

Spirit-Filled Pastor: This Is the No. 1 Drug in America

What if the very thing you rely on to get going in the morning is what's causing you so many physical issues?

Pastor Shane Idleman, "The Pantry Pastor," shares some of the damaging effects drinking coffee may be having on your body.

"The bottom line is ... water is crucial to our health—from our skin to our joints to our eyesight," says Idleman. "What coffee is ... is it's actually a diuretic. It can pull this vital, essential thing we need—that being water—from all other areas of our body."

And that's not all. Watch the video to see more.