

Coffee-The Pros and Cons

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Coffee is considered one of the most beloved beverages in the world.

Coffee specialty shops are popping up all over.

The point is people love coffee and most people can't start their day without their cup (or more) of coffee.

Yes there are pros well documented showing the benefits of drinking coffee.

Here are just a few:

- 1: Can Improve Energy Levels
- 2: Can Help You Burn Fat
- 3: May Lower Your Risk of Type 2 Diabetes
- 4: May Protect You From Alzheimer's Disease and Dementia
- 5: May Lower Your Risk of Parkinson's
- 6: May Protect Your Liver
- 7: Can Fight Depression
- 8: May Lower Risk of Certain Types of Cancer
- 9: May Help You Live Longer

With all of these benefits is there a downside?

The answer is YES!

Coffee is made from roasted seeds and contains a chemical called **acrylamide**. Acrylamide is classified as a group 2A carcinogen and extremely hazardous. Acrylamide has been shown to cause multiple types of cancers including renal, endometrial and ovarian cancers.

Coffee crops are also highly sprayed with pesticides like **glyphosate and 2-4-D**. These two chemicals are associated with different cancers and disrupt human biochemistry.

If you drink a lot of coffee I suggest asking your physician to order a **glyphosate test** (<https://www.greatplainslaboratory.com/glyphosate-test>). If your levels are high it may be wise to re-consider that daily cup of coffee.

One important option to at least **minimize** some of these downsides to coffee consumption is to only drink **organic and non-roasted coffee**.

References

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