



The Spinal Column

Wake Up and Smell the Coffee!

By Dr. Alfin Miitha, Hons. B.Sc., D.C.



Coffee is a narcotic that is classed in the same category as morphine and cocaine. In one cup you will find over one thousand different toxins that your body has to deal with, anywhere between one and nine times a day. That's right, some of our patients drink up to nine cups of coffee a day.

Most coffees on the market contain the **CANCER CAUSING AGENTS** called Nitrosamines which also occur in red meats. Nitrosamines are well documented in causing a variety of colon cancers and are the main reason why most people refrain from red meats.

Most of the coffee we drink comes from Columbia where the use of **pesticides** like Aldrin, Dieldrin, Chlodane and Heptachlor are utilized quite extensively. In addition, the roasting process (which enhances the aroma we all love) is achieved at extreme temperatures. This denatures and destroys the bean's natural oils and creates rancid oils and lipid peroxides with known toxic and cancer causing effects. Lipid peroxide can destroy many of the cells it comes into contact with in our bodies. The anti-oxidants we take in the form **of vitamins are used** to combat many oxidizing agents including Lipid Peroxide.

Coffee also causes Vitamin B-1 (Thiamin) deficiencies in

many people. Low amounts of B1 are known to cause fatigue, nervousness, general malaise, general aches and pains and even headaches.

The buzz or stimulation you get from coffee contributes to the rebound fatigue when the stimulating effects wear off and leads to exhaustion of the liver, pancreas, and adrenal glands making you feel tired. In order to stop this fatigue you must have another coffee, and another and another!

A lot of patients feel they need coffee during the day to get a boost of energy! However, the reasons behind this need are quite the opposite of what you might think. It is a vicious cycle where the more coffee you drink each day, the more of a boost you will need each morning to get you started. This addiction is the reason why coffee is a part of the narcotic family.

Coffee has been proven to keep you regular with bowel movements. However the reason is not what you think. Caffeine combines with hydrochloric acid in your stomach forming the toxin - caffeine hydrochloride. This enters your circulation and is considered a poison that your body will do anything in its power to get out of your system. It uses your gall bladder to release bile to flush your system and in so doing releases other hormones that induce bowel movements. The purpose of these bowel movements is primarily to rid the body of toxins- not to keep you regular.

Thinking about switching to decaffeinated? Think again. Decaffeinated coffee is not any better for you than the alternative. Quite often, the decaffeination process leads to use of more chemicals in order to leach out the caffeine. One of these being a substance called trichloroethylene, which is very similar to vinyl chloride. Vinyl chloride is linked to certain common cancers prevalent in Canada today. It is also important to know that decaffeinated coffee still contains caffeine. Albeit, not as much as caffeinated coffee, but enough to effect those of us that are sensitive to the stimulating effects of it.

Coffee is a silent killer much like smoking is. The sooner you get off of it, the better your health will be in the long run. The healthier you are, the more time you will spend enjoying your life by yourself and with your loved ones.

About the Author:



As a life-long resident of Brampton (34 years), Dr. Alfin Mitha endeavors to provide this city with reliable, informative Chiropractic care. He lives here with his 2 kids, Aura and Zen, and his wife Rupi. Having completed his Bachelor of Science degree in both Biology and Pharmacology at McMaster University, Dr. Mitha had the opportunity to work with Eli Lilly pharmaceuticals in their Research and Development of Non-Small Cell Lung Cancer and Prozac. Deciding that the private sector in medicine was not for him, Dr. Mitha then took one year off to work in Ixtapa, Mexico as a land sports G.O for Club Med. Having considered Chiropractic in the past, it was only confirmed while having the chance to meet many Chiropractors during his time in Ixtapa.

The next part of his journey took him to the Canadian Memorial Chiropractic College in Toronto, Ontario. During his education, he still maintained an active physical lifestyle while working as a personal trainer. His internship year provided him the opportunity to work at 2 very different and unique places. The first part of his internship was at Anishnawbe Health and Native Wellness Center which serviced much of Toronto's aboriginal and homeless community. The second part of his internship allowed him the chance to treat players of the Canadian National Soccer Team, and other elite Canadian athletes. Both of these placements allowed Dr. Mitha to understand many aspects of illness, injury and health. A focus which remains in his clinic; In GoodHands.

Having returned back to Brampton (a resident of 34 years, he has since become an active member of the Rotary Club, Brampton Tennis Club, Brampton Volleyball League, Yoga instructor and more recently the Health Practitioner Advisory Committee for the city. Dr. Mitha wishes to become a more integral part of Brampton's community. "It is imperative that we take care of our body and mind, it is our most valuable asset. The first step is education and if anything else, we provide that for our patients".

Main and Franchise Clinics:



In GoodHands Rehabilitation & Wellness Centre

Bramalea City Centre – Inside GoodLife Fitness
Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5
Phone: (905) 453-5858 Fax: (905) 453-8995
Email: info@ingoodhandswellness.com

Services:

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Naturopathic Medicine
- Orthotics
- Physiotherapy

Products:

- Athletic Braces & Splints
- Compression Stockings
- Memory Foam Pillows
- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. and Wed.: 9:30 am - 8:30 pm
Tues. and Thurs.: 10:00 am - 9:00 pm
Fri.: 9:30 am - 7:00 pm
Sat.: 9:30 am - 2:30 pm
Sun.: Closed

In GreatHands Chiropractic & Wellness Centre

Inside Oshawa Centre Mall
C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5
Phone: (905) 433-9520 Fax: (905) 433-8144
Email: oshawa@ingreathands.com

Services:

- Chiropractic Care
- Dry Blood Analysis
- Hair Analysis
- Irridology
- Massage Therapy
- Nutritional Urinalysis
- Orthotics
- Psychology
- Reflexology
- Rehabilitation
- X-Rays

Products:

- Custom Made Orthotics
- Health Supplements

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Mon. - Thurs.: 9:00 am - 7:30 pm
Fri.: 9:00 am - 7:00 pm
Sat.: 9:00 am - 5:00 pm
Sun.: Closed