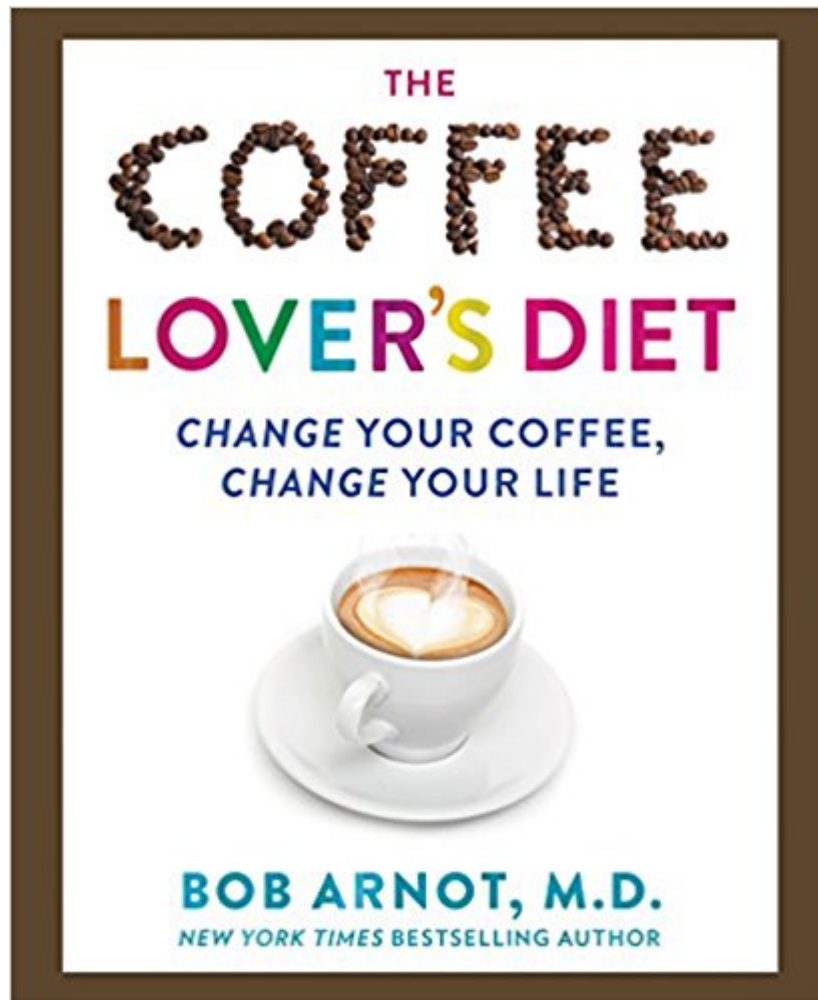




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The Coffee Lover's Diet: Change Your Coffee, Change Your Life



Synopsis

Improve your brain. Extend your life. Enhance your health. ã Discover the power of Polyphenols. Drop those extra pounds. Dr. Bob Arnot, the bestselling author of The Aztec Diet, shows you how to use the power of America's favorite drink • coffee • to achieve improved health, longevity, mental clarity and weight loss in this unique, groundbreaking wellness guide. For years, we've been told that coffee was bad for our health. But new research reveals that, consumed properly, coffee can be the healthiest, tastiest part of your day. It can sharpen your focus, jumpstart your workout, help you lose weight, and even help fend off disease, from diabetes and liver disease to heart disease and Parkinson's. In this revolutionary handbook, Dr. Bob Arnot explains how coffee became a staple of the human diet, and reveals why having a cup is the best thing you can do each day. He also teaches you how to find the best beans from around the world and how to create the best brew and food pairings. The Coffee Lover's Diet includes a full diet plan with corresponding recipes to ensure you get the full benefits of this miracle bean in the right amounts and in a variety of ways • as well as tips for putting all of this invaluable information and advice to work to help you shed pounds, gain energy, and make the healthiest choices every day.

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Customer Reviews

Improve your brain ã Extend your life Enhance your health ã Drop those extra pounds For years we've been told that coffee is bad for our health. But new research reveals that, when

consumed properly, coffee can be the healthiest and tastiest part of your day. It is scientifically proven to improve your mood, can sharpen your focus, jumpstart your workout, help you lose weight, and even help fend off disease—from diabetes to heart disease to Parkinson's. In his revolutionary book, containing the unprecedented results of exclusive double-blind studies of the best coffees in the world, Bob Arnot, M.D., the bestselling author of The Aztec Diet, shows you how to use the power of America's favorite drink—coffee—to achieve optimum health, longevity, mental clarity, weight loss, and renewed vigor. Years of research have shown Dr. Arnot how coffee became a staple of the human diet, and why having a cup or more is the best thing you can do each day. He teaches you how to source the best beans from around the world, how to create the perfect brew, and how to act as your own coffee sommelier. The Coffee Lover's Diet includes a full diet plan with corresponding recipes to ensure you get the full benefits of this miracle bean—in the right amounts and in a variety of ways—as well as tips for putting all of this invaluable information and advice to work to help you shed pounds, gain energy, and boost brain function.

New York Times bestselling author Bob Arnot, M.D. has written fifteen previous books on nutrition and health, including The Aztec Diet. He is currently in the throes of incredible cutting-edge research on the health benefits of different varieties of beans. He has been a medical correspondent for NBC Nightly News, Dateline NBC, the Today show, CBS Evening News, and CBS This Morning.

Interesting book

This is a well written and well researched book.

Well written and helpful

Dr. Bob Arnot is a fine scientist and physician, a world-class athlete and an excellent journalist. I am probably the world's biggest coffee snob. I'm here to tell you that Dr. Bob, (aka 'Dr. Danger') is spot on about coffee! He, like I, has trekked deeply into coffee country to see what this marvelous gift of the gods is all about. Most importantly he has used his great skills as scientist, athlete and reporter to analyze scientifically the best kind of coffee to drink and the best way to brew it for maximum performance. This book will change your life!

Being a coffee lover (20 cups a day) this book is filled with valuable information if you are a coffee lover. It has info regarding grinding coffee for better taste and making it. Also has a lot of info about various coffee in the world and has excellent recipes for dieting.

Love this book! As a coffee lover, I read all I can on this subject. This book did not disappoint! A treasure trove of important information and so much more. A fun, interesting, definitely non-boring read. Highly recommended, if like me, you're cuckoo for coffee.

Saw Dr Bob Arnot on TV and had to read this- as his last book was a life changer for me and my family. This book and the associated coffees are a true revelation for lifestyle and mood. All aspects of Dr Bob's thorough scientific investigation into and development of these HIGH POLYPHENOL coffees just plain hit home. I've found mood and energy levels consistent with the clinical results as described in his book, yet never experienced with any other coffees. Everyone- coffee drinker or not - owes themselves an understanding of this book and the associated benefits of Dr Bob's discoveries engineered into these all natural coffees. Thank you Dr Bob!!!
Daktari Kenya Gathugu
12oz Whole Bean - Coffee Lover's Diet
DrDanger Coffee Surgical Strike Scientifically Selected, Blended & Roasted, Whole Bean, 12 oz

The book is great on informing you of the best coffee beans and methods to realize the health benefits that coffee can provide. For that it gets five stars, but it's short on how to realize it, which is why I give it three stars. There is no information on buying raw beans and roasting them yourself. It only gives tips on finding a knowledgeable local roaster, good luck with that, or buying from some online roasters that the book mentions. But there is a problem with that because the roasted beans are sold in 12 oz bags, which would make around 60 cups of coffee. So, one might ask? Well, the book explains that the health beneficial phenols drastically deteriorate just 3 or 4 days after the bag is opened, so the benefits would be gone long before a single coffee drinker finished the bag, unless they are drinking 15 cups a day. Would be nice if 2 or 3 oz of beans in oxygen free bags were sold or if the book had a chapter on roasting beans at home. Not everyone would opt for that, but the book is incomplete without that information. I expected information on that and am quite surprised it was omitted.

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The Coffee Lover's Diet: Change Your Coffee, Change Your Life
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