

Can Coffee be a Health Drink?

A few years ago, there were studies saying that coffee can be associated with cancer. This prompted people to avoid drinking the caffeinated drink. A few years after that study, researches have recounted the research quoting that the research is flawed. Current research have showed that coffee can give the body a lot of benefits.

Harvard researchers are saying that coffee, when drank regularly, can be a cure for diabetes, Parkinson's disease, and colon cancer. It could even improve your mood and treat daily headache problems. It could even be drank to lower risk of cavities.

Research shows that regular coffee drinkers are 80 percent less likely to have Parkinson's disease. While 2-cups-a-day drinkers can reduce the risk of colon cancer by 25 percent and 80 percent in liver cirrhosis risk. It can even slash the risk of gallstones by half. There are even studies showing that people who smoke and drink heavily, have less heart and liver damage because of their coffee intake.

So, what causes these benefits? It is the anti-oxidants, and surprisingly from the caffeine also. Currently, drugs for curing Parkinson's disease are being developed. These drugs have a derivative of caffeine as their component. Coffee also has chlorogenic acid and tocopherols which are antioxidants. These mineral components can improve insulin sensitivity. When we talk about insulin sensitivity, it is the body's response to insulin.

There were studies conducted in Europe citing that the trigonelline, the compound which is why coffee smells good and has bitter taste, also has benefits. It can be both antibacterial and anti-adhesive. These prevent the formation of dental cavities.

But can everybody drink coffee?

Unfortunately, not everybody can drink coffee. People with bladder and kidney problems, existing diabetes, gallstones, heart problems, high cholesterol levels, hypoglycemia and generalized panic and /or anxiety attacks should avoid drinking coffee altogether. Avoiding drinking coffee is also advised to pregnant women and those with high risk of osteoporosis.

For pregnant women, if coffee cannot be avoided, then it is recommended just to drink one to two cups a day. Infertility, miscarriages and low birth weight among babies are the primary reason why pregnant women are recommended against drinking coffee.

Excessive caffeine intake can also lead to nervousness, anxiety and rapid heartbeat. The caffeine overstimulates the nervous system, making the adrenal glands work overboard. Osteoporosis patients are also advised against coffee. Coffee reduces the capability of bones to absorb the necessary minerals, making the bones weak and in risk of osteoporosis. But the effects can be reduced if milk is mixed with coffee.

For some people, coffee can also be addictive. People who have stopped drinking coffee experience withdrawal symptoms. They would get headaches, less energy and alertness, difficulty in being focused, get irritated easily and sometimes even get depressed.

Over caffeine consumption can also have an impact on your skin, since it increases the risk of developing stretch marks. Caffeine may also play a role in weight gain. Although, it is mentioned that coffee drinkers may lose weight in the short-term, but

in a longer period of time, coffee can lead to weight gain.

Coffee both has good and bad effects. Similar to other beverages and food, once it is taken in big amounts, then it is likely that they may have undesirable effects to your body. Whether coffee can be considered as a health drink, it is up to you to make the choice.