

# *Coffee & Cocoa*

## *The Deadly Poison*



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*Dr. Jay Milton Hoffman, Ph.D.*

*“The Missing Link”*

### *What is the Purpose of Life?*

We are here to learn, we are here to grow,  
and we are here to help others to grown and learn.

The life of Everyone of us is a service to others;  
not only by sharing healing  
through compassion, but by living our lives as an example for others.

The foods we consume affect our moods as well as the clarity of our thinking. So why would we put anything less than the best foods into our body, which is an even more valuable performance vehicle?

Eating the wrong foods, will reduce our energy level, affect our health and prevent our mind from serving us to its fullest capacity.

*Every greasy lunch we have, every unhealthy food we put into our body,  
we will suffer a corresponding reduction in our level of motivation and  
effectiveness.*

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# Coffee & Cocoa

## *Dangers and Side Effects*

Millions of people today are drinking what they think are harmless beverages, but in reality they are shortening their lives by the use of these poisonous drinks.

***Caffeine and theobromine are responsible for many degenerative diseases. Caffeine is found in coffee, tea, colas and many soft drinks.***

Theobromine is found in cocoa (raw and processed) and chocolate. One has to really read the label to know whether or not the beverage contains caffeine. Caffeine, theobromine and nicotine are often referred to as being related.

Chemically speaking, notice how closely related they are. The chemical formula of caffeine is  $C_8H_{10}N_4O_2$ , theobromine,  $C_7H_8N_4O_2$  and nicotine  $C_{10}H_{14}N_2$ ; there is very little difference and why they are called relatives.

### ***CAFFEINE FOUND IN THE FOLLOWING ITEMS:***

#### **Plant Source % Caffeine**

Coffee beans .8 – 1.8  
Tea leaves 2.7 – 4.1  
Cocoa beans .07 – 1.70  
Kola nuts 1.0 – 2.2

#### **Beverage Caffeine Content (mg/150ml)**

Brewed coffee 85  
Instant coffee 60  
Brewed black tea 50  
Brewed green tea 30  
Instant tea 30  
Decaff. coffee 3  
Cocoa 20-142  
Cola drinks 32-65 mg (/12 oz)

Caffeine comes from beverages (coffee, tea, cocoa, colas, mountain dew, energy drinks – red bull etc.) Caffeinated beverages contain many other substances in addition to caffeine.

For instance, coffee also provides *non volatile acids, (caffeic, quinic), volatile acids, (acetic, propionic, butyric and valeric), ketones, acetoin and furfural. Trigonelline, chlorogenic.*

Decaffeinated coffee is just as bad as regular coffee. The solvent commonly used to extract caffeine from the coffee beans is methylene chloride, a chemical suspected of causing cancer.

Despite its name, decaffeinated coffee does contain caffeine, between 2 and 15 milligrams or more per cup. In the extracting process of removing the caffeine from coffee, the caffeine is made more concentrated. Caffeol is the oil which gives the aroma and flavor to coffee.

Caffeol irritates the mucous membranes of the stomach; it irritates the liver, the kidneys, the bladder; and in some cases, causes cancer of the bladder.

Caffeine and theobromine – consequently, while it stimulates, it leaves the brain more fatigued after its action is over, and – it can do nothing but cause general nerve and brain fatigue, unless adequate sleep is obtained. (3)

*The very fact that these beverages are such nervous stimulants should prohibit their use by children. The coffee, tea or other caffeine habits may be acquired by anyone, and may do as much harm in some cases as alcohol or tobacco. (3)*

Caffeine and theobromine is an alkaloid, a real vegetable poison, and its action is not less dangerous because it works slowly, and undermines the health unnoticed. (4)

*Caffeine and theobromine is like alcohol and nicotine which – frequently undermines the nervous system and predisposes to premature arteriosclerosis (hardening of the arteries) and gout.*

*Caffeine and theobromine beverages gradually impair the energy of body and mind.*

***They stimulate, excite and quicken the motion of the living machinery, forcing it to unnatural action. These beverages force you to feel strong and active, but these feelings are false and the end result can be disastrous.***

“The cup of coffee that gets you started in the morning may be ending your life – and sooner than you realize,” states the American Heart Association. (6) Tea has about as much caffeine as coffee and so has the same stimulating effect on the brain and kidneys.

The chemical purine, which is found in all dead flesh, is almost identical to that of the purine which is found in coffee, tea, chocolate and cocoa.

Here is a chart to show how much purine there is in the items listed below.

### ***PURINE BODIES IN BEVERAGES***

Tea 1. 2 grains per pint  
Chocolate .7 grains per pint  
Coffee 1.7 grains per pint  
Cocoa 1. 0 grains per pint

***All dead flesh contains uric acid and purine bodies. Now let us notice how closely related this is to caffeine and theobromine.***

Uric acid ( $C_3H_4N_4O_3$ ) and the purine bodies as xanthin and hypoxanthin etc., are very closely related both chemically and physiologically to each other and to the caffeine ( $C_8H_{10}N_4O_2$ ) of tea and coffee and the theobromine ( $C_7H_8N_4O_2$ ) of cocoa.

***Anyone wishing to eliminate purine bodies from his diet should eliminate all meats, tea, coffee, cocoa, chocolate, colas and any soft drinks containing caffeine.***

A change in the diet has been shown to help reduce breast lumps, according to Dr. Solomon: That solution is complete abstinence from coffee, tea, cola and chocolate. This new approach was recommended by Dr. John Peter Minton, an Ohio cancer surgeon and professor of surgery at the Ohio State University College of Medicine.

***He suggested that xanthines, hypoxanthin, and purine chemicals found in***

*these beverages and in chocolate, were responsible for the lumps and the resulting discomfort.*

And many women who have followed his advice and eliminated these items from their diets attest to the validity of Dr. Minton's approach. (7) Caffeine is a potent central nervous system (CNS) stimulant.

Increased alertness, decreased drowsiness and fatigue can result from ingestion of 50-200 mg. caffeine (1/2 to 2 cups of coffee), but 200-500 mg. may lead to headache, tremors, nervousness and irritability. (8)

Cardiac muscle is strongly stimulated by caffeine. Increased force of contraction, heart rate and cardiac output occur. But, caffeine also stimulates the medullary vagal nuclei, so the overall results may be tachycardia and, bradycardia (slow heart action) or no change. (9)

Caffeine relaxes smooth muscle. Thus, caffeine ingestion causes dilation of the coronary, pulmonary and general systemic blood vessels. As with cardiac muscle, the net effect may be no change, since caffeine may at the same time constrict the blood vessels through stimulation of the medullary vasomotor center. (10)

Caffeine effects on the brain include constriction of blood vessels and decreased cerebral flow. Because of caffeine's apparent effect on gastric acid secretion, it is often contraindicated for peptic ulcer patients. Regular and decaffeinated coffee were shown to be equally potent in stimulating secretion of gastric acid.

The volatile oil caffeol, which gives to coffee its characteristic flavor and aroma is a decided irritant to the delicate lining of the stomach and impairs digestion.

The caffeotannic acid of both coffee and tea is the chemical used in tanning leather. It is an irritating astringent to the cells lining the stomach and the intestines. It destroys the pepsin of the gastric (stomach) juice and interferes with both the digestion of food and with the absorption of food from the intestines.

*Concerning birth defects, caffeine and theobromine crosses the placental barrier, and the fetus is subjected to the same levels of caffeine present in*

*the body water of other tissues.*

***So pregnant women or women of child-bearing age would be well advised to avoid caffeine and theobromine. (11)***

Medical science has shown that caffeine and theobromine is a central nervous system stimulant which, after the stimulating phase, causes a compensatory depression.

During the excitement phase mental activity may be very rapid, but it is often very inaccurate. The depressed phase results in exhaustion, nervousness, irritability, fatigue and often headache...(12)

Coffee and theobromine can also aggravate the eye disease, glaucoma. When an ophthalmologist wants to test a border line case, he may ask the patient to drink a couple of cups of coffee and return for another eye pressure test shortly thereafter. In glaucoma cases, the pressure will be raised by the coffee.

***Coffee, tea, chocolate and alcohol should be forbidden to glaucoma patients and if those beverages are bad for them, we say that they are bad for the well people too. (12)***

Many persons take so many cups of coffee in the course of the day that they are continually under its influence. The heart is never free from the exciting influence of caffeine. (13)

The coffee whip is adding annually a host of victims to the mortality list. The official records show that they died of ***high blood pressure, myocarditis, angina pectoris, heart failure, Bright's disease*** and other formidable maladies, but fail to mention the fact that these distressing ailments were brewed in the tea caddy or the coffee pot...(13)

The coffee drinker nerve batteries never get properly charged even when he rests, for the reason that caffeine interferes with the recharging process. The evidence of this is the inability to sleep well after coffee which most people experience.

Sound sleep is necessary for proper recharging of the nerve batteries. The lack of it is shown in the 'coffee headache' which confirmed coffee users

experience on rising in the morning, whenever the usual cup of coffee is omitted. (13)

*The headache is very tangible evidence of the injury which the coffee has done. It is simply an expression of the state of exhaustion of the nerve centers due to long overwork without opportunity for natural rest. (13)*

*Caffeine and theobromine excites and irritates the entire nervous system, the organic or sympathetic nerves as well as the voluntary nerves. (13)*

### **HOW TO BREAK THE COFFEE HABIT**

1st Week...3/4 coffee and 1/4 coffee substitute  
2nd Week...1/2 coffee and 1/2 coffee substitute  
3rd Week...1/4 coffee and 3/4 coffee substitute

This same program can be used for breaking the chocolate and tea habit.

We should all do well to clear our cupboards of the harmful items and put them in the garbage pail for that is where they belong and not with the food that enters our bodies.

*In order to have good health and long life we must eliminate from our foods all things that are harmful to our bodies.*

### *References:*

1. A.W. Truman, M.D., "That 'Coffee Break' May Break You,"
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4. Dr. Fessler, British Journal of Physical Medicine
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7. Neil Soloman, M.D. "Change in diet helps to reduce breast lumps," Statesman Journal, Salem, Ore., Nov. 10, 1979, 11A.
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11. Jacobson, M. Letter; More effects of caffeine. Nutrition Reviews. 36(7): 231. July 78.
12. Lloyd Rosenvold, M.D., Nutrition for Life, pp. 107-109.
13. John H. Kellogg, M.D., How to Have Good Health Through Biological Living, p. 446-451.
14. Rosenvold, op. cit., p. 110
15. John H. Kellogg, M.D., Health Question Box, p. 360.
16. Ibid., pp. 456-457. Acid and tannin are also present. (1)

## *The Dangers and Side Effects of Drinking Coffee*

<http://www.fredericpatenaude.com/blog/?p=2600>

*Written by Frederic Patenaude*

I will give you what I believe is a more balanced view on coffee.

But what's important is that I treat coffee for what it is:

***Not a beverage like fruit juice, or an innocent little habit, but like a  
DRUG.***

Just read the Wikipedia page on caffeine to understand why it's truly a drug and what are its effects on the body / Caffeine Blues

One book that I read years ago and talked about many times on my website is "***Caffeine Blues.***" To my knowledge, it's the only comprehensive book that's ever been published on why coffee is bad for health.

*On the first page of the book, you can read:*

***Caffeine can't provide energy, only chemical stimulation and induced emergency state that can lead to irritability, mood swings, and panic attacks.***

Caffeine's ultimate mood effect can be letdown, which can lead to depression and chronic fatigue.

Caffeine gives the illusion of heightened alertness by dilating pupils, quickening heart rate, and raising blood pressure. In fact, caffeine does not increase overall mental activity.

Caffeine blues lists many of the side-effects of coffee, some that are rarely talked about.

*The negative effects of caffeine on the body include:*

- Energy swings or periods of fatigue during the day
- Mood swings or periods of depression
- Headaches
- Gastrointestinal distress, cramping, diarrhea
- Constipation and/or dependence on caffeine for bowel movement
- Tension or stiffness in the neck, shoulders, hands, legs or stomach
- Premenstrual syndrome, menstrual irregularity, cramps, sore breasts
- Painful/sensitive lumps in breast
- Insomnia
- Anxiety
- Irritability, including inappropriate fits of anger
- Irregular or rapid heartbeat
- Light-headedness/dizziness
- Waking up feeling tired

- Generalized pain (back, stomach, muscles)
- High blood pressure
- Ulcers
- Anemia
- Shortness of breath
- Difficulty in concentration
- Ringing in ears
- Coldness in extremities
- Hand tremor

Now, to put things in perspective, not every coffee drinker will experience these symptoms, and for some the symptoms will only occur after a certain level of sustained consumption.

For some people, any consumption of any caffeine will lead to serious health consequences. For others, like me, the limit is very low, perhaps a few cups of caffeinated beverage per month.

Some other people are sensitive to the high levels of caffeine in coffee, but can drink green tea every day. (Personally if I drink green tea every day I still experience many negative side-effects, including irritability).

Others seem to process caffeine better and do well with a certain amount of coffee per day, like a cup of espresso.

But everybody has a caffeine “breaking point.”

But here’s what worries me with all those “pro-caffeine” articles: nobody talks about the fact that caffeine is a drug, that people self-medicate with it, and few are aware of the side effects.

Many people live with “clinical depression” that is in fact a consequence of

drinking coffee. Nobody ever told them that depression can have physical causes and be as simple as the regular consumption of coffee, when one is very sensitive to caffeine.

I knew a guy who complained to me that he'd been depressed for years and didn't have the energy to meet the day anymore. He thought his depression was caused by his marriage.

This was about 5-6 years ago. I suggested to him at the time to quit drinking coffee and read "*Caffeine Blues.*" He did and his depression went away in about 3-4 weeks after drinking coffee, but he told me that he only went back to his "true self" about 60 days after quitting coffee.

If caffeine is a drug, and we know that it is, then it may well have some benefits, like many drugs do.

However, if caffeine is a drug that has same benefits, then it also has side-effects. And some individuals are more likely to develop those side-effects, just like with any other drug.

But nobody likes to talk about the side effects. It's just not popular to question America's most popular drug.

## *Cocoa and Chocolate*

Many individuals who would not think of touching coffee use chocolate and cocoa freely, little realizing that cocoa is not an altogether harmless beverage. Depending upon the brand, the caffeine ranges between 0.09 to 0.45 grains per cup and in all cases the tanning content is quite high, sometimes exceeding that of tea. Cocoa and chocolate also contain theobromine. This is a potent drug. (14)

*All cocoa contains theobromine, a nerve poison... Chocolate and cocoa are altogether unwholesome and if freely indulged in may easily induce conditions which may be attributed to some nerve disorder. The cacao bean (cocoa) contains theobromine, which is a poison, - closely resembling the caffeine of tea and coffee. Its effects in the body are essentially the same...cocoa beverages are undoubtedly objectionably on the same grounds as tea and coffee.* (16)

Cocoa and chocolate are prepared from the residue left after extraction of the highly valued cocoa butter which is used for covering chocolates...Farmers were induced to feed the residue to chickens. The fowls pined and egg production fell off. It was fed to cows. The milk production diminished.

This is the story told in a bulletin sent out by the U.S. Department of Agriculture.

***Cocoa residue is so poisonous to cattle, chickens, even the soil, the farmers are warned by the government against its use! (16)***

Cows, chickens, even the soil must be protected. But how about human beings? There are millions of men and women drinking cocoa and chocolate and eating quantities of chocolates, and giving them to their children, supposing them to be harmless. Dr. Harvey W. Wiley, for years chief of the Bureau of Food and Chemistry of the U.S. Government, wrote: This country is full of tea and coffee drunkards. The most common drug in this country is caffeine. Your children, ignorant of its deleterious effects, consume it freely.

They do this to their great physical and mental detriment. Coffee drunkenness is a commoner failing than the whiskey habit. (16) Should anyone object to these rugged terms, 'Caffeine addiction,' and 'Coffee drunkenness,' permit me to suggest: Just omit your morning cups of coffee and observe your symptoms. You will get a headache, feel weak and perhaps dizzy. You think these symptoms indicate your need for coffee. Instead, they are drug withdrawal symptoms such as you would experience in giving up a morphine. (17) So let me urge for your great personal benefit, break that 'coffee break' drug habit, before it breaks you. For heavy coffee drinkers who want to get away from the withdrawal symptoms of quitting abruptly, here is a suggestion that will be of great help in breaking the coffee habit.



# *Is Raw Cacao a Superfood or Harmful Stimulant?*

*By Diana Stoevelaar of  
www.AwesomeRawsome.com*

Is raw cacao a *superfood* or harmful stimulant? Although some raw food leaders highly promote cacao as something that should be revered as a food of the Gods, others have spoken out against raw cacao and raw chocolate. Who should you believe? Don't be fooled by all the hype!

“Many people are being misled to believe cacao and other foods are healthy. Many of the people who promote it, have a good heart and really feel it is a good food, but I know there are many who sell this product knowing it is toxic and addictive, just to make money.”

Many raw food leaders including Victoria Boutenko, Dr. Doug Graham, Frederic Patenaude, Paul Nissan, Jeremy Safron, Dr. Fred Bisci, and Dr. Brian Clement, have already come to the conclusion that raw cacao is not a superfood but an addictive stimulant. What do they know that you perhaps don't yet know?

They probably have discovered what Dr. Neal Barnard says in his lecture, *Breaking the Food Seduction*, namely that,

***“Chocolate, just like sugar, elicits an opiate reaction within the brain that trips the dopamine receptors and gives us a pleasure response...I don't mean to say that chocolate is a drug. What I mean to say is that chocolate is the whole darn drugstore!”***

When Narcan or Naloxone, the drugs used to block opiate receptors for those suffering a heroine overdose are used in research studies for those with a chocolate addiction, test subjects lose their desire for chocolate.

Jeremy Safron's findings were as follows:

# *Cacao is one of the most addictive substances known*

In some cases of long term use there are also psychological effects that range from addictive tendencies, sexual dysfunction, violent outbursts, lack of reasoning, and decreased will.

At mega doses of 40 plus beans it acts as a hallucinogen and can cause many effects attributed to LSD or Hashish.

*Cacao is super toxic to the liver.*

*The result of long term use is a high level of liver and blood toxicity which can cause extreme: mood swings, angry outbursts, violence, depression, paranoia, and dizziness.*

It is extremely clogging due to the toxins carried in the oils contained within. Plus the fat chains are highly complex and require tons of work to break down.

It acts as a stimulant and agitates the kidneys and adrenal glands this can cause: insomnia, nightmares, waking up in the middle of the night, shakes, and extreme energy shifts.

No animal in nature will eat it unless tricked into it with milk or sugar. If you can convince an animal to eat it then it greatly shortens their life span if it doesn't kill them immediately. (as with dogs)

The native people who ate it only ate the fruit of the theobroma (which contains all the benefits and none of the detriments) and only used the cacao seed as an addition to their psychedelic brew ayahuasca and as a medicine in emergencies. Native people did not eat it as a food nor as a supplement, but only for sacred use.

When Native people did eat it, they only ate the fruit which contained the benefits without the detriments. Jeremy Safron's final stand on cacao is that it is for medicinal, sacred and for entertainment usage only; it is not a health food!

Paul Nison says, “The processing of cacao beans into powder and chocolate is an unsanitary, risky procedure to say the least. To be blunt – chocolate and cacao are laced with animal feces and hair, insects, and molds. The carcinogenic mold called aflatoxin has been found in large quantities on cacao beans.” and continues...

Watch Paul Nison in this very informative 9:33 minute video of with references to the scientific research regarding the harmfulness of raw cacao/chocolate:

[http://www.youtube.com/watch?v=Jz\\_XezJ8cMY&feature=related](http://www.youtube.com/watch?v=Jz_XezJ8cMY&feature=related)

***Doctor Fred Bisci, a raw foodist for about 40 years also confirmed***

***what Jeremy Safron and Paul Nison suspected; cacao is toxic!***

You can hear him speak about his findings and personal experience with raw chocolate here in this 3 minute clip:

<http://www.youtube.com/watch?v=-AQA5IJ10Lg>

Listen to Dr. Brian Clement explain in this short clip why he does not recommend raw chocolate:

<http://www.youtube.com/watch?v=GuSWFZO2qs0&feature=related>

Cacao is a Dangerous Heart Stimulant.

Chocolate contains caffeine, theobromine, as well as phenylethylamine which slows down the breakdown on anandamide just as with the use of marijuana.

Now you can understand why it's so addictive!

### ***NOTE BY FREDERIC:***

Some people claim that raw cacao is perfectly healthy because it's a fruit.

Because I live in Costa Rica half the year, I know what a real cacao fruit is.



In fact, I often buy it at the supermarket. There's a sweet/acidic pulp surrounding the seeds, and the way to eat the fruit is simply suck on the seeds like a candy, and then throw away the seeds! Why? They are not edible and taste horrible in their completely raw, natural state.

## *Valuable Websites*

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[www.jasmuheen.com](http://www.jasmuheen.com)

[www.Gospel of Peace.com](http://www.GospelofPeace.com)

[www.divinecosmos.com](http://www.divinecosmos.com)

Cancer & diabetes treatment:

[www.gerson.org](http://www.gerson.org)

[www.thebeautifultruthmovie.com](http://www.thebeautifultruthmovie.com)

[www.anoasisofhealing.com](http://www.anoasisofhealing.com)

[www.treeoflife.nu](http://www.treeoflife.nu)

[www.healingcancer.info](http://www.healingcancer.info)

[www.beating-cancer-gently.com](http://www.beating-cancer-gently.com)

[www.lacentreforlife.com](http://www.lacentreforlife.com)

[www.optimumhealth.org](http://www.optimumhealth.org)

Gluten Sensitivity:

[www.enterolab.com](http://www.enterolab.com)

Thyroid help:

[www.drritamarie.com](http://www.drritamarie.com)

Asthma:

[www.watercure.com](http://www.watercure.com)

Vaccination:

[www.drcarley.com](http://www.drcarley.com) / [www.drtenpenny.com](http://www.drtenpenny.com)

Epidemic Info:

[www.recombinomics.com](http://www.recombinomics.com)

Milk:

[www.notmilk.com](http://www.notmilk.com)

Vegetarian info:

[www.afa-online.org](http://www.afa-online.org) / [www.goveg.com](http://www.goveg.com)

Soy:

[www.soyonlineservice.co.nz](http://www.soyonlineservice.co.nz)

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[www.fredericpatenaude.com](http://www.fredericpatenaude.com)

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