

Why tea is better than coffee?



It's not necessarily about better or worse as both have beneficial properties. It's about picking the right tools (food and/or supplements), nutritionally, for getting a specific job done (goals)

Green tea has [many benefits](#). A few that we specifically care about for our clients:

Green tea has an [alkaline pH balance](#) which is health promoting (good for the cells and the blood) coffee is actually neutral acid / alkaline but commercially prepared coffee is harsh on the digestive lining. When the lining of the stomach gets too thin, digestive pain and symptoms. Additionally coffee can inhibit absorption of nutrients from food and supplements so drinking coffee around your meals or with supplements is not recommended. We aim to feed the body things that AID in digestion (like green tea, lemon juice) and limit foods / drinks that can HINDER digestion (like coffee and vinegars)

Green tea is high in something called [L-theanine](#) which increases neurotransmitters and brain wave activity that makes you feel good, happy, content, euphoric. When you feel good / happy you are more likely to make healthy food choices and engage in healthy habits

Green tea is lower in caffeine (only an average of 35 mg / serving) whereas most traditional coffee we drink is high (150-200 mg). If someone suffers from adrenal problems (high stress / high cortisol levels /sleep problems) caffeine can over stimulate the adrenal gland (where cortisol, the "stress hormone" is released) even more.



Stress is one of the #1 contributing factor in our society for the problem with our weight and health. So anything we can do to manage stress levels helps us get lean and healthy. Additionally, excessive caffeine intake can actually contribute to constipation in that it acts as a strong laxative. We want the digestive system to work more naturally and not really on harsh laxatives to get that system going.

For more info on negative side of coffee, check [here](#).

The best way to drink your coffee: Organic, free trade Arabica beans recently roasted then prepared in a French press.

Why salsa is good?

Concentrated tomato products (salsa, hot sauce, tomato sauce / paste) are very high in a compound called [lypocene](#). Lycopene is a highly powerful antioxidant and has been shown to help clear free radicals in the body. It is known as an anti-ageing / longevity nugget and has a strong positive impact on sex organ cancers (prostate, breast) and male / female hormone balance.

From a simpler perspective, salsa is an easy way to get some additional vegetables in your system. I like finding salsa that does not use a lot of preservatives like vinegar, salt, sugars. Look for organic options at your grocery stores as tomato skins can be subject to more pollutants from pesticides and fertilizers (thin skin, dark coloured fruits and veggies should be bought organic where thick skinned light colours are protected).

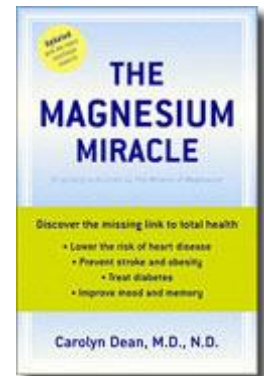


Why magnesium is good?

There are entire books written on this subject but a decent (yet not exhaustive) list see [here](#).

For our clients specifically we include magnesium supplementation to assist with:

- **Sleep quality and quantity** thus balancing and boosting important hormones such as growth hormone (the "fountain of youth"), testosterone (vitality, strength and energy) just to name a few.
- **Digestion** - it has a natural laxative effect as any excess is excreted producing looser stool.
- **Stress management** - and again anything that can be done to manage stress helps with a lean, strong, healthy, youthful body.
- Correcting a very **common deficiency**.



Why should we not drink coffee during meals?

- Interferes with absorption of nutrients
- Harsh on the liver and other organs at when we drink coffee with meals, a more significant amount of enzymes have to be released and stomach acid secreted to further assist with digestion
- When drinking coffee (or moderate to large amount of any liquid) with meals, the food takes longer to digest in general (thus less energy as 80% of the body's energy goes to digestion --- ease digestion and free up energy!)

Why Poliquin over other supplement brands?



They are high quality and effective.

There are other high quality brands that we use and recommend at Ekawa Life, but we can count on these and they are available direct through Ekawa. They are not sold in stores. In fact, most of the best (highest quality / effectiveness) supplements are not over the counter or even available at health food stores.

You are certainly not limited to Poliquin but for ease of us recommending (we know the products and their uses / benefits) and trust in the quality and effectiveness. There ALOT of useless crap supplements out there. Poliquin is neither.

What is chlorophyll water?



Chlorophyll is a liquid supplement that pH balances your water (bottled water is acidic, generally). Chlorophyll is essentially what makes plants green. Liquid chlorophyll has a mild mint flavour and is very refreshing. It has numerous [health benefits](#) specially it makes every cell of the body healthier and also helps greatly with constipation. Just squeeze a few drops into your water when you are able.

What is kefir?

Kefir is a much like natural yogurt - a cultured, enzyme-rich food filled with friendly micro-organisms that help balance your "inner ecosystem." More nutritious and therapeutic than yogurt, it supplies complete protein, essential minerals, and valuable B vitamins.

The beneficial yeast and [friendly bacteria in the kefir](#) culture consume most of the lactose (or milk sugar). Eat kefir on an empty stomach first thing in the morning before (or for) breakfast and you'll be delighted to find it can be easily digested -- as numerous people who have been lactose intolerant for years have discovered.



What does green tea and lemon does for you?

Green tea, see above. Lemon increases absorption of nutrients and alkalizes your blood. It is also a great source of Vitamin C. Green tea, herbal teas and lemon are all very alkaline. Black tea, coffee and soft drinks, commercial juices and alcohol are very acidic. Ideally we want the body (blood) to be more alkaline than acidic. Unfortunately, our North American diet and lifestyle results in a very acidic body, thus we need to restore a [healthier pH balance](#).



What supplements help the body lose weight/burn fat?

Indirectly, all supplements can help someone lose weight and improve body composition as nutrient deficiencies are the root of all disease and dysfunction in the body (along with negative emotions in my opinion). However two of my favourite supplements that assist in weight and fat loss are:



- Acetyl-L-Carnitine
- Green Tea (high amounts) and Green Tea Extract (supplement)

Both are more “natural” fat burners that are safer and non-stimulating when compared to thermogenics such as ephedrine and commercial brands such as *Lipo 6* or *Hydroxycuts*. We consider adding these supplements to a supplement strategy after a base of quality nutrition and basic supplements has been met.

Keep in mind eating well, exercising often, getting enough rest and quality time with friends and family is the best natural fat burner and weight loss tool out there. Sometimes the simplest things bring the fastest results.

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Krista Schaus of [Defining Edge Fitness](#)

&

Scot Prohaska of [Ekawa Life](#)

present



Ekawa Eating – Nutritional Strategies for Physique & Performance
Saturday April 29th at Ekawa

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To learn how to benefit from your own nutritional strategies, contact krista@definingedge.ca.
Ask about discounts exclusively available to Ekawa clients.