep Disruption

The most common time to drink coffee is in the morning because it's a great pick-me-up. However, that quality can be a disadvantage if you drink coffee in the afternoon because the caffeine can affect the body much longer than you may realize. This is why it's better to drink coffee before noon to ensure minimal interference with your sleep schedule.

Addictive Qualities & Withdrawal

Caffeine can lead to reactions associated with addiction if consumed too frequently. The more caffeinated coffee you drink, the more tolerant your body becomes, which can result in needing more of it to experience the same positive effects.⁴ Then, when you don't have access to coffee or if you stop drinking it for a certain amount of time, you may experience the effects of withdrawal.

BENEFITS OF COFFEE

While coffee might have its drawbacks, there are several advantages you can experience when you consume it wisely. These are a few of coffee's positive impacts:

— IMPROVED ENERGY LEVELS

The caffeine in coffee can help you feel more alert, and some studies have found that it can also boost your brain function and general cognitive functioning.⁵ This will prove valuable when you need to be fully present for an early morning or a long day. However, this boost is often short-lived, so don't rely solely on caffeine to provide the energy you need. Consider adding a sleep schedule and a nightly resting routine, essential oils, or dietary supplements that contribute to energy to your wellness plan.

— SUPPORTED PHYSICAL PERFORMANCE

Many athletes use caffeine because studies have found it to positively impact performance and endurance levels.⁶ As a stimulant, coffee also releases epinephrine (also known as adrenaline), which is the body's fight-or-flight hormone.⁷ This prepares your body for intense physical exertion and helps your performance.

— ABSORPTION OF ANTIOXIDANTS AND OTHER NUTRIENTS

Even though coffee grounds are contained by a filter, most of the nutrients within coffee beans pass through to end up in your cup. Some research has found that a single cup of coffee contains 11% of the daily B2 intake, 6% of the daily B5 intake, 3% of the daily manganese and potassium intake, and 2% of the daily B3 intake.⁸ If you drink two or three cups in the morning, this can add up quickly. Additionally, coffee is so high in antioxidants that many people get more of their antioxidants from coffee than they do from fruits and vegetables.⁹ If you want to learn more about why antioxidants are an important component of your wellness, [read this eBook](#).

— BOOSTED METABOLISM

Aside from caffeine, coffee contains several known stimulants that are linked to increased metabolism. Various levels of theobromine, theophylline, and chlorogenic acid are found in coffee, and several studies have linked them to an increased metabolic rate.¹⁰ Additionally, caffeine stimulates your nervous system and sends signals to fat cells to break down body fat.¹¹



WISE DECISIONS: TIPS TO AVOID NEGATIVE SIDE EFFECTS

When you've had too much coffee, your body will let you know. Moderation is the key to making sure you don't overdo your coffee intake. These suggestions will help you maximize coffee's benefits:

- **Hydrate:** Coffee is a diuretic. When you drink too much, you'll notice yourself taking excessive trips to the bathroom. Try supplementing your coffee intake with plenty of water to make sure you're consuming enough liquid to replenish lost fluids.

- **Prepare for Withdrawal:** If you take an abrupt break from coffee, your body might respond with physical discomfort. The lack of caffeine causes an increase in blood flow around the brain and pressures the surrounding nerves, which can trigger a headache. You can relieve some of the pain by applying an ice pack or using essential oils to help you relax. If you want more tips for supporting your wellness amid headaches, [check out our eBook](#).
- **Eliminate Afternoon Caffeine:** While coffee is a natural stimulant, it can also cause fatigue when it leaves your system. Like we mentioned above, it can disrupt your sleep if you consume it later in the day. Try other energy-boosting practices like going on a brisk walk or taking up a daily stretching routine to avoid fatigue.
- **Limit Sugary Drinks:** If you visit a café, avoid their specialty coffees and opt for a house blend instead. You'll get to appreciate the shop's unique brew and stay away from too many added sugars and syrups.

Conculsion **The Coffee Report: Benefits vs. Drawbacks**

If you want to reap all the benefits coffee has to offer, view it as one element of your wellness plan instead of a crutch. By focusing on a whole-person approach to health that addresses your spiritual, emotional, and physical well-being, you can create a robust routine that includes caffeine in moderation.

If you want to learn more about pursuing total wellness, consider enrolling in a holistic health education program. You can become a Health Coach, Certified Natural Health Professional, Certified Holistic Fitness Specialist, or Certified Aromatherapy Specialist to learn about the foundational methods for supporting your mind, body, and spirit. Contact an enrollment specialist by calling 800-428-0408, option 2.





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