

Is Coffee Good or Bad For You?

By: Igor Klibanov

- Potential negative effects of coffee:
 - Insomnia
 - Mechanism: caffeine blocks adenosine receptors in the brain (adenosine is a relaxing neurotransmitter)
 - Anxiety
 - Mechanism: elevation of cortisol
 - Elevation in pulse
 - Worsening of irritable bowel syndrome (IBS)
 - Mechanism: prevention of gastric sphincter from closing
 - Worsening of osteoporosis
 - Mechanism: ttVDR genotype
 - Worsening of PMS symptoms
 - Mechanism: caffeine increases cortisol → cortisol causes blood vessels to constrict → cramps
- What about...
 - High blood pressure:
 - Caffeine causes short term elevations in blood pressure (several hours), but no increase in long-term heart attack risk.
- Coffee has other compounds besides caffeine, like:
 - Cafestol
 - Kahweol
 - Trigonelline
 - Chlorogenic acid
 - ...others
- Benefits of coffee:
 - Improved alertness
 - Mechanism: caffeine blocks adenosine receptors in the brain (adenosine is a relaxing neurotransmitter)
 - Reduction of depression
 - Mechanism: antioxidants in coffee may reduce brain inflammation
 - Reduction of liver problems
 - Mechanism: decreased liver fibrosis
 - Greater muscular endurance
 - Mechanism: decreased central fatigue
 - Mechanism 2: enhanced intracellular calcium mobilization
 - Greater cardiovascular endurance
 - Mechanism: decreased central fatigue
 - Mechanism 2: improved FFA (free fatty acid) oxidation
 - Mechanism 3: enhanced intracellular calcium mobilization
 - Diabetes prevention

- Mechanism: chlorogenic acid in coffee may reduce glucose absorption
- Mechanism 2: antioxidants
- Mechanism 3: anti-inflammatory
- Mechanism 4: improved microbiome
- When coffee is neutral (no benefit and no harm):
 - 1RM strength
 - Heart disease
 - Fat burning
- Is coffee a diuretic?
 - Yes... but even water is a diuretic
 - Coffee does not make you lose more water than you take in

Additional Resources

<http://www.fitnesssolutionsplus.ca/blog>

About the Presenter

Igor Klibanov has been selected as one of the top 5 personal trainers in Toronto by the Metro News newspaper, and now, he is the CEO of his own personal training company, Fitness Solutions Plus. Together, with his team of fitness professionals, he works with NDs to help their patients get better clinical outcomes.

Igor is the author of 8 different books on exercise and nutrition, including *The Mental Health Prescription*, *High Blood Pressure Reversal Secrets* and *Type 2 Diabetes Reversal Secrets*.

Igor is a sought-after wellness speaker, having worked with RBC, Investors Group, Sunlife, IBM, and many others.

If you would like to learn more about Igor, visit <http://www.FitnessSolutionsPlus.ca/can-fit-pro>