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## ONE HOT TOPIC: COFFEE

### Should I drink it? Is it unhealthy?

At the risk of infuriating millions of Americans (likely because of the fear of the headaches they will experience from withdrawal if they discontinue use), I am writing this to offer one perspective. Then, you should make the decision that is best for you.

The downsides to coffee: it is highly acidic, leading to inflammation which can cause many health problems. Also, it is apparently very difficult grow, therefore massive quantities of herbicides and pesticides are used in its cultivation. Additionally, the “buzz” you get from coffee is not the caffeine; *rather it is the caffeine stimulating the release of adrenaline. Over time, this leads to depleted kidney/adrenal function.*

The solution (should you decide to kick the habit): start gently on the following steps. Watch out...at some point it may get bumpy, as withdrawal isn't very pleasant!

Note: To minimize any withdrawal symptoms, it is important to make the following transitions:

1. Drink only organic regular coffee for a few days.
2. Drink half organic, half organic steam-distilled decaf for a few days.
3. Drink organic steam-distilled decaf only for a few days. (FYI: there is still caffeine in decaf coffee. The decaffeination process never removes all of the caffeine.)
4. Drink green tea for a few days.
5. Drink Chai tea (Indian Spice tea with little or, better yet, no black tea). We have a fantastic recipe on our website's blog, as well as in our clinic.

Call if you have question or concerns, as always.

Healthfully,

Curry D. Chaudoir, Diplomate in Acupuncture