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## Grab a Java! The Positive Effects of Coffee

For many of us, waking up and starting the day with a coffee is a regular occurrence. But did you know that moderate coffee consumption has been associated with the reduction of risk for Alzheimer's and type two diabetes?

Recent research has shown that the antioxidants in coffee are a part of the reactive oxygen species (ROS) which has long been considered a part of both of these diseases. Researchers looked at both dark roast and light roast coffee and determined that dark roasts had a greater antioxidant effect and were most effective.

Green Med Info reported:

*"Furthermore, administration of the [dark roast] led to a significant body weight reduction in pre-obese subjects."*

As a product from the natural plant *Coffea arabica*, coffee appears to offer some therapeutic benefits.

Coffee research has indicated benefits of lower rates of risk for the following diseases:

- Type 2 diabetes
- Parkinson's disease
- Dementia
- Heart rhythm problems
- Stroke
- Prostate Cancer
- Liver Cancer

### Dark Roast Coffee vs. Light Roast

The "darkness" of your coffee is determined during the roasting process. The beans are roasted at high heat very quickly, then cooled off to reach the desired level of roast. Being able to "read" the coffee beans is a real art, and an expert roaster may require several years of training to build knowledge of the perfect roast.

French Roast, espresso or Turkish coffee may provide the most benefits to your health based on the research. According to the Molecular Nutrition & Food Research weight reduction in pre-obese

volunteers and restored blood levels of the antioxidants vitamin E and glutathione, were clearly seen as a result of the darker roasts.

### **Other Health Benefits**

Coffee may also help keep neuromotors in muscles firing to prevent age-related muscle atrophy. It can help trigger a growth factor called Brain-Derived Neurotrophic Factor (BDNF) that helps brain stem cells convert new neurons. Simply put, coffee may help your brain and muscle tissues young.

### **Quality Counts**

Good quality coffee is the key to experiencing the benefits of coffee. There are four things to consider:

#### **Black:**

Resist the urge to add sugar or cream to your coffee. If you're interested in health benefits, drink your coffee black.

#### **Organic:**

Most coffee is contaminated with pesticides. Before you have any coffee check that it is organic and pesticide-free.

#### **Whole bean:**

By maintaining coffee in a whole bean form, you can prevent rancidity. Grinding it yourself means that it smells and tastes fresh.

#### **Non-bleached filters:**

Non-bleached filters are the way to go. The alternative filters are bleached with chlorine and may also contain dioxins.

Great tasting and good for you, coffee offers many health benefits. Add another cup to your day to take advantage of this natural product.