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# **Coffee: The Unhealthy And The Healthy Sides Of Drinking It**

A lot of people view coffee as an unhealthy indulgence. The advantages of having coffee are the ones that always receive the spotlight so it isn't surprising. While there are really advantages of having coffee, it is rich in health benefits as well so its fans shouldn't really feel so guilty or worried for their well-being. Speaking of a cup or two, are you sicked of the same dull coffee you always get from your outdated coffee maker? Have it replaced by [Nespresso Citiz C110 Coffee Maker](#). It could be that one coffee machine you'll ever need.

People's usual presumption that coffee is not good for the health may have bases but it isn't always true, says Preventive Medicine and Nutrition associate professor at the Mayo Clinic, Donald Hensrud. Coffee has actually over 2,000 different chemical components, one of which is antioxidants known to fight against cancer, said the professor. He cited a study that uncovered a link between coffee consumption and reduced chances of cirrhosis and liver cancer And remembered to acknowledge that in another research released recently, Alzheimer's and other forms of dementia risks of development have been found to be lowered down by caffeine consumption. Coffee is abundant of caffeine.

Hensrud added that coffee can be a relief to some people suffering from migraines but he warned that coffee drinkers who habitually drink joe at work every day may suffer from withdrawal headaches should they failed to extend their habit on weekends. He also warned of loading up on cream and sugar isn't a healthy idea because they are loaded with calories and fat. He advised that people should be watchful of their coffee consumption especially the pregnant women and the ones who have anxiety and insomnia. Have your old coffee maker replaced by Nespresso Citiz Single. Why put up with it when it did not do anything right but consistently serve you with a coffee you exactly don't like?

The goodness we can gain from coffee have been pointed out by Hensrud but it does not mean excessive drinkers of it are safe already because they are actually at risk of having bad breath, yellow stains on teeth, anxiety, jittery, insomnia and increased blood pressure to name a few. As they say it, too much of something can be dangerous, and that's also applicable in drinking coffee so its fanatics should be careful of their consumption of it. Looking for a new coffee machine? Start your search by visiting [Coffee Makers](#) Guide. You'll find great coffee machine brands and deals at the site.

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