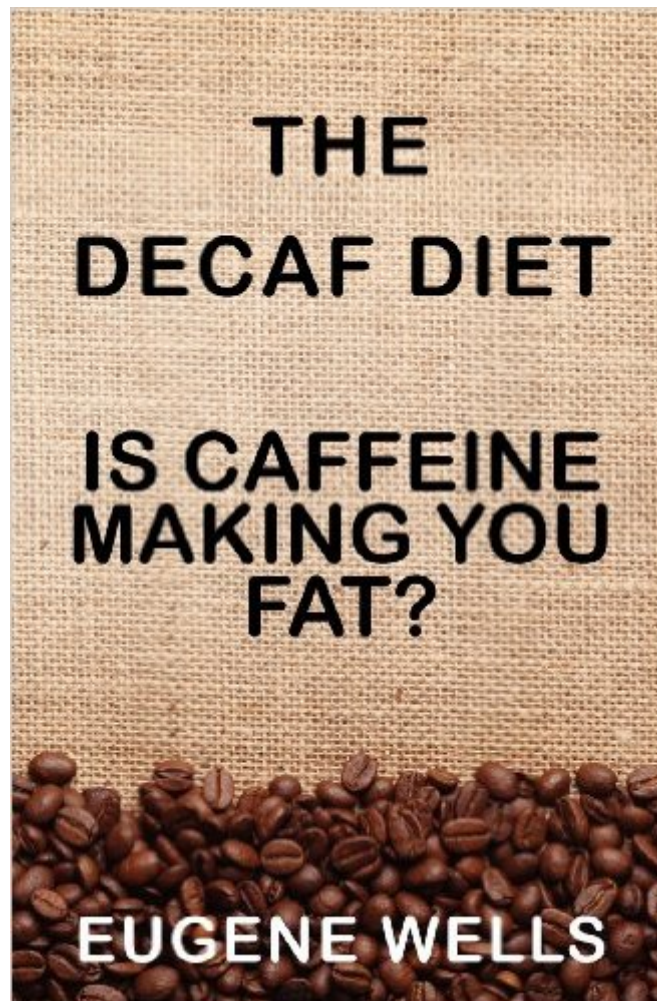


The book was found

The Decaf Diet: Is Caffeine Making You Fat?



Synopsis

In *The Decaf Diet*, Eugene Wells explains how coffee, tea, soda, and chocolate are making a large contribution to the obesity epidemic. Wells explains how caffeine drives overeating while hindering weight loss, and in doing so he empowers readers to decide for themselves just to what extent caffeine should control their waistlines. In *The Decaf Diet* you will learn:

- How caffeine makes you overeat,
- How caffeine reduces your muscle mass,
- How caffeine slows your metabolism,
- How caffeine keeps your stress levels elevated,
- How caffeine keeps your insulin levels elevated,
- How caffeine can negatively affect thyroid function,
- How you can painlessly decrease or eliminate your caffeine intake for rapid weight loss,
- How to reduce caffeine's fattening properties when you choose to use it, and
- How optimizing your caffeine intake can make a huge difference in the way you look and feel.

Book Information

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Average Customer Review: 4.2 out of 5 stars See all reviews (26 customer reviews)

Best Sellers Rank: #2,049,879 in Books (See Top 100 in Books) #39 in Books > Health, Fitness & Dieting > Nutrition > Caffeine #11925 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

This is a very good book about caffeine and how it can make you gain weight and especially inflammatory fat in the belly through its effect on cortisol and insulin, two very important hormones. The author explains how caffeine causes insulin resistance, elevates stress hormones which can have a catabolic effect, affects leptin negatively and elevates insulin and increases hunger leading to overeating and weight gain and its associated problems. The author also discusses caffeine addictiveness and the withdrawal syndrome, which keeps people hooked. He makes recommendations on how to quit, beverage substitutes etc and includes an optimal use strategy for people who do not want to quit or want to just cut down. This includes eating fruits and vegetables

for their cortisol blunting vitamin c and not eating sugar or other things with coffee and keeping intake low. I'm not so sure how effective this particular advice is, in that I was never able to keep a reduced caffeine intake for long, as it would slowly creep up. I always took coffee solo (and have read the opposite advice that one should always include starchy food with coffee to lessen its hypoglycemic effect) because it gave a better buzz. I still had the belly issue and had difficulty controlling intake and other problems while getting as low as 6 ounces of coffee daily with no other sources of caffeine (and had terrible withdrawal from this amount). I think the book "caffeine blues" suggestion to and emphasis on quitting completely is more realistic as the tendency is to consume more and it becomes a struggle and you will still have negative effects from the lesser amount and you are essentially maintaining the addiction.

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