

Newsletter Coffee

Rebound Health

Fix Your Body
and be
as healthy as possible

www.reboundhealth.com

Coffee Newsletter

[Rebound Diet;](#)
Our guide to
healthy eating!

[Cholesterol;](#)
Did you know
cholesterol
prevents memory
loss?

[Back Pain Stretch;](#)
Psoas muscle



[Who is Bryon?](#)

In the News: "[4 Ways Coffee Cures](#)"

- 1 cup/day - less chance of early death from any disease
- 2 cups/day - reduces heart disease
- 3 cups/day - decreases risk for dementia and Alzheimer's
- 4 cups/day - lowers risk of type 2 diabetes



"... increasing amounts of coffee was also associated with lower risk of Parkinson disease"

<[full article](#)>

"Coffee drinkers ... less likely to be hospitalized for heart rhythm disturbances."

<[full article](#)>

Coffee: The best health food on the planet! <[full article](#)>

"3 to 4 cups of coffee reduces liver cancer by 50%" <[full article](#)>