

Coffee, Estrogen Dominance, and Osteoporosis

Coffee does not give you energy; coffee gives you the illusion of energy. Coffee actually drains the body of energy and makes you more tired, because of vitamin and adrenal depletion. What is the number one symptom that the most people have? Give up? Fatigue is the what more Americans have than any other daily complaint. Many people don't sleep at night as much as collapse from simple exhaustion. A sign of this is when you wake up in the morning exhausted, not refreshed. The body is tired from all that repair work it had to do while you were asleep. There is no feeling of waking refreshed and renewed. So what do we do, to crank it up one more time? Coffee. Decaf? I don't think so. It's not the taste that you're addicted to. Decaf causes the same overwrought cycle of fatigue in a different way. Any coffee is a metabolic burden that has to be dealt with. It contributes nothing to nutrition - no vitamins, no minerals, no enzymes. Beats up the adrenals, uses up progesterone, promotes estrogen dominance. And now you know what that means.

There are at least two different ways that coffee contributes to osteoporosis:

- promotes estrogen dominance
- raises the acidity in the blood

We've already seen how estrogen dominance leads to osteoporosis. With acidifying of the blood, calcium is pulled from bones and teeth in order to keep the blood from becoming too acid. This is called buffering - a basic survival mechanism.

The increased rate of hip fractures with coffee intake was clearly shown in a 1995 study in, *New England J Med* (Cummings) Another study in *American Journal of Clinical Nutrition* of over 85,000 nurses showed three times the rate of hip fractures in the group who drank the most coffee. Promotion of osteoporosis from coffee is not just a theory.

This section taken from <http://www.dollingers.com/coffee.html>

Estrogen Dominance Continuum

It is clear that estrogen dominance is the underlying common denominator for a variety of illnesses and syndromes that were previously regarded as unrelated entities. They in fact represent different expressions of the same illness in different cell settings. The continuum is a state of excessive estrogen throughout one's lifetime, with different manifestation at different times. Conditions and diseases linked to this continuum include:

1. Allergies, including asthma, hives, rash, sinus congestion
2. Autoimmune disorders such as SLE (lupus) and Hashimoto's thyroiditis
3. Breast Cancer
4. Copper excess; zinc and magnesium deficiency
5. Endometriosis
6. Endometrial cancer
7. Fibrocystic Breast Disease
8. Gallbladder disease
9. Syndrome X (Insulin resistance)
10. Infertility
11. Polycystic Ovaries
12. Menopausal Symptoms
13. Osteoporosis
14. Polycystic Ovary Syndrome (PCOS)
15. PMS (Pre-menstrual syndrome)
16. Pre-menopausal syndrome
17. Hypothyroid-like condition
18. Prostate Cancer
19. Uterine fibroids