



5 Hacks That Every Coffee Drinker *Needs* To Know!

*These **Quick** and **Easy** Hacks Will....
Change The Way You Drink Coffee!*

Many people can't go a day, let alone a morning without a their cup of joe! If you're one of these people or if you're a coffee drinker in general, you'll **benefit** greatly from this article. We put together a short article of the top tricks and tips to make your coffee more **effective**, **tastier** and even **healthier**! If you want to get the most out of your coffee read our 5 Hacks That Every Coffee Drinker Need To Know! Plus a **bonus** hack on how to lose weight by only drinking coffee!

ADD SALT TO BITTER COFFEE

If you've ever had bitter coffee you know how awful the taste is. Well would you be shocked if we told you that adding just a pinch of salt will help a lot! The science behind the salt is that the saltiness counteracts the bitterness and gives the coffee a smoother taste.



CHOOSE YOUR COFFEE BREAK WISELY

You may not have known, but it's very important to take your coffee break at a certain time. This is due to your body's producing a hormone called cortisol. Cortisol hormone gives you a burst of energy at around 7 am, noon and the evening around 6 pm. Since you naturally get a boost of energy it's better to drink coffee at other times. For example the best time to drink coffee

in the morning is between 9:30-11:30 and in the afternoon and evening around 1:30-5pm. During this time your cortisol level dips.

CINNAMON INSTEAD OF SUGAR

A guilty pleasure people use commonly is sugar. But sugar is not the best for your body and have a lot of calories. A great substitute is adding a bit of cinnamon instead. You'll still get the guilty pleasure of a sweetener but without the calories.



COFFEE ICE CUBES

It's not the best to have watered down ice coffee and a great solution is having coffee ice cubes. Rather than getting rid of your old coffee, pour it in an ice cube tray! After you freeze your coffee in ice cubes place them in your iced coffee your coffee ice cubes will melt leaving you with the satisfaction of not having a watered down drink but more coffee.



SMALL AND FREQUENT IS THE WAY TO GO

A lot of people like to start their day with a huge cup of coffee that they think will get them through the day. Actually, smaller and more frequent doses of caffeine are much more effective than one large dose. Whenever you're feeling tired, drink a small cup of coffee.

Bonus!



BUTTER INSTEAD OF MILK

It's no secret that milk and cream are not the most healthy things to add to your coffee, but now you can have the same taste with less of the guilt. Adding a bit of grass-fed butter instead of milk or cream can help you lose weight and boost your energy.

Read more!!!! - about our research on butter coffee called the "Bulletproof" coffee and learn about the many benefits of butter in coffee and how to lose up to 13 pounds by drinking it every morning! Bestesspressomachinehub.com - blog - Butter in

Coffee: The Many Benefits of This New Weight Loss Trend (Shortcut Link-
<http://bit.ly/1WH1Ghg>)

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