



# The Healing Powers of Coffee

*Cal Orey*

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# The Healing Powers of Coffee

Cal Orey

## The Healing Powers of Coffee Cal Orey New Book on the Amazing Powers of Coffee

From the author of the hugely successful Healing Powers series (Honey, Vinegar, Olive Oil, and Chocolate) comes **The Healing Powers of Coffee: A Complete Guide to Nature's Surprising Superfood.**

It's the beverage we can't live without--yet few consume it without some guilt. But the wonderful truth is that coffee has abundant health benefits. Coffee boasts more antioxidants than cocoa and tea, and even more than renowned antioxidant-rich fruits like oranges and blueberries. In fact, there are *hundreds* of healing compounds in coffee.

Recent studies have shown that coffee consumption can significantly decrease or reduce the risk of many conditions, including Alzheimer's disease and dementia, asthma, cancer, heart disease, chronic constipation, dental caries, diabetes, and liver disease.

As in her previous bestselling books, **Cal Orey** combines groundbreaking research into all these health and weight loss benefits with home cures, cosmetic uses, household hints, and dozens of heart-healthy Mediterranean style recipes.

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