The Truth About Coffee, Caffeine, and Heart Health Transcript

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Introduction to Coffee and Inflammation

Now, can we have inflammation but our body copes with it and fixes it so then there's no disease? Absolutely, and that is the goal. Hi, it's Dr. Jen. Welcome back to the podcast.

Today we're going to be talking about the new American Heart Association recommendation on coffee and caffeine. I hope y'all will share this with a friend if it helps you.

If you're watching on YouTube, I'm going take off my white coat. I want to break through the research and the study about caffeine and coffee. So this study, the American Heart Association came out and is recommending three to five cups of coffee per day up to 200 milligrams in caffeine actually no that was yeah 400 milligrams of caffeine which would make sense with three to five cups because a cup of coffee is an average of 95 milligrams.

Now I think this is kind of a lot but but then I don't because of the specifics. This is not just you can have energy drinks or caffeine this filtered coffee, which have a lot of bioactive chemicals in them which are anti-inflammatory and antioxidant.

So, what causes heart disease? What is the root cause of heart diseases? Alright, shout it out if you're in the car. Shout it, out you've been listening to me for a while.

It's inflammation, okay? Inflammation causes all disease. I've said that for a decade, okay? You can't have disease without inflammation. Cancer, can have it without information.

Heart disease, cannot have without it inflammation, hormone problems, you can not have that with some sort of underlying inflammation and stress and cortisol cause inflammation right?

So I really think that we cannot disease with out inflammation Now, can we have inflammation, but our body copes with it and fixes it, so then there's no disease?

Absolutely, and that is the goal. Like, I know where we live, we look up in the sky, even my six-year-old is like, Mom, look at that chemtra. You know what I'm like?

AHA Coffee Recommendation and Study Overview

Oh, yeah. So we're exposed to things that cause inflammation in our bodies, our but body is cool and has free radical scavengers and makes N-acetylcysteine, which turns into glutathione and all these things in vitamin C, you know, we get from our diet and, all this stuff.

So, this is how I picture. This is not how the American Heart Association is going to picture it or cardiologists, but this what I waking up, putting a paper filter in, filtering their coffee, sitting there, getting their coffe.

If it's caffeinated, I recommend it. This is a chapter in my book. Well, not a whole chapter, but a big part of a page that says if you are drinking caffeine as a woman, you cannot just have black coffee for the morning and no breakfast.

You need to have some breakfast with it, so me personally, i put some amino acids and cream in before I have it and it's half calf, but I do. I sit there, I wake up.

It's a ritual for me. Let the animals out while it is brewing. Come back, it has brewed. Make my coffee on the days my husband is home. He is with me, we sit and we read our Bible and do our devotionals.

It's best when it's community, when I have Him there, but sometimes it is on my own, it' my quiet time and I'm not alone. I am with the Lord. But I also see like coffee and like brewed coffee, and just, you know, I' blessed to be in a Bible study.

we just have coffee and we sit around and worship. And yes, coffee by itself, the coffee bean has antioxidants in it, and it also has anti-inflammatory, you know, polyphenol, deterpenins, like a lot of different stuff.

But how much, that community too, around the Coffee is important. It's interesting though. So this, these studies, this finding that the American Heart Association is going on, They say filtered for a reason and I didn't get to go into detail with this, you know, on Newsmax, but filtered helps reduce the LDL content in coffee.

Weird, right? There's, there's fat, in, coffee and yeah, me, I add extra fat to mine. I had butter and cream, It's interesting. So let's look at the studies on mortality.

Mortality and the BMJ in 2017 coffee consumption and health umbrella review of meta-analysis of multiple health outcomes. There is evidence of a non-linear association between consumption in some outcomes with summary estimates indicating largest relative risk at intakes of three to four cups a day versus none.

Coffee, Mortality, and Filtered vs Espresso

Including all-cause mortality so lower all cause mortality with moderate intake and they were saying that moderate is three to four cups a day Now this is different if you go to your favorite Starbucks and now they have protein and I love their protein cold foam It's just like so thick when I'm out on the run, but I'll get decaf but what they're saying, and that's what I would love to talk to the American Heart Association and be like, did you say filtered because the LDL, is that why?

Because the espresso, you're still gonna have the antioxidants in it. So I'm wondering if that is why. Because in these other studies I am looking at, it just talks about coffee.

Now, that being said, if you are getting a Vente drink, latte, that has three shots of espresso in it, which is crazy, right? That's kind of a lot. Now, when we look at now, now let's go to caffeine.

So caffeine, so 400 milligrams. That is a LOT. If I had that much caffeine I would be jittery and then I'd have to take an L-theanine. And I do that the days I go over like to a friend's house and have coffee.

I have an l- theaninine to Coffee is different because green tea and matcha tea, which studies kind of go head-to-head with green-tea drinkers, they have those antioxidants and polyphenols in there and compounds that are actually helping like cancer.

matcha tea, for example, and regular green tea has L-theanine in it, which is an amino acid that calms. So coffee doesn't have that, okay? So really interesting.

But here's another thing we have to think about. This study was on black coffee, not even adding anything, because cardiologists, or the study, the statement they made, they don't like cream.

They don' like anything animal-based, cause they say, it's gonna give you heart attacks. But what really gives you a heart attack? Say it out loud. Inflammation, okay?

Who's having heart-attacks? People that have had inflammation from a jab, let's say. but also from being obese or overweight, If I ate 1800 calories of butter, just every…

I mean, maybe I should do this for a day and see what happens. That would be funny. Okay, if you guys… How about if I get 20 comments below saying, I want you to only eat butter for one day, then I will do it.

So it has to be comments on my YouTube. Because I don't know. Or maybe if your guys write some wild, amazing

reviews and comments. eat butter for a day, I'll do it, okay?

But that is not going to cause inflammation in my body. My body actually would really thrive. It thrives with keto and high fat. I'm so clear too. So anyway, that we have to remember, it's inflammation, its excess calories.

Americans, we do everything in excess. There's only one thing that you can't do in access. Can you guys pray? So, anyway. Okay, let's go to some of these other studies.

So coffee is the most widely consumed beverage globally, with 60% of Americans drinking it daily. Now, I went total no coffee when I was nursing my kids.

Caffeine Sensitivity, Cortisol, and Withdrawal

I didn't have coffee for a long time. I started drinking coffee, can you guess? It's weird and it's not weird, in medical school. So I was living at home, I went to medical in my hometown and I lived with my parents.

And I remember before tests, like I didn't drink coffee regularly before then. I would boil or boil, make a whole thing of coffee and sit there and study because I was so tired, because i was stressed out.

Because I'm a medical student and we're stressed, it's hard. And this brings up a good conversation about cortisol. I have another YouTube all about how to drink coffee because of cortisol, not only do people metabolize caffeine different, so my husband and my daughter can drink caffeine and go to bed.

It gives them a little bit of energy, but then they metabolize it so quickly. Where me, I can't have caffeine past 11 or 12. I remember when I was really sensitive to caffeine because I really wasn't having a lot, because it was breastfeeding, it can get passed through breast milk.

But I would eat chocolate, overdo it on the chocolate and I'd be really sensetive to it. So the sensitivity, it's interesting because the cardiologist, how he said it in the interview was like, different people have different sensitivity.

It's more of you're desensitized to it the more you have, right? That's why if you stop cold turkey, coffee, then you're going to get a headache. You're gonna get that caffeine withdrawal.

And it is a stimulant, right? So it's interesting that they're like, 400 milligrams, like let's go. It's a stimulate. That might drive people's cortisol higher if they are prone to that.

and then they're going to gain weight from cortisol in their gut and in your gut that is where then that's putting off inflammatory chemicals and it's its own you know cytokine inflammatory cytekine machine so I don't like where this is, where it is hard because you hear and read these headlines and you just like go with it right and or just It's kinda crazy, and that's why I'm gonna just start breaking down more stuff on here.

Okay. This is really interesting. So, consistent against reviews for liver disease. And this is lower risk of non-alcoholic fatty liver diseases, cirrhosis liver cancer, chronic liver And this doesn't say it has to be filtered or anything.

Like I said, I think that filtered is just because the LDL, which like whatever, you know, cardiologists are obsessed with LD. And I do, we do have to pay attention to LD because that could mean there's inflammation in women.

If your LD is high, it's because your estrogen is tanking. Hi, perimenopause. My LDL is pretty high right now and it's because my estrogen is going down a little bit.

So then I fixed that up.

Health Benefits, Decaf, and Coffee Quality

When we look at this study, the positive health outcomes include lower incidence of type 2 diabetes, kidney stones, Parkinson's, gout, liver fibrosis, non-alcoholic liver disease, livers cirrhosis, and liver cancer and chronic.

I think what's cool about this is we can have coffee, drink it together, decaf. I've looked at the studies with de-caff too, and that is good too. So it's the coffee in general.

The coffee is appearing to lower the cancer risk, support brain protection. Longevity-wise, it can increase. health span, but this is not coffee with sugar or fake sugars, okay?

You have to be careful. We don't want to make it bad and make make gross. So decaf, the studies are showing it's generally safe and not associated with a total higher cancer risk.

If you want an extra coffee and both caffeinated and decap are associated lower mortality and liver appears to preserve some liver and metabolic effects.

So that's good because it has the polyphenols, it the chlorogenic acids that will help but lower caffeine. Now, my concern when we look at coffee is mold.

So is it moldy? So it needs to be tested for mycotoxins. It needs be test for pesticides because those things are going to bog up the liver and we're trying to have coffee to decrease inflammation through the bioactive compounds, right?

So if we're drinking toxic coffee, that's not good. I had a mentor where she had cancer patient and told her to drink green tea like six cups a day, six to eight cups today for the ECEG, which is an antioxidant and really, really good for cancer and inflammation.

And she got her lab draw like a month later and her liver enzymes were off the roof and they were panicking that the cancer had metastasized to the liver.

But she asked her, she had the knowledge to ask, where are you getting your green teeth? It wasn't organic, so it was filled with pesticides and the dose makes the poison, right?

So many pesticides because she was having more volume of it that it actually caused her liver enzymes to bump. And I've seen this with patients with supplements.

where turmeric has caused a transient liver failure. So that's something that you have to be aware of. Get organic coffee. If you are going, just stock your home with organic, coffee, I don't want to dramatic.

I go through the drive-through line and get a latte. Since we don t drink anymore, I like to have like a nice coffee sometimes, it's fun. It's fine to a fun drink, right?

And if you're doing that sometimes and even getting a little syrup, that's because it is not every day. But when you are doing it every, day that is when it becomes a concern.

So what I do is I have my black filter coffee. It's organic. I'd do one third caffeine. And I had it with heavy cream. Usually local, organic in a glass bottle.

Like just before I did this. call like I was getting out of my car and it broke and shattered on the cement. It was so sad. I mean, it's expensive. And it was just sad because we were going to take it to the rodeo this weekend with us.

So I have to figure out how I'm going have time to go back and get it.

Daily Coffee Routine and Final Takeaways

live cleaner, but we have to do it. So I would rather someone just pay attention to what you have in your home. In

your homes, the things you're going to be making choices on daily and having and consuming daily, and then just I'd still want you to be better when you're out and about and not get syrups.

But if it's an occasional thing like honey maple syrup in there, you know, just just be smart about it. I mean, I am so sad about how many unhealthy, especially women I see.

It truly breaks my heart. And most of it is because of what we put in our mouth. or because we say we don't have knowledge, because don t listen to podcasts about our health.

We would rather, you know, escape and like, gosh, like watch something where it like romanticizes friend relationships. I was talking to my daughter about this.

Like, no, we can't, right? So don' t do that. Don't do tha. Be better. Let's go. let's get healthy. And what I really, really Like care about people being healthy because they feel better and when you feel that you are going to be.

Just you're gonna glorify god better let's be honest if you will feel tired run down like dragging like you or not. You're just not a good vessel like it's not is not good.

So anyway. Back to coffee this is what i do in the morning. I have these special coffee cups I was gifted by my husband that, you know, the double insulated wall, they're so nice to drink out of.

heavy cream, I put some French vanilla amino acids in there, and then I have my cup of coffee. And then later if I want an iced coffee and I'm like, I want like a special iced-coffee. Like sometimes I'll take an altheanine with it if it's in the afternoon, or now that Im doing a lot less caffeine in morning I might just have it, if its not too late.

I will do Salter there It's freeze-dried coffee, which actually the American Heart Association likes the freeze instant coffee or they said, you know, the paper filter, but it's salted caramel coffee.

and it has electrolytes in it too, because that's another thing we didn't talk about, is how coffee and caffeine can dehydrate you. So, so many different facets and avenues behind this.

It's not so simple. Nothing is ever that simple, and that is why I like to advocate for my patients and go through stuff, cause everyone is different and complicated, honestly.

Okay, we went through This statement we went through the nuances of it we want through what you can do. What you should do most of the time and what sometimes you're just gonna do things a little bit different so i want to hear from y'all.

How much coffee are you drinking a day? Do you think you have a problem? Are you doing okay? Does it give you enjoyment? So thank you so much. If this was helpful, share with a friend.

And then also I will eat just butter for a day if I get, what did I say? 20 comments. They can't all be from one person, but okay. Fine. Please leave a positive review and if you'd like these solo episodes, please let me know.