



The Decaf Diet: Is Caffeine Making You Fat?

Eugene Wells

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The Decaf Diet: Is Caffeine Making You Fat? Eugene Wells

In *The Decaf Diet*, Eugene Wells explains how coffee, tea, soda, and chocolate are making a large contribution to the obesity epidemic. Wells explains how caffeine drives overeating while hindering weight loss, and in doing so he empowers readers to decide for themselves just to what extent caffeine should control their waistlines.

In *The Decaf Diet* you will learn:

How caffeine makes you overeat,

How caffeine reduces your muscle mass,

How caffeine slows your metabolism,

How caffeine keeps your stress levels elevated,

How caffeine keeps your insulin levels elevated,

How caffeine can negatively affect thyroid function,

How you can painlessly decrease or eliminate your caffeine intake for rapid weight loss,

How to reduce caffeine's fattening properties when you choose to use it, and

How optimizing your caffeine intake can make a huge difference in the way you look and feel.

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