

Health benefits of coffee

- *can improve energy levels*

coffee can help people less tired and increase energy levels. That's because it contains a stimulant called caffeine- the most commonly consumed psychoactive substance in the world. After drinking coffee, the caffeine is absorbed into the blood stream. From there it travels into the brain. In the brain caffeine blocks the inhibitory neurotransmitter adenosine. When this happens the amount of other neurotransmitters like norepinephrine and dopamine increase leading to enhanced firing of neurons.

- *Can help to burn fat*

Caffeine is found in almost every commercial fat burning supplement. It's one of the few natural substances proven to aid fat burning. Several studies show that caffeine can boost metabolic rate by 3-11%.

- *Can drastically improve physical performance*

Caffeine stimulates nervous system, signaling fat cell to break down body fat. But it also increases adrenaline levels in the blood. This is the fight or flight hormone, which prepare body for physical exertion. Caffeine break down the fat making free fat acid available as fuel. Given these facts, its unsurprising that caffeine can improve physical performance by 11-12% on average.

- *Contains essential nutrients*

Many of the nutrients in coffee beans make their way into the finished brewed coffee.

A single cup of coffee contains

- Riboflavin (vitamin B2):
- Pantothenic acid (vitamin B5)
- Manganese and potassium
- Magnesium and niacin (vitamin B3)
- Lower the risk of type 2 diabetes

Type 2 diabetes is a major health problem, currently affecting millions of people worldwide. For some reason coffee drinkers have significantly reduced risk of type two diabetes.

- Protect from Alzheimer's disease and Dementia
- Lower the risk of Parkinson's
- Protect the liver
- Can fight depression
- Lower the risk of certain types of cancer
- Doesn't cause heart disease and lower stroke risk
- Source of antioxidant

