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Fueled By Oiled Coffee

Fatten up your morning cup of joe to enhance your fat-burning efforts.

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As much as fats are vilified, there are some (believe it or not) that you should be consuming more of. Consider: Healthy people wake up in a naturally fat-burning state. Cortisol, a stress hormone, should be relatively high, and your motivation to get out of bed and start the day should be, too. The hormone ghrelin kicks in and brings on morning hunger. What happens next is where most Americans go wrong: cereals, bagels, muffins, granola bars, etc. By introducing carbohydrates for breakfast, you wake up insulin, turn off fat burning and consequently enter a vicious cycle of energy highs and lows coupled with the need to eat more frequently. In other words, that bowl of cereal in the morning can lead to a day at the office during which you're more preoccupied with eating than working.

Enter oiled coffee. Because so many of us rely on coffee to get us through the morning, why not combine it with delicious, healthy fats for a convenient breakfast? Consuming healthy fats first thing in the morning supports fat burning and can liberate you from food cravings for hours. When it comes to oiled coffee, two types of fats should be considered: medium-chain triglycerides and high-quality butter fat.

MCTs, known for their presence in coconut oil, can provide quick energy (hence they're unlikely to be stored as fat), kick-start ketosis (a form of fat burning) and enhance mental clarity. Meanwhile, grass-fed butter not only provides long-lasting satiety but also several important fat-soluble vitamins (A, D and K2). It's also a rich source of the beneficial fatty acid conjugated linoleic acid.

But you don't have to be a monk to enjoy the benefits of oiled coffee — just check out any of the following products.

Bulletproof Coffee

<u>Bulletproof Coffee</u> is a quick, healthy, frothy way to feel satisfied in the morning and stave off hunger well into the afternoon. Achieving "bulletproof," a state of high performance, has been the driving force behind Bulletproof founder Dave Asprey's line of biohacking products. After being rejuvenated by yak-butter tea in Tibet, he engineered his proprietary Bulletproof Coffee by blending three ingredients: coffee made from filtered water and ground Bulletproof Upgraded (low-toxin, high-performance) coffee beans, Bulletproof Upgraded Brain Octane Oil (purified C8 [caprylic acid] MCT) and grass-fed butter or ghee (clarified butter). Asprey has jump-started his day with this concoction for more than seven years.

For best results, Asprey recommends 2.5 tablespoons of freshly ground coffee, 1 to 2 tablespoons of oil and 1 to 2 tablespoons of unsalted butter/ghee per 8 ounces of water. To avoid a possible laxative effect, Asprey advises working your way up from 1 teaspoon of oil. If you're not a coffee drinker, boost your MCT intake by adding Brain Octane Oil to tea, smoothies and salad dressings.

Caveman Coffee

Dedicated to providing pure and nutritious products that support an active, high-performance lifestyle, <u>Caveman Coffee</u> offers single-origin, single-estate coffee grown by a single family in Colombia. Caveman offers two types of coffee: White Gold and Black Diamond. The former retains a somewhat white color because of its unique roasting process (roasted only enough to extract water), and the latter is a dark-roast blend of single-origin beans. To ensure high quality, the coffee beans have been tested by a USA-approved food lab.

Caveman Coffee is intended for French press or espresso brewing. It's delicious when blended with the company's proprietary MCT oil (a mixture of C8 and C10 [capric] MCTs derived from sustainably raised coconuts) and grass-fed butter or ghee. For a richer coconut flavor, you also can blend the coffee with coconut cream.

Coffee++

Pure Indian Foods, a company famous for its varieties of delicious, high-quality ghee, now offers this combined MCT oil and grass-fed ghee product, intended to simplify making oiled coffee. The name "Coffee++" represents the two positives that the dual-oil product was designed to add to coffee. Cultured ghee makes up two-thirds of Coffee++, while the remaining one-third is a blend of C8 and C10 MCTs from coconut and palm. Coffee++ is Paleo-friendly and has undergone testing to confirm that it's free of casein, lactose, whey and gluten.

<u>Coffee++</u> equips you with the ingredients and directions you need to properly oil your coffee. If coffee isn't your thing, you can still benefit from the healthy fats by adding Coffee++ to hot tea, spiced chai or broth.

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