



3 Reasons To Ditch Conventional Coffee And Go Organic!

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The science is in... coffee can boost your health!

But only if you choose wisely.

1 - Conventional Coffee has Less Antioxidants. Coffee is the number one source of antioxidants in the American diet. Antioxidants wage war against diseases. Numerous studies have linked coffee to a reduced risk of several diseases including liver diseases, certain cancers and Alzheimer's. When it comes to Type 2 diabetes, coffee drinkers have a 23–50% lower risk. Each daily cup is linked to a 7% reduced risk. Thanks to antioxidants, coffee has even been linked to a longer life span up to a 20–30% lower risk of premature death. If you want the most of coffee's antioxidant benefits it is important to choose organic. Studies have shown it to contain significantly more antioxidants than conventional coffee.

2 - Conventional Coffee Contains Harmful Toxins. Coffee is the number one pesticide sprayed crop in the world. Sadly, 97% of the world's coffee beans are non-organic and treated with pesticides, herbicides, fungicides, and other chemicals. Chemicals in these treatments can not only cause short term symptoms like fatigue, weakness, and brain fog, but have even been linked to severe, long-term health consequences like cancer, neurodegenerative diseases, and more. There are no synthetic fertilizers or other chemicals used in organic coffee growing or production.

3. Conventional Coffee Harms Farmers. A 2013 survey of coffee farmers in Eastern Jamaica found that most of them suffered from at least one negative health side effect linked to pesticide handling. Family members and their communities at large were also at risk. When coffee is grown organically, the hard-working farmers are no longer in contact with these dangerous chemicals, so they and their families are healthier and safer.

Go Beyond Organic!

So, it's a given, if you want to enjoy coffee, make it work for you rather than against you and choose organic. But even organic coffee can fall short. For example, organic certification doesn't address certain factors like the quality grade of the coffee beans or the mold and mycotoxin content. Much organic coffee is grown in lowlands where all vegetation is stripped, and artificial shade is used all to make a quick coffee buck.

Trim Healthy's organic Guate-Mama Java is certified organic but it goes far beyond that. It is grown on steep mountainsides, 8000 feet up, where the natural flora is the shade, the wild bees are the pollinators and the clean, mountain rain is the magic liquid that makes these beans so special. This incredible coffee is literally bursting with antioxidants and is roasted without chemicals to medium roast which keeps more of its potent antioxidant content. The high elevation growing area inhibits mold and micro toxins. GuateMama Java is grown with the honor of generations. It is tended and cared for by beautiful families who pour love, heart, and soul into their own little piece of the mountain and their own little plot of coffee. And that is the real reason this coffee is so amazing!



**GuateMama Java
Ground Roasted 12oz**



**GuateMama Java
Whole Roasted Bean 12oz**