

EAT THIS, NOT THAT!

27 Things Health Experts Really Think About Coffee

By: Sharon Feiereisen

The good, the bad, and the buzzy.

It's the age old question: to drink coffee or not to drink coffee?

For some it's not even a question; they consider a morning cup of Joe a ritualistic essential that has health benefits to boot. Others say it's acidic and contributes to an increased amount of stress and heart palpitations. Most people, however, are somewhere in between—leaving us wondering what the actual deal is with this caffeinated brew. The answer isn't black or white; there are good and bad things to be said about the American staple—here's a look at what the experts have to say. Check 'em out and then also find out the best place for a coffee buzz in our exclusive list of The Best Coffee Shop in Every State!



Not all coffee is created equally. "I recommend only purchasing healthy and sustainable coffee that is organic and fair trade," says naturopathic doctor and author of *The Rockstar Remedy*, Dr. Gabrielle Francis. Coffee crops that aren't organic are one of the most chemically treated crops. Sorry this means skipping instant coffee which is full of chemicals and additives (think of it as the fast food of the coffee world). "It's also important to note that light roasted coffee is higher in antioxidants and higher in caffeine than dark roasted beans."

The more finely ground the coffee, the higher the antioxidant level in them, according to Dr. Francis. "Cold brewed coffee has fewer acids and less caffeine than hot brewed coffee.



According to Dr. Francis, eating protein when drinking coffee will reduce the cortisol that is secreted. This is helpful because cortisol can reduce your body's ability release fat from its fat stores. It can also impact stress and sleep. Good protein options include nuts or nut butters, seeds, Greek yogurt and chia pudding.



Adding spices to coffee reduces the acidity. "The acidity can break down the gut lining and leach minerals out of the body such as calcium and magnesium and iron," says Dr. Francis, who recommends adding spices like ginger, cinnamon, vanilla, cardamom, turmeric, nutmeg and chicory to make your coffee not only taste better, but healthier. Try these 12 D.I.Y. Flavors to Boost Your Coffee at Home, too.

