

# THE EFFECT OF COFFEE INTAKE TOWARDS HUMAN BODY

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Coffee is the most popular consumed beverages which contain caffeine to boost mental alertness. Morning breakfast with a cup of coffee significantly affects activities of body hormone throughout the day.

Excluding coffee from the daily intake could reduce blood pressure, stress reactions and high blood pressure (Fan, L.; Zhang, H.M. and Cai, J., 2018; James D., 2002). Besides, it also may potentially affect disease risks (Basar, B. G. and Sanlier, N., 2017; Taylor and Adams, 2007). Caffeine effects from coffee differs from one person to another depending on various factors. This include consumption pattern, serving size, and coffee type.

Caffeine effects from coffee is presented below:

1. Exaggerate the stress response, blood pressure elevations, stress hormone levels (Fan, L.; Zhang, H.M. and Cai, J.,2018; Turnbull, et al. (2017); James D. (2002)
- 2.Increases blood pressure and heart rate (Turnbull, et al. (2017); Tofalo et al. (2016); Tverdal et al., 1990)
- 3.Correlated with cholesterol levels and risk of death due to coronary heart disease (Basar, B. G. and Sanlier, N. (2017); Butt and Sultan (2011); Taylor and Adams (2007)
- 4.Short-term effects, could increase risk of heart attack and stroke (Turnbull et al. (2017); Tverdal et al. (1990)
- 5.Heavy coffee drinkers might be at greater risk for rheumatoid arthritis (Xu, B. and Lin, J. (2017); Heliovaara et al. (2000)
- 6.Contribute to reduced calcium retention and decreased bone mineral density, leading eventually to osteoporosis (Xu, B. and Lin, J. (2017); Taylor and Adams)
- 7.Heavy caffeine intake in coffee increases the urinary excretion of calcium )Xu, B. and Lin, J. (2017); Hasling et al. (19



Researchers found that coffee intake has been positively associated with several aspects of mental health and brain function.

***"So, for coffee lover, enjoy your coffee intake as little as 20 mgs of caffeine to produce a noticeable body & mood changes".***

Ideally, the benefit of caffeine in coffee contributed to lowered risks for Alzheimer's and Parkinson's diseases (Cappelletti et al., 2015; Maia and de Mendonca, 2002). Indeed, consuming regular low dose of caffeine in coffee counter the effects of extended insomnia (Snel, J and Lorist, M. M., 2011; Wyatt et al., 2004), strengthen brain function (Messina et al, 2015; Tieges et al., 2004), and improve transmission in the peripheral and central brain auditory pathways (Dixit et al., 2006; Messina et al, 2015).

Moreover, findings in colon and rectal cancer studies showed that decaffeinated coffee is associated with a lowered risk for rectal cancer (Schmit et al., 2016; Michels et al., 2005). Chronic liver disease can also be prevented or reduced by drinking coffee daily (Schmit et al., 2016; Michels et al., 2005). Not many people know that drinking a moderate amount of coffee around 3-5 cups a day is still safe for an adult. So, for coffee lover, enjoy your coffee intake as little as 20 mgs of caffeine to produce a noticeable body and mood changes.

