

## Coffee - Is It Good for You?

Coffee has been enjoyed by millions of people around the world for at least a thousand years. Apart from its wonderful aroma, the attraction of coffee lies in its properties as a stimulant.

In many people, coffee enhances alertness, concentration and mental and physical performance. This is due to its caffeine content. The average cup of instant coffee contains about 60mg caffeine while filter coffee contains about 85mg. For those who are sensitive to caffeine and prefer decaf blends, the decaffeinated beverage contains only 3mg.

Some have worried that coffee is not good to consume during pregnancy, but there is no sound evidence to suggest that modest consumption of coffee has any effects on the wellbeing of an unborn infant. There is also no evidence that coffee increases the risk of breast, ovary, pancreas or kidney cancer in women.

There is also evidence that coffee protects against colon cancer and some preliminary evidence that it protects against male breast cancer. Some even use coffee for colonic irrigation.

There is no evidence that coffee increases the risk of heart disease. Some have reported heart palpitations and a rise in blood pressure after coffee consumption, but there is no persistent hypertensive effect in the long term.

Others have claimed that drinking coffee promotes indigestion, but this is not the case in the majority of people, although it has been known to produce heartburn in people with gastro-oesophageal reflux problems. But there is no evidence that coffee increases the risk of peptic ulcers and there is some evidence that it protects against gallstones.

Evidence is growing that coffee might protect against developing Parkinson's disease and possibly Alzheimer's. Diabetes is still under investigation. Because coffee is a diuretic, it is important to drink enough fluid to replace what is lost.

Coffee is rich in anti-oxidants, far more so than other common beverages. This is due to compounds formed during coffee bean roasting. Anti-oxidants prevent free radicals from multiplying and are a major deterrent of chronic illnesses such as cancer and heart disease.

In recent years the gourmet coffee industry has come of age. Discerning consumers have come to expect distinctive coffee tastes and aromas with all the passion of fine wine connoisseurs.

Coffee lovers all over the world are discovering the experience of the finest gourmet coffees which can be ordered with a few mouse-clicks on the internet and delivered to your door or workplace shortly after. Boca Java gourmet coffee and teas are fast becoming one of the main players in the online coffee market.

Source: <http://www.articlecircle.com>

### About the Author

Peter enjoys great coffee. For further information about [Boca Java](#) and online gourmet coffee suppliers he recommends visiting <http://www.bocajavareview.com>