

Coffee NOK

Each of us possesses a physical body comprised of LIVING cells. These LIVING cells are made up of protoplasm, a vicious, grayish, translucent, colloidal substance. Our health, or lack of it, is determined at this protoplasmic, cellular level. If we keep our bodily fluids purified and our cells free of toxic build-up, we will experience health. On the other hand, if we fail to keep our bodily fluids purified and our cells free of toxic build-up, sickness will result. The reason The Hallelujah Diet has such a profound effect upon the health of those who adopt it, is because The Hallelujah Diet promotes health at this most basic of all levels - at the level of our cellular protoplasm!

Remember, the closing words of Health Tip #414, where this editor wrote: "LIVING FOOD FOR A LIVING BODY! God had it right from the very beginning! See Genesis 1:29. Remember it was God who created a LIVING organism (physical body) comprised of LIVING CELLS that He designed to be nourished with LIVING FOOD!"

We promote health at the protoplasmic cellular level of our bodies when we consume LIVING plant foods and the juices of the LIVING vegetables, while at the same time, we avoid placing toxic substances into our body. If we want to promote health, rather than disease within our beautiful God made physical bodies, we must carefully avoid placing substances into our bodies that will poison our bodies at this most basic cellular protoplasmic level.

Sadly, many of those reading this are NOT being careful to avoid toxic substances, but rather, on a daily basis, are placing protoplasmic POISONS into their bodies in the form of caffeine, theobromine (a drug related to caffeine and found in products from the cocoa bean such as chocolate), inorganic sodium chloride (table salt), refined sugar, alcohol, nicotine, and prescription as well as over-the-counter medications. THESE SUBSTANCES ARE ALL DRUGS! THEY ARE ALL POISONS! AND THEY ARE ALMOST ALL ADDICTING! Most are socially cherished, often medically prescribed, commercially advertised, and sadly, government subsidized!

To even a casual observer, it becomes painfully obvious that the majority of our adult population, and rapidly an ever-increasing percentage of our teenagers and even young children, are hooked on these protoplasmic pleasure poisons and the protoplasmic prescribed poisons! Almost 100% of our population consumes refined sugar and table salt; 80% consume coffee, tea, caffeinated-sodas, and chocolate; 26% use nicotine; 70% drink alcohol; and probably over 50% use medications of some kind.

With that as a little foundation, let's tackle the protoplasmic POISON called:

5. CAFFEINE

Caffeine is the most popular and most widely used STIMULANT in the world, and coffee is the major source of this STIMULANT. Coffee is also the most popular beverage in the world, with tea and caffeinated soda coming in second and third. A cup of drip coffee contains 150 mg of caffeine; a cup of brewed tea 50 mg of caffeine; a 12 oz can of caffeinated soft drink 50 mg of caffeine; and an 8 oz bar of milk chocolate 50 mg of caffeine.

Now let's look at how caffeine affects our beautiful God made physical bodies. I will begin by sharing a few quotes from Dr. John McDougall, taken from his book "The McDougall

Plan":

(1) Some of the most popular DRUGS consumed by people of affluent western nations are found in coffee beans, tea leaves, and cocoa beans (chocolate) . . . all of which contain a group of natural substances known as methylxanthines. These chemicals include caffeine, theophylline, and theobromine. Many prescription and nonprescription drugs also contain methylxanthines.

(2) One of the most important of the methylxanthines is the popular drug 'caffeine'. . . undesirable effects from the stimulating properties of caffeine include: elevated heart rate, irregular heartbeat, increased blood pressure, frequent urination, increased gastric acid secretion (which contributes to indigestion, gastritis, and ulcers), nervousness, irritability, insomnia, loss of appetite, nausea, and diarrhea. Obviously, discontinuing caffeine will relieve the problems caused by this DRUG. It is particularly important for someone with hypertension who is trying to lower his or her blood pressure to stop drinking caffeinated beverages.

(3) Caffeine has been shown to cause birth defects in animals and is suspected of causing the same defects in humans. It would follow that you should completely avoid coffee, tea, colas, and chocolate in all forms during pregnancy.

(4) All three of the methylxanthines can stimulate growth of breast cells, causing painful enlargement of breast tissue and benign lumps. This condition is known as fibrocystic disease. . . In as many as 90 percent of women with fibrocystic disease, these benign breast lumps significantly improve or completely disappear in two to six months when methylxanthines are eliminated from the diet. There is also concern from investigators that the chronic stimulation of the breast tissue by methylxanthines may progress to cancer of the breast. Cancer of the bladder also has been related to caffeine use.

(5) One more undesirable effect of caffeine is that the DRUG has been shown to cause loss of calcium from the body. Therefore, another dietary maneuver you can use to prevent and possibly correct thin, calcium-deficient bones, or osteoporosis, would be to discontinue use of caffeine.

(6) The body actually becomes physically addicted to caffeine. When you quit taking this drug, expect withdrawal symptoms such as headaches, anxiety, irritability, drowsiness, tension, and depression. Withdrawal symptoms can last as long as a week.

Dr. Russell Blaylock, in the November 2005 issue of NewsMax magazine had this to say concerning caffeine:

"Caffeine is considered to be the most widely used psychoactive substance in the world. In some ways it is acting like MDMA (Ecstasy) and cocaine. That is, it stimulates brain cells intensively. . . If you stop drinking caffeine you will notice two things right away:

that you cannot stay awake and that you have a splitting headache . . . This is because the brain has turned down the sensitivity to caffeine so much that your brain is struggling to remain conscious. The headache is because of rebound dilation of the blood vessels in the scalp. . .

Excessive caffeine has several dangers. With high consumption, one can have a sudden seizure or even abnormal heartbeats. On some occasions the abnormal heartbeats - called arrhythmias - can lead to sudden death, especially if your magnesium is low."

Now for some more of the adverse effects my research has revealed from various sources concerning the consuming of caffeine:

(1) Caffeine stresses the nervous system, increases uric acid production and can lead to kidney damage. Researchers at Boston University Medical Center consider coffee intake to be associated with heart attacks and cancer, and when used with sugar becomes even more harmful.

(2) "Coffee nerves" or "coffee jitters" can occur after 150 mg (1 cup) are ingested, while physiological and psychological dependence can occur at 300 mg/day (2 cups)

(3) 62% of Americans in a recent survey claimed they ". . . could not function . . ." without their daily coffee (caffeine) intake.

(4) Children are far more susceptible to caffeine intoxication due to lighter body weight and comparative purity of physiology. Parents who wouldn't dream of giving their children coffee are giving them the equivalent dose of caffeine every time they let them indulge in caffeinated soft drinks, cocoa, iced tea, and chocolate. The irony is that most of the caffeine taken from coffee in the decaffeination process is bought by the soft-drink industry and added to soda!

(5) Caffeine intoxication is a form of severe poisoning that occurs at the cellular level when as little as 250 mg of caffeine is consumed in a day. This toxic stimulant may result in heart palpitations, stomach irritation, dizziness, muscle tension and trembling, insomnia, shortness of breath, diarrhea, ringing ears, lightheadedness, and headaches.

(6) Caffeine first triggers an adrenalin release and then mimics the "fight-or-flight" response by stimulating the cardio-respiratory and central nervous systems. Every cell, organ, and system is affected by caffeine.

(7) Caffeine speeds up Basal Metabolic Rate by 10 - 25%. It increases blood pressure, causes irregular heart rate, and restricts brain blood flow. It is implicated in cardiovascular disease. Six cups of coffee daily, doubles heart attack risk.

(8) Caffeine stimulates overproduction of gastric pepsin/hydrochloric acid, contributing to the formation of stomach ulcers.

(9) Besides all of these physical symptoms of auto-poisoning, caffeine can stimulate mental disorders with symptoms identical to "anxiety neurosis": nervousness, irritability, self-consciousness, moodiness, and/or depression. Indeed, some people who suffer from mental disorders are undoubtedly "adding fuel to the fire" when they become caught in a vicious circle of caffeine use.

To summarize, CAFFEINE and everything containing it, is the fifth most often cause or contributing cause of the physical problems being experienced today. CAFFEINE is DEAD, and FIBERLESS, and along with animal source foods, refined sugar, refined grains and inorganic sodium chloride (table salt), the most popular of the deadly, KILLER foods of our day.