

Healthy News!

NEW: RIGHTEOUS BEAN Fair Trade, Organic BULK Coffee Beans

We're carrying 5 flavors. It's \$11.50 a pound for regular, \$12.00 a pound for decaf. Come and get some of our new bulk organic coffee, and relax.

My gut feeling is it's not the coffee that causes problems; it's the chemicals that are sprayed on the beans, or the people who drink their coffee scalding hot.

Feeling guilty about that 2nd cup of coffee in the morning? Check out this article:

Guzzling coffee may cut heart disease

16 June 2008 by Ewen Callaway

A strong cup of coffee in the morning can feel like a life saver. Now, one of the largest and longest studies of coffee drinking suggests that coffee may indeed boost your lifespan - providing you drink enough of the stuff, that is.

The study tracked 129,000 men and women over two decades. It found that people who consumed several cups of coffee every day were less likely to die of heart disease than those who shied away from the stuff. Heart disease is an umbrella term for conditions including heart attacks, stroke, and arrhythmia.

The researchers found that women who drank four to five cups per day were 34% less likely to die of heart disease, while men who had more than five cups a day were 44% less likely to die.

Read the whole article: [Guzzling Coffee](#)

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Omega-3 and Heart Health

A cornerstone of health would include an oil to keep us well oiled, from our blood to our joints. I may pick a particular one by instinct for each person differently, but lots of studies show for cardiovascular health Omega-3 is the way to go.

Here are some reasons why:

- The processing of foods eliminates much (if not all) nutritional value of foods.
- Deficiency of Omega-3 can decrease normal blood flow to the brain (this can't be a good thing...well at least not for most of us)
- The four major causes of not getting enough Omega-3 are: Not getting it in your system, plain and simple. 2. Not absorbing it into your system (This can happen

when you take Omega-3 with fiber.) 3. Anti-nutrients that are robbing your body of Omega-3. 4. A stressed lifestyle (hmmmm.....know anyone that experiences this?)

- Think of Omega-3 as being thought of the body's anti-freeze. (This gives me a good visual) It keeps the blood cells slippery despite all we eat of sugar and such to goo it up.
- Essential Fatty Acids are necessary for healthy cell function and are regulators that control well being.
- Body and cells compensate by incorporating saturated fats in cell membranes and the results when Omega-3 deficiency happens.
- A great "aha" moment, fish oils; want to get rid of stiff body and inflammation.
- Depression - Did you know that there are correlations between Omega-3 deficiency and depression?

And soooo, much more...Fish oils are more than for the heart

Besides the interest in Omega 3 for heart health ~ here's an article of particular interest to our menopause women.

Women's Hearth Health Article

Interesting Fact by the year 2025 there will be twice as many women menopausal. My comment was wow...Ron's was Oh, Great... in 2025 the world will be a bunch more irritable.