

Nope. Although the mainstream has been pestering us (especially those among us that exercise) to guzzle eight glasses of water or more per day, no one seems to know exactly WHY. And the really funny thing is that some of the same paternalistic leftists who are urging us toward daily water intoxication are the same folks who are worried about the global "water crisis." Heck, if they're so concerned about an H2O shortage, why aren't they telling people to only drink the BARE MINIMUM amount of water needed to survive? But I digress...

I'm not here to disparage these gaunt, misguided fitness fanatics, but rather to offer them an alternative to the "water torture" they've been enduring - one that's tasty, energizing, and above all, good for you! Believe it or not, coffee is that drink, especially if you're an exercise fanatic...

Why? Because the caffeine in coffee blocks a key biochemical called adenosine that is produced in large quantities during strenuous exercise - which greatly reduces pain and muscle soreness, according to a recent University of Georgia study published in the Journal of Pain. Your morning "cuppa joe" is also chock-full of other benefits - things like reducing your risk of colon cancer and gallstones, plus infusing your cells with as many disease-fighting antioxidants as 3 fresh oranges.

Now, you may be thinking: Doc, if you don't want people to over-exercise, why are you telling them about how the caffeine in java makes it LESS painful to exercise? Look, don't get me wrong - if you like exercising, great. If it makes you feel good (or good about yourself), then by all means don't stop. Just don't go overboard. And don't flush away with H2O all of your morning coffee's benefits because the health nuts say you should.

It is funny, though (and tragic), that most of those in the mainstream who are fanatical about their health are CUTTING OUT the healthy coffee and caffeine, while risking the consequences of exercising more and more in the name of health...

When they SHOULD be doing the exact opposite.

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