

## **NON-PRESCRIPTION**

**Every week acupuncturist Gaute Mehl and Doctor Roald Strand at Kilden Helse, a medical clinic, give you their best non-prescription advice.**

### **Natural Slimming With Coffee**

In the slimming market new products constantly emerge in different forms - you can purchase everything from new diets to different powders and pills. The latest fashion is the so-called “*super-food*”, food you can eat and still loose weight, and numerous products of this type can be found in the Norwegian market today. The documented products are prescribed by a doctor for treatment of extreme obesity and not available to the common man. There are, however, some exceptions.

Coffee Slender is one of these. The idea is that if you replace your daily consumption of coffee with Coffee Slender it will be easier for you to loose weight. Not a bad idea if works and the coffee taste good. Norwegians drink a lot of coffee and we are particular about it too. The average Norwegian drinks approximately 160 litres of coffee each year. It is generally accepted that pregnant women should limit their intake of coffee. Some have even, on a relatively weak basis, recommended that consumers use percolator coffee instead of espresso, prezzio and grinded coffee because the fat in the coffee will stick to the filter. There has been done quite a lot of research on coffee and not much has been found to substantiate the assertions that a normal consumption of coffee may be damaging to your health. The positive effects many people experiences and appreciates when drinking coffee is probably the main reasons to why coffee is so popular. It refreshes, clears the mind, improves thinking and enhances the memory.

Research has shown that coffee has a positive effect on asthmatics, that it reduces the risk of developing gallstone and kidney stone and that it diminishes the risk of developing Parkinson's.

Coffee also contains a lot of anti-oxidants. It is possibly the high level of important anti-oxidants that, according to some studies, reduces the risk of developing liver cancer.

Caffeine is the best-known ingredient in coffee, but it also contains several other different chemical compounds, and recent research has found an especially interesting substance in the coffee bean. This substance is called chlorogenic acid and can be found in its natural form in several plants, like for instance in the leaves from the blueberry plant. Chlorogenic acid has proved to have a positive effect on the blood sugar through three mechanisms:

- It reduces the absorption of glucose from the food.
- It reduces the storage of glucose in the liver.
- It increases the production of glucose in the body.

**“If your goal is to stop smoking and you are afraid that you will put on weight it may be wise to replace your daily regular coffee with a coffee enriched with chlorogenic acid.”**

A stable level of blood sugar will reduce the need for insulin and provide lower, more stable insulin values, something that will result in less storage of fat in the body. Several well-documented studies indicate that an increased intake of chlorogenic acids has a slimming effect. Other studies indicate that the weight reduction is by comparison three times as high as dieting alone. Coffee Slender has become very popular and many people have reported that they lose weight without changing their diets. The only thing they have done is to replace their regular coffee with a coffee enriched with chlorogenic acid. Several actors and models whose major concern is to keep a slim line have experienced that it is easier to control their weight if they drink this type of coffee.

Coffee Slender, like regular coffee, contains caffeine, a substance which can, at high dosages, result in an acute increase in the blood pressure. This is the reason why doctors have warned the public of the dangers of excess consumption of coffee. Through a big health and lifestyle study performed on 155.000 female nurses in the USA, researchers have concluded that there are no connections between high blood pressure and the consumption of coffee. It was surprising to see, however, that the consumption of different types of Cola (the beverage), both with and without sugar, was related to high blood pressure, but the researchers did not believe that this had any connection to the caffeine found in the different soft drinks.

Homocysteine is a toxic amino acid found in the body. At high levels, this amino acid may increase the risk of cardio-vascular diseases, dementia and complications during pregnancy. Your homocysteine level can easily be measured through the analyses of a blood sample drawn by your doctor. A connection between the level of this substance in the body and the consumption of coffee has been established, but according to one of the studies this only applies to people who smoke. The still far too popular combination of coffee and smoke is especially damaging to the health.

If your goal is to stop smoking and you are afraid that you will put on weight it may be wise to replace your daily regular coffee with a coffee enriched with chlorogenic acid. I have received positive feedback that this product is working well. However, to stop smoking is still the most effective lifestyle change you can do to diminish the risk of serious illness and an early death.

Best regards, Roar Strand.