



The Caffeine Solution: How to feel full and lose weight by modifying your caffeine intake

Eugene Wells

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In *The Caffeine Solution*, 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 Caffeine Solution* you will learn how caffeine makes you overeat, reduces your muscle mass, slows your metabolism, keeps your stress and insulin levels elevated, and can negatively affect thyroid function. You will also learn how to painlessly decrease or eliminate your caffeine intake for rapid weight loss, and how to reduce caffeine's fattening properties when you do have it.

***The Caffeine Solution* is your guide to optimal caffeine use for achieving and maintaining a lean physique. Eugene Wells explains how to minimize caffeine's fattening effects by picking the best caffeine sources, by timing your caffeine intake, and by implementing nutritional support, mood support, and exercise. This is an invaluable guide for the coffee drinker who seeks to stay trim without quitting.**

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