



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (7) Holistic Healthcare*

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## Coffee: America's Favorite Drug



Studies link coffee with cancer of the bladder, rectum, pancreas, colon, ovaries, prostate and breast. Likely the worst risks are from the pesticides typically used while growing coffee beans. Even a single cup places measurable stress on the heart, lungs, kidneys, liver, pancreas and adrenal glands, and narrows blood vessels in the brain. I find coffee along with all its pesticides, etc. to be a dangerous stressor to the kidneys and the heart.

### What to Drink?:

- Filtered water (Berkey filter: reverse osmosis and carbon filtration)
- Spring water
- Mineral water, plain or with a teaspoon of fresh lemon, lime or other fruit juice
- Distilled water (best with fresh lemon or lime juice and/or colloidal minerals)
- Bernard Jensen's Quick Sip
- Dr. Bronner's Balanced Mineral Bouillon
- Freshly extracted fruit or vegetable juice
- Natural, unsweetened fruit juice (diluted with spring or filtered water)
- True herbal tea (without caffeine or artificial flavors)
- Kaffree Roma, Pero Postum, Teccino, Inka, Raja's Cup, Bambu (all roasted grain beverages)
- Dacopa (roasted dahlia root)
- Organic coconut milk, rice milk, oat milk, almond milk or nut milk
- Health smoothies, made of filtered water, fruit juice, or "milks" like the ones listed 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 (vegetable broth sold at health food stores), 1/8 tsp. Celtic salt (unprocessed natural salt, available at my office) or season to taste, mix and dilute in a cup of hot water and enjoy!)
- Apple cider vinegar drink 1 (2 tbs raw, unprocessed apple cider vinegar, 1 tbs raw, unfiltered honey (or season to taste, mix and dilute in a glass of hot water, sip and enjoy!)
- Apple cider vinegar drink 2 (1 qt. apple juice, 1 qt. grape juice, 3/4 cup raw apple cider vinegar)