

Published based on [The Many Benefits Of Coffee Discovered](#)

The Many Benefits Of Coffee Discovered

Lately, scientific reports have delivered out new results and findings regarding health effects of [coffee](#). Caffeine, the primary ingredient in coffee is well-known for being an addictive stimulant. At present, scientific research workers have discovered that aside from being just an addictive stimulant, it has also some positive effects that balances health risks related to coffee.

The Health Benefits of Coffee

Latest study concluded that a ingestion of 100 to 200 mg of caffeine which is equivalent to 1 to 2 cups of coffee would make a person perform more complex responsibilities while reducing the amount of fatigue. Coffee also enables one to become more alert and alert by stimulating certain areas of the brain. Normal use of coffee has been discovered to augment cognitive function like memory, mood and learning capability. Scientific study also proved that coffee could also reduce the risk of developing health issues like Diabetes since study showed that normal consumers of coffee were less important as compared to those who don't drink coffee.

Coffee won't only decrease the health risk of developing diabetes but in addition it decreases the danger of building gallstones. Coffee also decreases the danger of developing liver disease. Recent study also showed that coffee decreases the danger of developing Parkinson's disease. It also increases ones endurance for improved performance. Coffee also aids in repairing nerve degeneration caused by sleep deprivation. However, it must be noted that all these advantages are only attainable in moderate consumption of coffee.

The Adverse Effects of Coffee

Even though coffee have been found out to have significant advantages on health, it also brings about injurious effects. Besides being an addictive substance, caffeine is also thought to augment blood pressure and heart rate. Consumption of coffee 30 minutes or one hour before bed time leads to insomnia and significant reduction in the quality of sleep. Intake of coffee more than 350 mg per day ends in physical dependence that is why regular consumption is always advised. It must be noted that all these harmful effects are only brought about by extreme ingestion of [ground coffee](#). Coffee, similar to any other drinks should be taken in moderation.

You can also find this article published on [The Many Benefits Of Coffee Discovered](#), and on the tag pages [coffee](#), [coffee beans](#), [ground coffee](#).