



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

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Coffee - America's Favorite Drug



Studies now link coffee with cancer of the bladder, rectum, pancreas, colon, ovaries, prostate, and breast. Even a single cup raises the stomach temperature by ten to fifteen degrees; places measurable stress on the heart, lungs, kidneys, liver, pancreas and adrenal glands; and narrows blood vessels in the brain. Many doctors now find coffee (as well as all its pesticides, etc.) to be a dangerous stressor of the kidneys, heart, and more.

What to Drink Instead

- Filtered water (Berkey Filter, Reverse Osmosis, and Carbon Filtration)
- Spring water
- Distilled water, best with fresh lemon or lime juice, and/or colloidal minerals
- Mineral water, plain or with added fresh lemon, lime, or other fruit juice
- Freshly extracted fruit or vegetable juice
- Natural diluted unsweetened fruit juice
- True herbal tea (without caffeine)
- Bernard Jensen's Quick Sip
- Dr. Bronner's Balanced Mineral Bouillon
- Dacopa (roasted dahlia root)
- Teccino, Kaffree Roma, Pero, Postum, Inka, Raja's Cup, Bambu (roasted grain beverages)
- Homemade rice milk, almond milk, oat milk, potato milk
- Health smoothies, made of filtered water, unsweetened fruit juice, or "milks" as above as a base (add one or several of the following: fresh fruit, healthful protein powders or nutrient powders, ground nuts or seeds, spices, etc.)
- Vegetable broth (2 tsp. Quick Sip, 1/8 tsp. unprocessed natural Celtic Salt – Mix and dilute in a cup of hot water and enjoy!)
- Apple Cider Vinegar Drink (2 TBS raw, unprocessed apple cider vinegar, 1 TBS raw, unfiltered honey– Mix and dilute in a cup of hot water and enjoy!)
- Apple Cider Vinegar Drink (1qt. apple juice, 1qt. grape juice, 3/4 cup raw apple cider vinegar)





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How to Tell If You Have Had TOO MUCH Coffee

1. You have to concentrate to blink.
2. You are consistently looking for an earthquake.
3. You look forward to work.
4. You stand in front of the microwave yelling "hurry!"
(We hope you don't have a microwave.)
5. You get half-way to work before you realize you forgot the car.
6. You grind your coffee beans with your teeth.
7. You lick your coffee pot clean.
8. You can type 60 words per minute with your toes.
9. You have to watch videos in fast-forward to prevent boredom.
10. Your nervous twitch registers on the Richter scale.
11. You can take a picture of yourself from 10 feet away without using the timer.
12. You don't need a hammer to pound nails.
13. You buy sugar by the barrel.
14. You need a scientific calculator to take your pulse.
15. You are employee of the month at the local coffeehouse,
and you don't even work there.
16. You chew on other people's fingernails.
17. When someone says, "how are you?" you reply, "good to the last drop!"
18. You fall asleep with your eyes open.
19. You can thread a sewing machine while it's running.
20. You have your blood tested and the results come back in acidity levels.



How to Tell If You Have Not Had Enough Coffee



1. People drive too slowly in front of you, and you don't care.
2. Your coffee pot can be cleaned with mere soap and water.
3. You get fewer emergency bathroom breaks at work.
4. Your coffee cup still has enamel.
5. You can taste food.
6. Your phone rings and you try to find the snooze button.
7. You have no back pains or hemorrhoids.



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16 Conditions Worsened by Caffeine

1. Anxiety / Agitation
2. Back pain
3. Fatigue (rebound effect)
4. Fibrocystic breast disease
5. Gallstones
6. Headache
7. Heart disorders (like arrhythmia)
8. Hemorrhoids
9. High blood pressure
10. Hypoglycemia
11. Insomnia
12. Kidney problems of all types
13. Loose stool
14. PMS
15. Prostate enlargement
16. Ringing in the ears

Caffeine Content of Beverages and Drugs (Excerpt from "How Do You Stand" Health Comm)	
Substance	Caffeine (mg)
Coffee (5 oz.)	
Drip method	146
Percolated	110
Instant Regular	53
Decaffeinated	2
Tea (5 oz.)	
One-minute brew	9-33
Three-minute brew	20-46
Five-minute brew	20-50
Iced Tea (12 oz. cans)	22-36
Cocoa and Chocolate	
Cocoa (from mix), 6 oz.	10
Milk Chocolate, 1 oz.	6
Baking Chocolate, 1 oz.	35
Soda (12 oz. cans)	
Diet Mr. Pibb	52
Mountain Dew	52
Mello Yellow	51
Tab	44
Shasta Cola	42
Dr. Pepper	38
Diet Dr. Pepper	37
Pepsi Cola	37
Royal Crown Cola	36
Diet Rite Cola	34
Diet Pepsi	34
Coca-Cola	34
Mr. Pibb	33
Stimulants	
Caffedrin capsules	200
NoDoz tablets	200
Vivarin	200
Over-the-Counter Drugs	
Weight-Control (Dexatrim)	200
Excedrin	130
Midol	65
Anacin	64
Cold Remedies (Dristan)	32