



WHOLE CELL CRUSHED COFFEE

Upgrade your coffee experience with our specialty Whole Cell Crushed Coffee designed to boost your well-being! We've carefully selected the best quality coffee beans and crushed them to preserve the nutritional qualities and give you a flavorful and health-conscious cup. Packed with antioxidants, this coffee isn't just delicious; it's a simple way to add a bit of wellness to your daily routine. Say hello to a happier, healthier you as you savor the goodness in every sip. It's an easy and tasty step toward a more balanced and healthy lifestyle!

Health Benefits of Coffee:

- * Non-Carcinogenic
- * Increase Metabolism
- * High in Dietary Fiber
- * Helps prevent Gout
- * Helps Build Immune System
- * May Increase Brain health
- * May help Depression - High in Manganese
- * Lowers Risk of Heart Disease / Stroke



Try our **WHOLE CELL CRUSHED COFFEE:**

COSTA RICA COFFEE

MEDIUM ROAST

Smooth & Sweet with a clean finish

NICARAGUA COFFEE

DARK ROAST

Smooth with subtle roast flavors

No Synthetics used during Processing
No Enrichment, only God Created Nutrition
Incrementally Crushed Leaving Cells Whole

Use as a Brew Coffee

Roasted by: **COFFE AMOR ROASTERY & CAFE**
Wapakoneta, OH 45895



Ft. Recovery , Ohio

419-375-5149

email: chris@hissavinggrains.com

Visit our website:
www.hissavinggrains.com



The
Many
Benefits
of
Whole
Cell
Crushed
Coffee



Key Health Benefits of Coffee (Proven studies)



Mental Boost: A study published in the journal "Psychopharmacology" (2002) found that caffeine, a key component of coffee, has cognitive-enhancing effects, improving mood and cognitive performance.

Antioxidant Powerhouse:

Coffee is rich in chlorogenic acid, a potent antioxidant. A study in the "Journal of Agricultural and Food Chemistry" (2004) highlighted the antioxidant capacity of coffee, suggesting its potential role in reducing oxidative stress.

Physical Performance:

Research in the "International Journal of Sport Nutrition and Exercise Metabolism" (2013) indicates that caffeine ingestion can enhance endurance performance, making it a beneficial pre-exercise supplement.

Reduced Risk of Certain Diseases:

Several studies have suggested a link between coffee consumption and a reduced risk of neurodegenerative diseases. A meta-analysis published in "Nutrition Journal" (2010) found a protective association between coffee consumption and the risk of Parkinson's disease.

Type 2 Diabetes Prevention:

Some studies suggest that moderate coffee consumption may be linked to a reduced risk of developing type 2 diabetes. The antioxidants and minerals in coffee could contribute to improved insulin sensitivity.

Mood Enhancement and Depression Risk Reduction:

Coffee may have mood-enhancing effects. A study published in "JAMA Internal Medicine" (2011) found an inverse association between coffee consumption and the risk of depression in women.

Stroke Risk Reduction:

Some research indicates that moderate coffee consumption may be associated with a lower risk of stroke. A meta-analysis published in "Stroke" (2009) found that coffee drinkers had a reduced risk of stroke compared to non-drinkers.

Longevity:

Several studies have suggested a potential link between coffee consumption and increased lifespan. A study published in "The New England Journal of Medicine" (2012) reported an association between coffee consumption and lower mortality.



Liver Health:

Research in the "Journal of Hepatology" (2016) supports the idea that regular coffee consumption is associated with a lower risk of liver diseases, including liver cirrhosis and liver cancer.

Alzheimer's Disease Protection:

Some research has suggested that regular coffee consumption may be associated with a lower risk of Alzheimer's disease and cognitive decline in older adults.

Anti-Inflammatory Properties:

Coffee contains compounds with anti-inflammatory properties, which may contribute to its potential protective effects against certain diseases linked to inflammation.

While these studies provide insights into the potential health benefits of coffee, it's essential to note that moderation is key, and individual responses to coffee can vary.

