



Naturopathic Doctor In Toronto Explains the Benefits and Drawbacks of Coffee

January 08, 2020

January 08, 2020 - PRESSADVANTAGE -

Dr. Pat Nardini, ND, a naturopathic doctor in Toronto at the Nardini Naturopathic clinic, has discussed the latest findings regarding the benefits and disadvantages of coffee. Indeed, there are a number of health benefits from drinking coffee. They contain antioxidants, which are helpful in fighting free radicals that are responsible for aging effects. Studies have found that coffee contains the highest levels of antioxidants, compared to cocoa, green tea, and black tea.

Another important benefit from drinking coffee is that it can help improve a person's mental performance. This is because it can help increase blood flow to the brain. Studies have also shown that it can be used as a natural treatment for Alzheimer's disease and other neurological disorders.

Studies have also shown that coffee can help in preventing liver damage. Many studies have found that people who consume coffee regularly have lower levels of enzymes that have been found to be indicators of chronic liver disease. Drinking a single cup of coffee each day was found to result in a 15 percent decrease in the risk of chronic liver disease, while 4 cups of coffee a day resulted in a 71 percent reduction. More health information like this one can also be found at Dr. Nardini's YouTube channel at

<https://www.youtube.com/channel/UCIVs81K2DfgrSjM3sOg--Rg>.

Meanwhile, there are a number of health disadvantages of drinking coffee. First of all, the caffeine in coffee is addictive. This means that people who don't get to drink their coffee can experience symptoms like headache, fatigue, anxiety, change in appetite, and digestive problems.

It is also possible for a person to suffer from caffeine overdose. Symptoms include increased heart rate; heightened sense of alertness; anxiety; tremors; mood changes; seizures; gastrointestinal discomfort, such as vomiting or diarrhea; and reduced physical and cognitive performance.

Coffee and other caffeinated beverages can also cause the release of adrenaline, which can worsen feelings of anxiety and nervousness. This can be worse in people who suffer from chronic anxiety.

Another potential problem from drinking coffee is that may cause thyroid problems. This is because it can increase cortisol levels, which then slow down the conversion of T4 thyroid hormone to T3 thyroid hormone. The T3 hormone plays a more important role in stimulating metabolism and a reduction of T3 hormone levels may result into hair loss, fatigue, low body temperature, and depression.

Studies have also shown that drinking coffee may lead to insomnia. For some people, even drinking just one cup of coffee in the morning can cause problems with falling asleep during bedtime. Thus, those who suffer from insomnia, may want to try eliminating their morning coffee and see if it makes a difference.

And finally, because coffee is a diuretic, it can cause a person to urinate more often, which can result in the loss of vitamins and minerals from the body. It may also stimulate acid production in the stomach, which can worsen digestive problems like gastritis and ulcers.

In determining whether people should drink coffee or not, Dr. Nardini points out that it will depend on the individual. For most people, a cup of coffee in the morning may not cause any harm. However, there may be certain individuals who may be better off avoiding coffee, particularly those who suffer from insomnia, anxiety, and thyroid disorders.

For those who are not really sure whether coffee may be good or bad for them, it may be a good idea to undergo some nutritional counselling from Dr. Nardini. This is important because some people may be suffering from nutrient deficiencies. In Canada, the most common nutrient deficiencies include iron, calcium, vitamin B12, vitamin A, vitamin D, and magnesium. Nutritional counselling may also be important for people who have food allergies and sensitivities. Food sensitivities may appear as acne breakouts, bloating, nausea, stomach pain, headaches, anxiousness, irritability, and diarrhea.

People who would like to consult with a naturopathic doctor in Toronto can visit the Nardini Naturopathic website or contact them on the phone or via email. They may also take a look at the clinic's Facebook page at <http://www.facebook.com/nardininaturopathic>.

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Nardini Naturopathic

Nardini Naturopathic is a naturopathic health and wellness clinic. Run by Dr. Pat Nardini, who practices in St. Catharines and Toronto, visit Nardini Naturopathic for all your natural healthcare needs.

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