

Coffee

Paul Solomon Reading # 9033

Q-8. Please give guidance as to the healthiest way of making coffee.

A-8. Yes, the healthiest approach is to recognize this as an herb, which will naturally present itself in its most appropriate form, as herbs do. Now understand that every herb, every grass, every substance presented in nature that grows on this planet has a use, an application. Will serve a particular purpose when appropriately applied. Any may be misapplied with unfortunate results.

The coffees are found in those areas where in high altitude there is a need for stimulation of the systems of the body to work, to breathe, to be expressive in the altitudes. So it is with the cocoa leaves. In the same way, for similar purpose provided by nature for stimulating the glandular system, the breathing, the energy periodically and rhythmically to be used for adjustment to altitudes and adjustments in the available gases in the air to be absorbed by the body.

Now this is not to suggest that coffee has no use or application in other parts of the world. Generally taken though, the principles should be noted that any body will function best when it consumes only those nutrients as grow within about 100 miles of the body's residence. And when that residence is shifted, there is a need for shifting in the diet to accommodate the needs of the locale.

Drink coffee as an herb and should be prepared as an infusion, extracting the oils and the qualities with the application of boiling water, then steeped. And pour rather like tea. It is not harmful and assists flavor that the beans be well dried and roasted. Yet the oils of coffee are changed in their nature by the high temperature roasting and the buffering of the effects of caffeine. Would be more effective without such roasting for this purpose that the oils exist within the plant, you see. These things made perfect by nature and misused, made imperfect, inappropriate too often by man. Certainly should avoid the use of coffee with cream for the resulting substances formed in the colon are impossible to digest and produce ropes of string and indigestible fats as can cause some sluggishness, some build-up of toxicity, and various difficulties.

Sugar, as well, is usually damaging when added to coffee or tea for the reason that the pancreas of those growing up in what are called civilized nations of today are over-stimulated with the presence of refined sugars in too many things. The liver, the pancreas, the adrenals all become confused in their responses. The liver alternately storing and releasing glucose according to the needs of the brain. The brain, then, responding with alternate periods of anxiety and sleepiness, drowsiness, irritation, through these additions of sugars and such when they are not needed. They are not being applied to a purpose.

Coffee, then, used as something of a food, a natural stimulant, will be found to assist in the circulation when it is taken as an infusion, sipped, taken without additions of sweetness and biscuits and such, but taken alone, black. It will be found to be of some assistance to the circulation and as an acquired taste, a pleasant beverage.