

CHEAT SHEET COFFEE

Coffee. If you drink it then the thought of 'having to' give it up can be too much to handle!! People use food for mental and emotional reasons and therefore taking something away (or even the thought of taking it away) can be traumatic! The thing is that you don't have to give up coffee if you don't want to, but there are some choices you can make to reduce the potentially negative impacts of drinking it.

QUANTITY

First up is the quantity of coffee you're drinking. One cup a day, or here and there, because you actually really enjoy it, or it is part of a healthy ritual in your life, is different than several cups a day being used as a crutch to just get you through the day! Coffee can stress your adrenal glands, liver, stomach, kidneys and can contribute to blood sugar irregularities. If you drink several cups a day and want to reduce your intake, make sure you wean yourself down slowly!!

WHAT YOU ADD TO IT

This is super important. Some people find it's actually the sugar they were craving as much or more than the coffee hit. Try your coffee without the sugar, and using cream instead of milk can reduce the bitterness and add a hint of sweetness without the refined sugar hit. Again, try and avoid any artificial flavourings and syrups. Most people add milk to their coffee. The choice of milk can have a large bearing on how coffee makes you feel. A low-level intolerance to milk (which as we know can cause inflammatory effects in the body) might be doing more damage than a small caffeine hit. Choose the best quality milks when you can.

ORGANIC

Conventional coffee is heavily sprayed with pesticides, so choose organic where possible. Also try and find ethically sourced fair trade coffee. If you make coffee at home, then buying whole beans and grinding them yourself is also preferable, because as soon as they are ground, oxidation starts and the beneficial anti-oxidants will start to oxidise too. Avoid flavoured coffees because they are usually full of artificial flavourings and sugar.

DECAF

If you like the flavour and/or ritual but could take or leave the caffeine part, or you're wanting to wean off caffeine, then consider trying decaf. The key is to find and only drink decaf that has been made using the Swiss Water Method which unlike other methods does not directly, or indirectly, add any chemical to extract the caffeine.

Otherwise, decaf can be a dodgy choice! Think about the process that the food has gone through - remember? Removing caffeine from coffee is a pretty serious thing to do!

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BULLET-PROOF COFFEE

Want to try something new? The bullet-proof coffee is growing in popularity as more people move away from milk products. It is said to really fill you up - due to the amount of healthy fats. Here's basic instructions:

- Brew 1 cup of organic coffee of your choice to your taste
- Add in 1-2 tbs of unsalted grass-fed butter (the Westgold brand is widely available in Woolworths in Australia)
- Add in 1-2 tbs of extra virgin coconut oil
- Add in 1 egg
- Mix in a blender until frothy and foamy like a latte

ENJOY IT!

The most important thing is if you choose to drink coffee is that you really enjoy it! If you're just in a habit and you feel like you have to have it just to stay awake, and quite frankly you don't even really like the taste, then maybe take this as an opportunity to address the tiredness in other ways.