

Coffee - 10 Health Benefits of Moderate Coffee Drinking

Did you know that coffee can actually do a lot more than simply give you a boost in the morning? There are actually a number of health benefits to drinking coffee regularly. So, before you make the switch to herbal tea, read on to learn more about what coffee can do for you and your body.

Reduced Gall Stones

The Harvard School of Public Health recently published a study indicating that drinking caffeinated coffee on a regular basis can dramatically decrease the incidence of gall bladder disease and gall stones in both women and men.

Reduced Risk for Alzheimer's Disease

Two studies, one published in the European Journal of Neurology, have shown that individuals who drank about 2 cups of caffeinated coffee per day were less likely to develop Alzheimer's disease than individuals who drank no coffee or a small to moderate amount.

Reduced Risk for Parkinson's Disease

Studies have shown that the amount of coffee and caffeine consumed could be inversely related to an individual's likelihood of contracting Parkinson's disease. This means the more coffee you drink, the lower your chances are for developing the disease.

Antioxidants and Cancer-Fighting Properties

Coffee is a powerful source of antioxidants - agents that combat cancer-causing free radicals. Coffee is chock full of the compound methylpyridinium, which can't be found in many other food items and not at the level available in coffee. You can get antioxidants from both caffeinated and decaffeinated coffee as long as the beans are sufficiently roasted.

Increased Cognitive Ability

Studies have shown that regular coffee drinkers frequently score significantly higher on cognitive ability tests, spatial awareness exams, IQ tests, and short term memory studies.

The effects of coffee on an individual's cognitive ability appeared to be more pronounced in elderly study participants and women.

Bowel Stimulation

Coffee is a stimulant and also a laxative. Some alternative practitioners even prescribe coffee enemas to stimulate the lower colon.

However, because coffee is also a diuretic, it can cause constipation in some individuals.

Reduced Risk for Gout

A large study of over 45,000 men that was conducted over a 12-year period showed the amount of coffee consumed was inversely related to their risk or likelihood of developing gout.

Weight Loss and Metabolism

Because coffee is a stimulant, the caffeine inside can give a boost to your metabolism, helping with weight loss and energy levels. If you look at the ingredients listed for most over-the-counter weight loss aids, you'll find caffeine is often a primary ingredient.

Be careful though, as too much coffee or caffeine can also cause jitters, anxiety and wreak havoc on your sleeping patterns.

Better Brain Function

A recent study found that individuals who drank at least one to two cups of coffee per day scored significantly higher on memory recall, cognitive

ability, logic comprehension and basic IQ tests.

So, the next time you're guzzling coffee to get you through that late-night cram session, remember that it is doing a lot more than just keeping you awake.

Reduced Risk for Type 2 Diabetes

A study done by the Harvard School of Health found that men who drank approximately 6 8-oz cups of coffee, or 3-4 standard mugs could lower their risk of developing Type 2 Diabetes by as much as 50 percent. Meanwhile, women could reduce their risk by almost 30 percent.

Remember, everything should be practiced in moderation, and health concerns should always be discussed with a medical professional. So, while a moderate amount of coffee has its benefit, an excessive amount can also cause problems. Heavy coffee drinking can lead to irritability, anxiety, sleep deprivation, cardiovascular problems and higher cholesterol levels.

About the Author

For additional informative details on coffee and enticing flavors that explode your taste buds, please visit <http://www.coffeetryst.com>, a popular site with insights on coffee options, such as [flavored decaf coffee](#), [gourmet coffee gift baskets](#), [almond flavored coffee](#), and many more!

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