

## Caffeine And Weight Loss

Does caffeine hinder weight loss?

Yes and no, caffeine may promote weight loss or the opposite. Caffeine may give a boost to your metabolism, but as it's after-effect, it gives you an urge to "pig-out" at meal time or even in-between-meal snacks. So, gain or lose, it's up to discipline and self-control.

More input from doctors and clinics:

- A few studies indicate that large amounts of caffeine — the equivalent of six cups of coffee a day — may slightly enhance weight loss in people who exercise and maintain a low-fat diet. But no studies indicate that weight loss from large amounts of caffeine is significant or permanent. There's also no evidence that increasing caffeine intake alone has any effect on weight loss.

Is caffeine an appetite suppressant? Yes, but this effect lasts only a very brief period — not long enough to lead to significant weight loss. Does caffeine increase your body's ability to burn calories? Maybe, but again, probably not enough to result in significant weight loss.

Caffeine does act as a diuretic, which means it causes an increase in the amount of urine you excrete. This water loss may decrease your body weight. But it doesn't decrease body fat. Also, keep in mind that caffeine is a stimulant that can increase your heart rate and blood pressure, interrupt your sleep, and cause nervousness and irritability. Also, many caffeinated beverages are high in calories, which can contribute to unwanted weight gain. —[Mayo Clinic Staff](#)

- If you're asking, "Does caffeine make you fat?", the truth is the health effects of caffeine promote insulin secretion once it breaks down in your body. Melting fat without caffeine additives is ideal for overall wellness and weight loss, and the health effects of caffeine are detrimental to your weight loss program. —*Dr. Barry Sears*
- Caffeine does raise the heart rate and metabolism, however at the same time it dehydrates you. Being dehydrated slows down your metabolism. The assumption is that caffeine aids in weight loss as long as you're

certain to keep yourself extra hydrated every day. In addition, it is frequently reported that drinking two cups of coffee before working out improves results. -*Dr Thomas Yarnell*

- Caffeine absolutely hinders weight loss for many reasons. It raises cortisol levels. It raises and drops blood sugar making you crave carbs. It actually makes you lethargic after the initial energy boost wears off, therefore making you less likely to exercise. -*Johnny Bowden, PhD*
- A Swiss study of green tea capsules with 50 mg of caffeine and 90 mg of EGCG per two capsules, versus pure caffeine, showed that green tea helped these subjects burn approximately 800 calories per day more. This suggests both the use of fat as an energy source and the effect being from the natural combination of phytonutrients in the green tea. -*Dr. John LaPuma*
- "The primary effect of carb restriction is to reduce insulin and increase glucagons, creating a favorable environment for fat release and fat burning. The net effect of increasing fat use at the whole-body level? Reduced feeding. Hence, one loses body fat. Depending on the dose, caffeine can add to this effect. Caffeine causes a physiological response that leads to the release of catecholamines, chemical agents that increase metabolism. Caffeine stimulates thermogenesis [heat production, or calorie burning] and [increases] the release of fat from the fat cell." -*Gregory Ellis, PhD*