



# The Truth About Coffee

*Marina Kushner*

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## **The Truth About Coffee** Marina Kushner

This book exposes coffee's darker side that scientists know, but the coffee industry has tried to suppress. Coffee is highly addictive, offers no nutritional value, and has not been proven safe. The Truth About Coffee uncovers short- and long-term health issues associated with coffee consumption. The book reveals why women should avoid coffee, the role of coffee in adrenal depletion, and how coffee affects pH balance, and ultimately, health. Discover how eliminating coffee from your diet can not only improve your life, but quite possibly save it.

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