

The Truth and Myth About Morning Coffee

Will morning coffee boost your alertness in the morning? New research stated that the myth of morning coffee is merely a “reversal of withdrawal symptoms in caffeine”.

Drinking coffee whether in the morning or in any part of the day can be beneficial and also disadvantageous. There are myths about drinking coffee in the morning. It is said that it can making anyone who drinks coffee in the morning stay alert. There are also recent studies about drinking coffee like the statement that it can release anti-oxidants in the body and other more curative properties.

In a recent study at the University of Georgia in Athens, the researchers found out that two cups of coffee in the morning will cut the induced exercise muscle pain in half. This means that it is best to drink a few cups of coffee after working out. The researchers of Georgia University, on the other hand, studied and tested nine college women and were given placebo or caffeine 24 up to 48 hours after doing their so-called “eccentric exercise”. The intensity of the eccentric exercise focuses on the women’s quadriceps or thigh muscles so that it will initiate soreness in the said areas. The result of the study indicated that the caffeine ingredient of coffee was more effective in relieving the pain brought about as these women exercised harder. The women who drank coffee about an hour before the difficult test exercise had about 48 percent less pain as compared to the women who took the placebo. This is also while the women who drank coffee prior to the less difficult test exercise had about 26 percent less pain as compared to the women who took placebo.

The so-called “eccentric exercise” is met when the skeletal muscles create a force once it is lengthened. An example of this is when the cup of coffee is lowered from the person’s mouth unto the table. Thus, the biceps brachia muscle acts eccentrically. This study can actually improve the life of persons who are experiencing skeletal muscle pain after they are engaged in an unaccustomed, eccentrically biased form of exercise.

Another study about morning coffee and the like is the myth that drinking coffee in the morning will make you alert. The researchers of the University of Bristol found out that caffeine does not make any individual alert. This is even though it eases any withdrawal symptoms overnight. A presentation at the British Nutrition Conference showed that the people who avoided drinking coffee will eventually get a “buzz” from caffeine.

However, the British Coffee Association also stated that regular drinkers of coffee did really feel alert. Those who drink their usual morning coffee say that it makes them alert or it enables them not to feel sleepy anymore. Plus, if they missed their usual morning coffee, they would feel lethargic or sluggish and they are unable to continue to do their daily routines.

Thus, the researchers from Bristol reviewed the previous studies of caffeine and its effects and contradicted the statement of the British Coffee Association. The Bristol researchers found out that coffee counteracts the mild withdrawal symptoms of caffeine that people are experiencing since they did not take coffee overnight. Therefore, the habitual coffee drinkers in the morning are no more alert as compare to those who never drank coffee. The biological psychologist named Professor Peter Rogers, who led the Bristol University research, told BBC that we do feel alert in the morning when we imbibe caffeine but it is only because of the counteraction of the withdrawal symptoms. So, the alertness that habitual morning coffee drinkers experience is the state of “getting back to normal” rather than the “above normal state” that most of us assumed with coffee.

A member of the British Coffee Association named Zoe Wheeldon stated that the research was “interesting” although there were two sides on every debate and that significant scientific evidence has proven that moderate consumption of coffee like four up to five cups a day is safer and can even provide advantageous effects on the performance and alertness. This is true, even with the habitual coffee drinkers.

Aside from the myth about morning coffee, there are also indicated benefits in taking caffeine. One is the fact that it prevents “cognitive decline”. This is more on the part of the elderly. Although it is best to drink decaffeinated drinks, coffee may help boost cognition as we grow older.

Thus, there are also detrimental effects on the long term use of coffee. Good examples are diseases like the loss of the bone density minerals and hypoglycemia. All in all, drinking the usual morning coffee is a perfect way to start the day, especially if you’re used to having one but take note that with the noted disadvantages, coffee in your system also has proven advantages.

About the Author

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