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# Good Reasons To Drink Coffee

Caffeine, which we mainly take in through drinking coffee, has been linked to anxiety, gastrointestinal problems, coronary artery disease and irritability and the like. But despite the negative remarks caffeine has been receiving, it turned out that the popular substance has its own health advantages too. Below are the top five good stuffs caffeine, and thus coffee, may give for its keen drinkers. Keep on sipping!

#### 1. It May Reduce Post-Workout Soreness

Scientists at University of Georgia observed 2 teams of female university students. They requested the first one to take in caffeine 1 hour ahead of their workout session that would demand optimum muscle effort while the second team was instructed to have placebo instead. They found out that those who had caffeine felt lower discomfort compared to those who had placebo. They proposed that caffeine blocked the body's receptors for a chemical produced in reaction to inflammation known as adenosine.

Fascinated already? Why don't you get a [Nespresso Essenza C101](#) coffee maker for an excellent coffee drinking experience.

#### 2. It Increases Fiber Intake

The Journal of Agricultural and Food Chemistry affirms that brewed coffee has a significant amount of Soluble Dietary Fiber. It is suggested that we have at least twenty to 38 grams of fiber and a cup of brewed coffee can bring up to 1.8 grams of the fiber we need to have.

#### 3. It Lowers The Risk Of Type 2 Diabetes

According to a research on 28 812 postmenopausal women for 11 years, ladies who consumed 6 or more cups of coffee daily, particularly decaffeinated, had decreased their threat of type 2 diabetes by 22%.

Let Essenza C101 coffee maker make your morning coffee!

#### 4. It Reduces Suicidal Tendencies

Since Caffeine has been considered to boost a feeling, a 10-year research on 86,000 female nurses has been performed to determine the influence of coffee and caffeine consumption on suicide threat. Scientists found out that those who frequently drink coffee has lower risk of suicide. An additional research is necessary to back the precision of this analysis however.

#### 5. It Decreases The Threat Of Getting Gout

45,869 males have been examined for 12 years. The participants had no record of gout at baseline and their total caffeine consumption-tea, coffee, decaffeinated coffee-have been assessed by means of validated surveys every 4 years. A supplementary set of questions to determine whether these guys have gout has been used as well in the research. The researchers only noted 757 validated incidents of gout. Based on their prospective information, they implied that there is a connection between long-term coffee consumption and decreased threat of occurrence of gout.

Now that the benefits of coffee have been presented in front of you, you do not have to feel guilty whenever you claim your every day dose of your caffe latte or cappuccino. And to make your coffee drinking superior, why not grab yourself a reliable coffee maker like Nespresso Essenza C101 coffee maker. Essenza C101 coffee maker promises to deliver a great-tasting coffee in mere seconds. For more info, you may go to [Coffee Makers](#).

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