



The truth behind the latest anti-alcohol headlines

Raise a toast this holiday season to SAVE your heart, your brain... and your life

November is one of my favorite months of the year. It kicks off the holiday season, when friends and family gather to celebrate, share good cheer, and toast to each other's health.

Of course, the number of glasses you raise in toast is—once again—a major debate in the scientific community.

On one hand, you have the modern-day puritans—a new generation of control freaks who seek to ban alcohol, just like they've nearly done with tobacco.

These neo-prohibitionists often cite questionable studies showing that *no* amount of alcohol is safe for your health.

On the other hand, there are people like me, who believe decades of reputable research showing that consistent, moderate intake of alcohol can protect against chronic diseases.

This debate came to a head (beer pun intended) recently, when a pair of dueling studies on alcohol were published back-to-back—garnering major headlines.

Today, I'll share with you the science-backed facts to settle this debate... and why it's good news for your holiday festivities.

A drink a day helps keep heart disease away—especially if you're over 55

The first study was published in late August in *BMC Medicine*. Researchers from University College in London analyzed six clinical trials involving more than 35,000 adults in the U.K. and France over a 10-year period.¹

During that time, about 5 percent of the study participants developed heart disease, and 1 percent died from it.

The researchers found that the participants who consistently drank moderate amounts of alcohol had a lower risk of developing heart disease compared to those who didn't. This was especially true for people over age 55.

Furthermore, the study showed that consistent, moderate alcohol consumption was more protective for the heart than drinking in years past, but then giving it up in later life.

My conclusion? This is just one more solid study to add to the pile of research detailing the significant heart benefits of moderate alcohol consumption.

Alcohol combats the *real* cause of heart disease

Studies like this have never been a

surprise to me, even back when the mainstream medical community was all in a tizzy about research from France showing the health benefits of moderate alcohol consumption.

The neo-puritans called this nothing more than a "paradox." Maybe that's because they still don't understand the *real* cause of heart disease. As I've reported many times before, heart disease isn't caused by eating too much salt, or cholesterol. And it isn't the result of eating saturated fat or red meat.

In other words, it's not caused by *any* of the government's favorite scapegoats, which have been all wrong, all along.

Instead, the main cause of high blood pressure and heart disease is stress. In fact, together with

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chronic inflammation, stress lies behind virtually every major chronic disease of our time.

And what reduces stress? Activities such as light to moderate daily exercise, meditation, getting out in Nature, and a drink or two at the end of a hard day.

But of course, logical, science-based conclusions like that don't work on nanny-state prohibitionists. Or, sadly, some researchers...

An alcohol study that doesn't compare grapes to grapes

The very next day after the impressive new study from University College London was published, the neo-puritans struck back.

An analysis in *Lancet* of studies conducted worldwide between 1990 and 2016 purported to show there is *zero* safe level of alcohol consumption for *anyone, anywhere* in the world.²

But there are several major flaws with this wild proclamation.

First of all, the analysis relied on more than 1,000 studies conducted in 195 different countries. That sounds impressive until you realize this is a mishmash of studies from different populations, places, cultures, and lifestyles around the world. So drawing blanket, one-size-fits-all conclusions is pretty reckless.

For example, the findings from impoverished, poorly nourished countries aren't remotely comparable to a large, developed country like the United States. So it's no surprise that the study authors admitted it's unclear whether their outlandish "zero alcohol" finding even applies to the vast majority of Americans. (Of course you'd never know about that uncertainty from the headlines that appeared in every major media

outlet, trumpeting dire anti-alcohol warnings.)

Then there's their laundry list of supposed ills that alcohol can cause. One of them is tuberculosis—a disease that, fortunately, most Americans never have to worry about.

But what about diseases that *are* common in the U.S.? Well, the study claims that alcohol somehow indirectly contributes to cancer and other chronic diseases through complex, unproven mechanisms. Doesn't sound very convincing, does it?

The half-percent risk factor

The final factor that makes this study so flawed is the blatant statistical manipulation. Chiefly, their finding that people who have one drink (or 10 grams of alcohol) per day have a *0.5 percent* higher risk of health problems compared to non-drinkers.

Let me repeat that. They say you have merely *half a percent* increased risk of developing alcohol-related health problems—including self-harm and drunk-driving fatalities—if you drink moderately.

By contrast, other (well-designed) studies typically show that moderate alcohol consumption can lead to a *30 to 50 percent reduced* risk of heart disease. And more recently, evidence is also mounting that moderate alcohol consumption is beneficial for brain health.

Lost among all of this neo-prohibition hype is that buried deep within the *Lancet* study's results, these researchers *also* confirm the heart-health benefits of moderate alcohol consumption. They indicate that a drink a day can lower men's and women's risk of developing Type II diabetes as well.

And since heart disease is the leading cause of death in Americans,

particularly as we get older, and diabetes is the leading cause of cardiovascular heart disease, this study is actually showing us the *opposite* of what the researchers intended.

The three tactics prohibitionists use to dismiss real science

The *real* lesson both of these studies deliver is that moderate alcohol consumption can indeed help prevent heart disease and diabetes among middle-aged and older men and women.

But heaven forbid real science stand in the way of the prohibitionist agenda!

After all, the first tactic of behavioral-control freaks is to repeat the lie that alcohol in any quantity is unsafe. The more they get this message into the mainstream, the better their cause.

And if that doesn't work, the second tactic they use is to warn that your personal behavior is a threat to others—like driving drunk.

Yet, as I stress with most aspects of health, it's all about moderation. (Except when it comes to the government's paltry recommended daily allowances on vitamins. In this case, more is better). So realistically, the one or two drinks I recommend per day aren't going to harm you or anyone else.

Of course, when that message gets through, prohibitionists break out the last tactic in their shoddy arsenal: When all else fails, and the science defies the argument at hand, simply deny that the science exists...

What's the government really afraid of?

In June, the National Institutes of Health (NIH) pulled funding from a trial on the benefits of moderate alcohol consumption for heart disease, Type 2 diabetes, and

rheumatoid arthritis.³ Of course, this worldwide study of 7,800 people would have confirmed definitive, final evidence of what other studies have shown for years.

This is another one of mainstream medicine's favorite tactics in their vendetta against natural health approaches. Just when a bunch of studies on a drug-free solution start to show benefits, the mainstream insists that very difficult, very long, very expensive clinical trials must be conducted to tediously pore over the data. Meanwhile, the longer the research drags on, the more people end up suffering the—often fatal—consequences.

So, although the health benefits of moderate drinking should be a settled question by now, NIH suddenly pulled the plug when the Moderate Alcohol and Cardiovascular Health Trial (MACH15) had just begun—citing several ridiculous reasons that apply to virtually every clinical trial that's ever been done...

For example, one of the reasons NIH shut down the study is because the scientists spoke with representatives from the alcohol industry, which was providing some (but far from all) funding.⁴

Oh, *please*. If government researchers weren't allowed to talk to (or accept funding from) big pharma, there would be *zero* research on new drugs, and new drugs would never be approved.

But I guess the same standards don't apply to nature-based substances like alcohol?

How much should you drink?

So, in the absence of the "definitive" government study, we'll just need to consult the dozens of clinical trials that already exist on alcohol

consumption.

That research *consistently* shows the following moderate drinking levels can help protect against heart disease, diabetes, and dementia:

- 14 or fewer drinks a week for men
- 7 or fewer drinks a week for women


As for what type of alcohol you should fill your glass with, it's a matter of preference.

Some researchers assumed the resveratrol in red wine—instead of white wine, beer, or other types of alcohol—was the special, "magic bullet" ingredient that conferred all the observed health benefits.

But that "magic bullet" theory never made sense to me—and it never materialized. In fact, as I've said for 25 years, trying to find a single, "magic" ingredient in alcohol (or in anything, really) that confers health benefits is a waste of time and research money.

It's obvious that drinking moderate amounts of *any type* of alcohol lowers stress, the No. 1 silent killer lurking behind high blood pressure, heart disease, Type II diabetes, and other chronic diseases. Plus, more recent studies show that drinking moderate amounts of *any type* of alcohol—whether wine, beer, or spirits—confer benefits for your brain and heart.

As far as I'm concerned, this case is settled. So have a couple extra glasses of holiday cheer this month and toast to whatever you'd like, *with* whatever you'd like! (Just be sure you arrange a safe ride home.)

According to Aristotle, virtue is a mean between excess and deficiency. So this Thanksgiving, let's raise a glass to virtue... and good health. 

Urgent warning for men:

The shocking reason you need to pay attention to your prostate—even if you're symptom-free

I would venture to guess that most men probably aren't aware that November is Men's Health Month. In fact, many men rarely think about health at all—until something goes wrong. And that's especially true when it comes to prostate health.

But if you're over age 50, you may already be experiencing prostate problems... without even knowing it.

In fact, some of the most common prostate health issues might not produce any symptoms at first. But they can continue to develop with age. The good news is, there are simple, natural steps you can take *right now* to support your prostate. Which means you may be able to avoid the embarrassing, painful symptoms associated with these conditions altogether.

To bring more awareness to these important topics, I've put together a comprehensive, science-based protocol on prostate health that will help you recognize, rein in, and even reverse prostate problems *before* they become serious. It's currently in the works, and, as always, you will be the first to know when it's available.

In the meantime, in honor of Men's Health Month, today I'll give you a preview of some of the information—and step-by-step advice—I'll be covering in my full protocol regarding a common prostate concern among men: benign prostatic hyperplasia, or BPH.

But first, let's take a quick lesson in Prostate Anatomy 101.

A tiny gland with a big purpose

The prostate is a walnut-sized gland

located at the base of the bladder. It has one simple job—albeit an important one for the future of the human race...

Its purpose is to make seminal fluid, which is added to sperm cells in the ejaculate fluid. Seminal fluid protects and nourishes sperm, allowing it to survive for hours after ejaculation. In fact, some reports show sperm may even live for days in the right environment.

Because it's not a complex gland, there aren't many things that can go wrong with the prostate. However, there are a few conditions you need to know about. And today, I'll discuss a major one to be on the watch for.

BPH: When bigger ISN'T better

Benign prostatic hyperplasia (BPH) is more commonly known as “enlarged prostate,” and it becomes more frequent after age 50.

In fact, some research shows that half of all men over age 60 may have some degree of prostate enlargement, and as many as 90 percent of men in their 80s are affected.

No one's exactly sure *why* the prostate becomes enlarged in BPH, although there's a theory (but no real evidence) that it's caused by hormones. That would explain why it's more frequent later in life, as men's hormone levels change.

Most men with BPH have no symptoms. But for some, the prostate begins pushing on the urethra, which carries urine out of the body. That makes the bladder muscles work harder to force urine into the urethra.

This can cause several problems. The bladder muscles may contract more frequently, meaning more trips to the bathroom. Or the muscles may have difficulty contracting, leading to “dribbling” or painful urination. These symptoms may be your first (and usually only) sign that something is wrong.

In rare cases, the prostate completely blocks the urethra, and a man can't urinate at all. If this happens to you, **consult your doctor immediately.** He or she may want to do a procedure to remove some of the excess prostate tissue.

Pinpointing problems—and plotting your course of action

So, if BPH can occur long before symptoms set in, how do you know if you have it? And what can you do to head it off at the pass?

Prostate enlargement is easily detected by your doctor during a digital rectal exam—when the physician places an index finger into the rectum to feel the prostate. (This procedure also detects the possible presence of colorectal cancer.) The doctor checks the size of the prostate, along with its texture and firmness.

So get an annual physical exam, including a digital rectal exam, starting at age 50. That means the doctor actually has to examine you physically, not just gloss over some questions while staring at his or her computer screen.

If for some reason you have a doctor who doesn't routinely do this exam during your annual check-ups, find another doctor right away.

If it turns out your prostate is enlarged, you have a few options.

First, there's "watchful waiting." If you've ever heard this term, it was probably in reference to prostate cancer. But this approach is also a common recommendation for enlarged prostate. Watchful waiting is just what it sounds like—it includes regular exams to see if the prostate gets bigger, or if serious symptoms develop. But it doesn't necessarily mean doing nothing.

In fact, there are some very effective natural remedies that can help alleviate the uncomfortable symptoms of BPH. (I'll discuss one of these in just a moment.)

Of course, these sensible, natural approaches don't make any money for big pharma. So, some years ago, drug companies decided that an enlarged prostate isn't simply an inconvenient sign of aging, but rather a "disease" that must be treated. So now we have two types of drugs that are supposed to "relieve" BPH symptoms.

- **Alpha blockers** like Flomax® and Rapaflo® are designed to relax the muscles in the prostate and bladder neck. This is supposed to allow urine to flow more freely.

But, as with any drug, alpha blockers have some serious side effects. They can cause erectile

dysfunction, low blood pressure, nausea, weakness, and weight gain.

- **Alpha-reductase inhibitors** like Proscar® and Avodart® are supposed to stop the prostate from growing, or even shrink it. Like alpha blockers, they can cause erectile dysfunction (for which, of course, big pharma has other drugs to fix the problem they caused—as I will address in detail in my upcoming prostate protocol). Other side effects include low sex drive and depression.

Of course, doctors often prescribe *more* drugs to take care of the side effects associated with these medications. Meanwhile, most refuse to recommend the solid science showing that natural substances can help relieve symptoms of BPH with minimal or no side effects.

Natural relief that rivals drugs—without the side effects

Both **saw palmetto** and **stinging nettle** are well known in natural medicine—and for good reason. Both of these herbal remedies have impressive research supporting their benefits for relieving the symptoms of BPH.


For instance, a new review of 27 studies involving about 5,800 men found that compared with a placebo, saw palmetto improved urine flow and reduced the number

of times men got up in the night to urinate. And it had similar results when compared with Flomax® and other alpha blockers.¹ Most of these studies used 320 mg doses of saw palmetto extract per day.

And in one clinical trial, 257 men with BPH symptoms who took a combination of 160 mg of saw palmetto extract and 120 mg of stinging nettle root extract daily for 18 months experienced:

- 19 percent improvement in urinary flow
- 44 percent reduction in residual urine (urine left over in the bladder after a trip to the bathroom)
- And a whopping 53 percent improvement in overall prostate symptoms²

Of course, there are many more safe, natural approaches for easing BPH symptoms—and supporting overall prostate health. And I'll be covering all of them in much more detail in my upcoming protocol. I'll be sure to keep you updated and, as promised, you'll be the first to know when it's ready.

In the meantime, I encourage you to get an exam if you haven't already—and encourage other men in your life to do the same. As they say, "An ounce of prevention is worth a pound of cure." 

SPECIAL ANNOUNCEMENT: My blood sugar breakthrough formula—now available to you

I'm thrilled to announce the release of my revolutionary natural blood sugar support supplement—and it's the first one I've *ever* agreed to make available to the public.

That's because it took some of the

most powerful natural ingredients on the planet—in just the right formulation—to finally earn my stamp of approval.

And I've named this four ingredient powerhouse **Core Metabolic FX**.

What makes Core Metabolic FX so effective?

For one, it contains curcumin, the active compound in the ancient medicinal spice, turmeric. As you know, I've written about curcumin

quite a bit over the past several years. In fact, it's become one of the most researched natural ingredients on the planet.

And as I often report, curcumin is so powerful that it goes to work in your gut *immediately* to stop sugar from reaching your blood...

But the key for lasting blood sugar control is that you also need curcumin to *keep* working in order to burn the excess sugar that does make it into your bloodstream.

That's why I insisted on finding a rare brand of curcumin that's extremely bioavailable... meaning it's absorbed quickly and easily into your bloodstream—right where it belongs.

It's called CurcuWIN, the cutting edge brand of curcumin that stars as the flagship ingredient in my new blood sugar formula.

Core Metabolic FX also includes chromium, an essential trace element your body naturally uses.

This ingredient is crucial in your blood sugar management because as you age, your levels of chromium begin to decrease. Which can be a real problem, considering this element is one of your body's best defenses against insulin sensitivity—and nearly 90% of Americans are deficient.

The next ingredient in my CoreMetabolic FX formula is

another mineral called vanadium.

Vanadium works in tandem with chromium to make sure your cells are absorbing as much blood sugar as possible.

The last ingredient I strategically selected for this unique formula is ginger root.

For decades doctors and researchers just focused on the “usual suspects” when it comes to blood sugar, like poor diet and lack of exercise.

And although both are extremely important, a new culprit came to light that shocked mainstream medicine in the dawn of the 21st century...

Inflammation.

More and more studies revealed that as inflammation markers in the body increased, so did blood sugar levels. So even if you abide by a rigorous exercise routine, and sensible, balanced diet—if your inflammation levels are unbalanced, your efforts won't make much of a difference.

Fortunately, research shows that ginger root single-handedly helps to support your body's natural immune responses, and improve both fasting blood sugar and A1C numbers.

Not to mention, this natural compound is also well-known for its ability to aid in digestion, helping your body deliver the benefits of curcumin, chromium, and vanadium to your bloodstream even faster.

Of course, as I mentioned earlier, this formula **ONLY** contains the highest quality ingredients. Which is why Core Metabolic FX uses a brand new proprietary extract known as Gingest, instead of standard ginger root powder. This way, you can enjoy more potent, fast-acting effects in a smaller dose.


In fact, Core Metabolic FX couldn't be easier to incorporate into your daily routine.

Some natural blood sugar supplements require you to choke down three...sometimes even **FOUR** capsules every single day.

But the ingredients in Core Metabolic FX are so potent... all you need is two capsules before bed.

As you know, supplements claiming to support blood sugar are a dime a dozen in “big box” stores, pharmacies, and even supermarkets. But I've never been impressed with any of these formulations.

It has taken me years to find potent, high-quality blood-sugar supporting ingredients I believe in enough to recommend to my readers. And I'm proud to finally offer this unique, standout formulation through my Smart Science Nutritionals supplement line.

If you'd like to learn more about Core Metabolic FX, simply [click here](#) or call **1-800-292-5808**. 

The food fortification fallacy

Why nutrient-enriched foods won't make you healthier

Countless studies show that we need higher levels of vitamins and minerals in order to prevent and

reverse virtually every chronic disease. Despite this, mainstream medicine is always sure to trundle

out some hack “expert” who insists you can get all the nutrients you need from your diet alone...

And that dietary supplements are a waste of time and money. Saying I disagree is an understatement.

For one, industrialized agriculture has stripped many nutrients from the soil that our fruits, vegetables, and grains used to contain. The solution to this, according to these “experts,” is fortified foods.

And you’ve seen plenty of these packaged products in the aisles of your grocery store, like:

- Grains and cereals spiked with B vitamins, zinc, and iron
- Milk infused with vitamin D
- Orange juice with “added” calcium
- Sugar (believe it or not) fortified with vitamin A¹
- Yogurt with added fiber

The theory is that if you eat enough of these fortified foods, you’ll get all the nutrients you need—without taking supplements. But a new study shows that’s simply not the case, especially if you’re over age 50.

Even the healthiest diets fall short

Data from the Irish Longitudinal Study on Aging showed that even though vitamin-B fortified foods are common in Ireland, 14 percent of older adults were still deficient in B9 (also known as folate), and 13 percent were deficient in B12 (also known as cobalamin).²

Despite this, fewer than 4 percent of the study participants took B vitamin supplements.

This is a real shame because B vitamins (like many other nutrients) are critical for brain, nerve, and

heart health—especially as you get older.

This study offers concrete evidence that obtaining adequate levels of B from diet alone—even if it’s “fortified”—is poppycock (to use a popular phrase from across the pond).

Of course, I’ve known that for decades. In fact, when I was working with the USDA in the mid-1980s, we measured the levels of newly discovered carotenoids (beta-carotene, lutein, lycopene, etc.) in foods, and then analyzed the blood of healthy college students who ate foods containing those carotenoids.

We found that in order to get a measurable blood level of carotenoids from broccoli (a very healthy and nutritious food), a person had to eat 2.2 pounds *each day*.

Not surprisingly, the study participants balked at eating that much broccoli every day. So my fellow researchers and I decided to sit down and eat 2.2 pounds of broccoli right in front of the study participants to convince them that it was indeed *possible*.

Let’s just say it didn’t go as planned.

So I can tell you from personal experience (in addition to solid scientific evidence), it’s not that easy to get all the nutrients you need from food alone.

This is particularly true for people who follow useless (yet popular) low-fat diets that completely discount all the high nutrient-content foods such as dairy, eggs, and meat.

Somehow, some doctors think if you just drink vitamin D-fortified, low-fat milk, you’ll magically absorb the nutrients you’re not otherwise getting from a supposedly “healthy,” low-fat diet. (In fact, other studies show

it’s actually better for your health to consume full-fat dairy products, and not low-fat, or fat-free.)

When “fortifying” food does more harm than good

The main problem with food fortification is that the manufacturers simply don’t add *enough* key nutrients.

For example, you need a whole lot more daily B12 (around 12 micrograms) than what you’ll find in a few slices of fortified bread (which is around 0.02 micrograms per slice).

But while fortified foods may not do much to improve your nutrition status, they’re generally not going to harm you. *Except* in the case of iron- and calcium-fortified foods...

While I recommend getting these nutrients from foods, they should only come from foods that contain them *naturally*. (Think dairy, eggs, and meat, plus plenty of fruits and vegetables.)

Excess calcium and iron increase your risk of heart disease, and high levels of iron in the blood are associated with cancer and other chronic diseases and infections.

In fact, 30 years ago, after my research with Nobel laureate Baruch Blumberg on iron and cancer hit the *New England Journal of Medicine* and the *International Journal of Epidemiology*, officials stopped iron fortification in Finland (where we had research collaborators).

Instead, they actually started adding selenium, which has anti-cancer effects in the body.

But, sadly, iron fortification is still prominent in the U.S.—especially in grains (which I recommend eating only sparingly).

Taking your nutrition to the next level

Ideally, eating nutrient-rich foods can keep you healthy, and prevent many health conditions.

But we also know that most people don't follow optimal diets, and most of our foods no longer have optimal nutrient content. And, clearly,

fortified foods can't fix everything—or anything for that matter.

That's where the power of dietary supplements comes in.

So the next time a health professional says you can get all of your required nutrients without taking dietary supplements, consider asking what kind of fantasyland he or she is living in!

And for the latest on the benefits of nutritional supplementation—as well as the proper, *science-backed* therapeutic dosages needed for optimal health—stay tuned right here to my *Insiders' Cures* newsletter and my daily e-letter, the *Daily Dispatch*.

Citations for all articles available online at www.DrMicozzi.com

NEWS BRIEF

Pump the brakes on aging by savoring this morning staple

On a typical morning, you can usually find me sitting at my desk, catching up on all the latest health news, and drinking a hot cup o' joe. In fact, that's exactly how I came across this important new study about the health benefits of coffee.

And this isn't just another clinical trial showing how coffee can boost cardiovascular health, improve brain function, or prevent chronic disease.

Instead, these researchers went on the hunt to discover coffee's all-important mechanism of action. That is, exactly how does it work to protect the heart and other organs—especially as we age?

Inside-out hydration

The study built on previous work conducted by scientists in Germany, showing that a common, age-related heart defect can be corrected by giving mice caffeine.

The scientists found that caffeine enhances the function of cells that line blood vessels and also protects them from damage. It does this by rapidly entering the cells and stoking the fires of the mitochondria.

I've written before about the critical role of cellular mitochondria. They're like hearths, burning fuel in the form of glucose, and then combining that fuel with oxygen to generate energy

and water for your cells.

This process, known as cellular hydration, is key for optimal cellular function. Meaning that coffee's long-term benefits for your brain, heart, and GI tract can be explained by its ability to help mitochondria generate energy for your cells.

The German researchers' new study looked at caffeine's role in the mitochondrial process of burning glucose to make energy.¹ This process, known as mitochondrial respiration, slows down as we age.

The researchers gave 22-month-old mice the human equivalent of four to five cups of coffee a day in their drinking water over a period of 10 days.

They then measured the mice's mitochondrial respiration, and discovered it had increased to the levels found in six-month-old animals. In human terms, that would be the equivalent of shaving decades off your age.

Why coffee is the real energy drink

This research shows that the caffeine in coffee can improve how your cells produce energy, allowing them to function more efficiently. And that provides vital protection against disease and other factors of aging.

Caffeine's mitochondrial effects also explain the amazing short-term benefits of drinking coffee—including mental alertness, expanded breath and respiration, improved digestion and metabolism, and a general feeling of vitality.

In other words, coffee is a real, natural energy booster—unlike artificial, sugar-laden “energy” bars and drinks.

The study also provides more evidence that drinking coffee is hydrating—contrary to popular medical myth—considering that it actually hydrates you at the cellular level.

Of course, these and many other studies show that coffee's benefits are most apparent when you drink three to five cups a day. But, like I mentioned on page 3, moderation is key.

Everyone metabolizes caffeine differently. So if you have heartburn, heart palpitations, irritability, or insomnia after drinking coffee, try cutting back your consumption rather than switching to decaf, which offers no real health benefits.

You'll still get plenty of health benefits, even if you only have a cup or two of joe during your morning coffee break.

So make this the best part of waking up...today and every day.

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