



# Let's Talk Coffee & Health: Volumes 1-4: Coffee Lovers Manual to Health

*Dr Allen C Huff*

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## **Let's Talk Coffee & Health: Volumes 1-4: Coffee Lovers Manual to Health** Dr Allen C Huff

Coffee is always in the press with it's good, it's bad argument. This book clearly spells out the facts on what coffee is and isn't. Suppose you have a heart condition and your cardiologist says you should stop. Should you. Did you make the right choice or did you make things worse. Did the doctor render his / her opinion or did they just tell you some outdated fact. Was it specific to your Atrial Fibrillation or Stroke. The point I'm laboring to make is we should make calculated decisions to help ourselves that this book, chapter after chapter tells you whether coffee will help your specific condition and point you to modern research that proves the point. Empower yourself, educate yourself and protect yourself with the facts. Kind regards, Allen Huff, BS, DC

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