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## Everything I Need To Know I Learned From Drinking Coffee

By **Deb Voss Quail and Roxanne Vincent**

**Everything I Need To Know I Learned From Drinking Coffee by Deb Voss Quail and**

**Roxanne Vincent**

After analyzing over 17,000 Dutch men and women, researchers recently concluded that those who drank seven or more cups of coffee a day were half as likely to develop type 2 diabetes than those who drank two cups or less. The study was led by Rob van Dam while at the Dutch National Institute for Public Health and Environment in Bilthoven. Order another espresso for Mr. von Dam, please, while I finish my double cappuccino and expound on the array of knowledge learned from my bottomless-cup-of-coffee:

Good friendships are like good coffee; strong, stimulating, and addictive.

Coffee is a comfort food in nearly every culture. Therefore, travel the globe, drink espresso, and make international friends. Do your part for world peace.

Sleep is a side effect of caffeine deprivation. Drink coffee now.

Always tip generously at the coffee counter. They'll remember you ... it matters.

There is no morning without that first cup-of-joe.

Hot coffee and cold cream are good for you. My 100-year-old grandmother says so.

If you ask, "coffee, tea, or me?" be prepared for the response: "a double, skim, with extra foam."

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Decaffeinated teas and sodas may well have their merits, decaf coffee has none.

The glass half–empty or half–full question is ridiculous. Never drink coffee from a glass!

Lovers, desserts, coffee ... indeed many things are better rich.

Given enough coffee, I conspire to rule the world.

Any romance begun in a coffee shop stands a chance of success; you are presumably both sober and the lighting is better than in a bar.

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Deb Voss Quail and Roxanne Vincent are coffee buddies and business partners. Reach them via their web site at <http://www.vvvinsights.com>.

### **HOME BASED COFFEE FRANCHISE**

**By Sunnie Ford**

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Would you switch drinking coffee if it was a brand with only 8 mgs of caffeine per cup? What if this coffee was NOT DECAFFEINATED? Would you miss those chemicals in decaf? Are you drinking regular store bought coffee with 100 to 150 mgs of caffeine per cup? If so, this has given your body an acid balance which then brings on health challenges. One cup of coffee jacks up your highs and soon bounces you back down and you will reach for another cup to jack you right back up with a high until the highs and the crashes wreck your system. With only Gano Excel coffee in your body, you will now have an alkaline system and smooth sailing. Listen to this 24/7 message at 1–888–793–9888

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