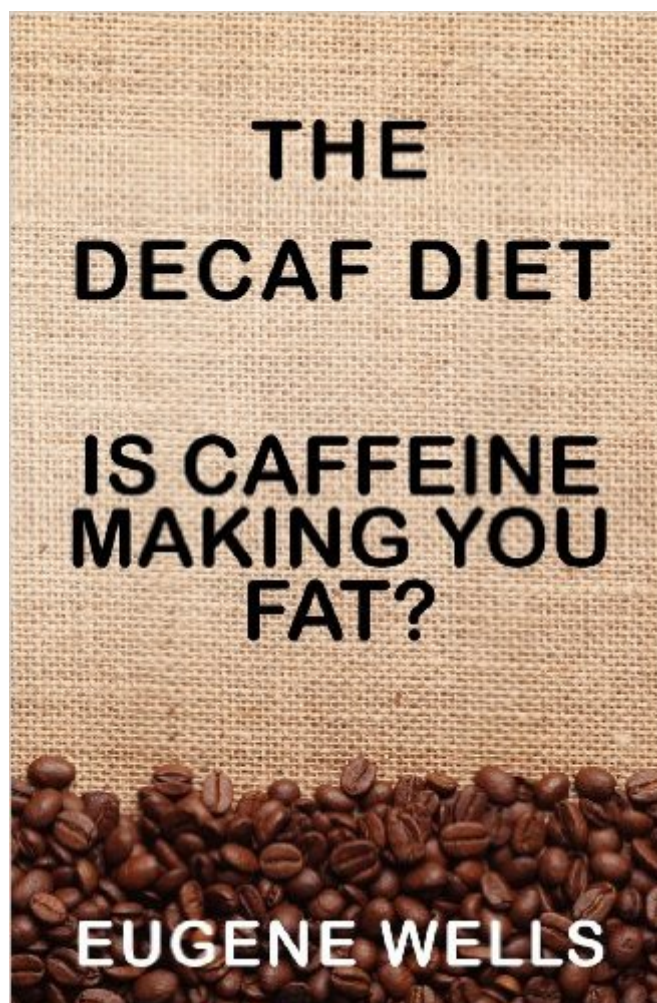


The book was found

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

Book Information

Paperback: 266 pages

Publisher: CreateSpace Independent Publishing Platform (August 21, 2010)

Language: English

ISBN-10: 1453755063

ISBN-13: 978-1453755068

Product Dimensions: 5.2 x 0.6 x 8 inches

Shipping Weight: 13.1 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (26 customer reviews)

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

[Download to continue reading...](#)

Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction, Overcoming Caffeine Addiction) The Decaf Diet: Is Caffeine Making You Fat? The Caffeine Guide for Better Health: The Benefits of Caffeine to Lose Weight, Get Cut, and Maintain Muscle Mass (caffeine pills, caffeine addiction) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious

& Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks (Ketogenic Diet Fat Bomb, Fat Bombs Recipes, Low Carb Desserts) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Healthy Appetizers: Easy to Make. Low Carb, Low Fat, Low Calorie Appetizers (Atkins diet, dash diet, ketogenic diet, keto, candida, lyme disease, fibromyalgia, south ... beach diet, TLC diet, Gluten Free, Paleo) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Caffeine Addiction Cure: Overcoming the Caffeine Blues Permanently for a Happy, Healthy Life

[Dmca](#)