

Hello Bulletproof Coffee, Goodbye Emotional Roller Coaster

There is no better time than right now to ditch that hideous, unhealthy morning routine full of sugar and carbs and switch to the morning nourishment that is the complete and polar opposite: Bulletproof Coffee.

If you haven't tried it, I urge you to hop on board and see if after a month or so you don't notice a difference in your energy level and brainpower. And you may even drop a few pounds.

Perhaps you've heard of it. People in health circles have been raving about Bulletproof Coffee for a couple of years. It has caught-on like wildfire, simply because people who try it, such as myself, simply love it.

The taste is better than a mocha milkshake and the feeling you get from it is the combination of energy plus mental clarity. To top it all off, it's absolutely fantastic for your overall health. What's not to like?

People with high-powered jobs, such as entertainers and politicians, who simply must be on their game at all times can't do without their Bulletproof Coffee because of the brain focus and energy it gives them.

But when it comes down to it, don't we all want and need that?

So what is Bulletproof Coffee? It's an invention that comes from many years of research by health expert Dave Asprey. He discovered the basic truths about why this is so beneficial while he was hiking in Tibet, where people were drinking a version of what later became Bulletproof Coffee.

Bulletproof Coffee doesn't start with your typical cup of Joe. You must use primo coffee beans, the type that are free from the toxins that plague so much of the coffee you buy at the store ... even the "gourmet" kind that are compromised by processing.

The wrong coffee zaps your energy and leaves you feeling irritated. If you feel like you "can't tolerate" coffee, you are probably drinking the wrong kind. Remember coffee is good for you because it contains vital antioxidants.

Then you add UNSALTED (important), GRASS-FED (important) butter. Kerrygold happens to be my favorite brand, and I recently noticed Walmart sells it! Grass-fed butter means the cows eat grass, not corn, so the end result is much healthier for you.

Butter, particularly grass-fed butter, is a healthy fat I've talked about so much and is a product that's continually gaining popularity and credibility within the nutrition community. You shouldn't have any trouble finding it at your grocery store. As I said, even Wal-Mart carries it, and other higher-end stores have a larger selection. Oh, and you will looooooove the flavor!

After the coffee and the unsalted, grass-fed butter, you add wonderful MCT oil. MCT stands for Medium Chain Triglyceride. These are the fats that are the key ingredient in coconut oil, which I've reported about for so long now. Coconut oil, and these medium chain triglycerides have been linked to improved cognitive function in people with neurodegenerative diseases such as Alzheimer's, ALS, Parkinson's disease and so on.

MCT oil is true brain food. Asprey calls his "high octane." I love that. It says it all. He claims it offers 18 times the power of regular coconut oil.

So you take the toxin-free coffee, the grass-fed butter and the MCT oil and whip them up all frothy in the blender and you

have the very best way to start your day. It's so delicious!

It blows those expensive, sugary lattes out of the water! You will be full of energy, fully focused, clear in your thinking and full in your tummy so you won't be craving food for hours.

Also, since you nixed the carbs and sugar that are the staple of the typical American breakfast, you won't have to suffer through that inevitable energy drop that comes when the sugar spike wears off.

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Lots of us like to doctor-up our Bulletproof Coffee. For instance, I add a pinch of pure ground vanilla to mine. I have heard of people adding ground cocoa, even two eggs or three egg yolks for a richer beverage that contains even more healthy fat, not to mention protein.

Bulletproof Coffee is a key lifestyle change for those of us who have adopted low-carbohydrate, Ketogenic or Paleo diets. The idea is to bump up those healthy fats and forego sugar and grains.

So here is the actual recipe from Dave Asprey's website. Remember, you can tweak it a bit. For instance, I make mine in a drip coffee maker, add more butter (4 TBSP) and a pinch of ground vanilla.

By the way, if you're not used to coconut oil or MCT oil, you may need to start small, like with one teaspoon, and gradually work your way up, or you might have a stomachache at first.

Bulletproof Coffee Recipe

1. Brew 1 cup (8-12 oz.) of coffee, using filtered water just off the boil, with 2 1/2 heaping tablespoons of freshly ground Bulletproof Coffee Beans. (French Press is easiest.)
2. Add in 1-2 tablespoons of Brain Octane™ to the hot

coffee (It's STRONG—start with 1 tsp. and work up over several days).

3. Add 1-2 tablespoons grass-fed, unsalted butter or ghee.
4. Mix it all in a blender for 20-30 seconds until it is frothy like a foamy latte.