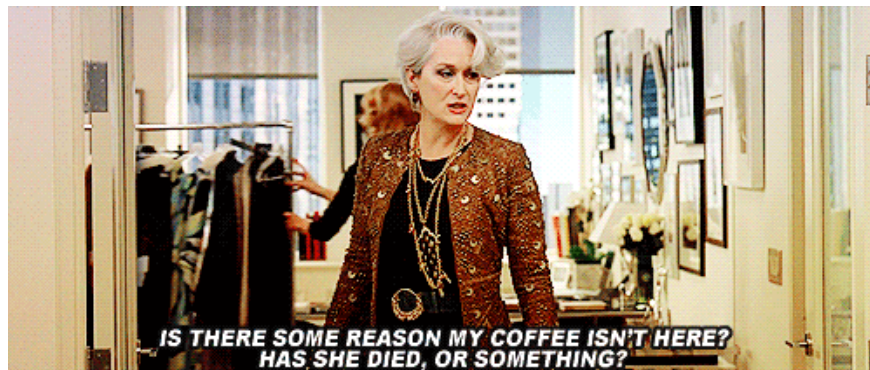


# 11 amazing benefits of coffee make you irresistible

In fact, there are many people in the world who choose coffee as their favorite drink but few people can know all the benefits that coffee brings to us. If next time someone preaches to you about giving up coffee, reflect on them with the following knowledge:

**Coffee has** long been known as a drink that has many health benefits. It is not merely a medicinal spirit that helps us to be alert, enhance mental and intellectual activities, but also create a positive psychological refreshment, making us easier to calculate. In fact, there are many people in the world who choose coffee as their favorite drink but few people can know all the benefits that coffee brings to us. If next time someone talks to you about leaving coffee, " *reflect* " with them with the following knowledge:

## 1. Coffee helps burn fat



The presence of caffeine in most weight loss support products has its reasons. In fact, caffeine is just one of the substances that dissipate excess fat naturally in the body. Studies have shown that caffeine helps to increase the metabolic rate from 3% to 11% and increases the rate of fat from 10% to 29%.

## 2. Physical enhancement



Free your mind from the pool of stagnant water, which means exercise!

The amount of caffeine in coffee increases the concentration of **adrenaline** ( *adrenal hormone produced increases heart rate and stimulates the nervous system, causing a feeling of euphoria* ). Besides, it also helps to release fatty acids in adipose tissue by stimulating the nervous system. After that, they will seep into the blood and become your energy. Therefore, it is not surprising that coffee can dramatically improve physical ability? You can take advantage of this by enjoying a cup of coffee about half an hour before going to the gym, jogging, swimming, cycling or doing exercise.

### 3. Reduce diabetes risk



Research shows that people who drink coffee have a lower risk of developing type 2 diabetes than the average of 25% to 50%. However, you will certainly be more prone to diabetes if you put sugar in coffee . so maybe don't do it. In addition, a 20-year study showed that diabetic patients with coffee had a 30% lower diabetes death rate.

### 4. Help you be smarter



It is clear that there are reasons for so many great revolutionaries in the world to sit in coffee shops. We will ignore the fact that many of them also smoke. When drinking coffee, caffeine in which coffee will prevent an information exchange inhibitor in the brain called **adenosine** . This substance has the effect of stimulating more neurons in the brain to function strongly, leading to improved energy levels and brain function. Tests have shown some improvements in the brain including memory, reaction time and general cognitive function.

## **5. Good coffee for the brain**



Research shows that drinking coffee can prevent many diseases of the nervous system, including those related to old age. Some diseases like:

1. **Alzheimer's disease** : Although there is currently no way to cure Alzheimer's disease (the *type that causes degeneration of the entire brain and is irreversible, nerve cells in the cortex and surrounding structures are damaged*) Gradual injury reduces the ability to coordinate movement, sensory disorders cause memory loss for patients ) but there are preventive measures you can take such as eating healthily. Coffee drinkers may be 65% less likely to develop Alzheimer's disease than normal people.

2. **Parkinson's disease** : Similar to Alzheimer's disease, there is currently no way to treat Parkinson's disease (a disease caused by degeneration of the nervous system, characterized by slow movements, stiffness, tremor and balance disorders). ) . However, those who drank coffee had 32% to 60% less disease. This is thought to be due to caffeine because people who drink caffeine-containing drinks are caffeine-free without resistance.

## 6. Anti-depression



Sorry for the statistics is a bit sad.

Harvard's research shows that women who drink more than four cups of coffee a day are less depressed about 20%. Moreover, people who drink more than four cups a day can have about 53% less suicide.

## 7. Prevent some cancers



Coffee seems to protect us from two types of cancer: **liver** and **colon** . This is an important thing, because it is the third and fourth cause of cancer death. Research shows that people who drink coffee may have less than 40% more liver cancer and less than 15% less colon cancer.

## 8. Coffee helps protect the liver



The liver is an important organ that performs hundreds of functions of the body, helping to function better. One of the most dangerous diseases that can affect the liver is cirrhosis, which can be caused by fatty liver or hepatitis. Surprisingly, studies have shown that people who drink more than four cups of coffee a day may be 80% less likely to develop cirrhosis.

## 9. Coffee helps to increase energy



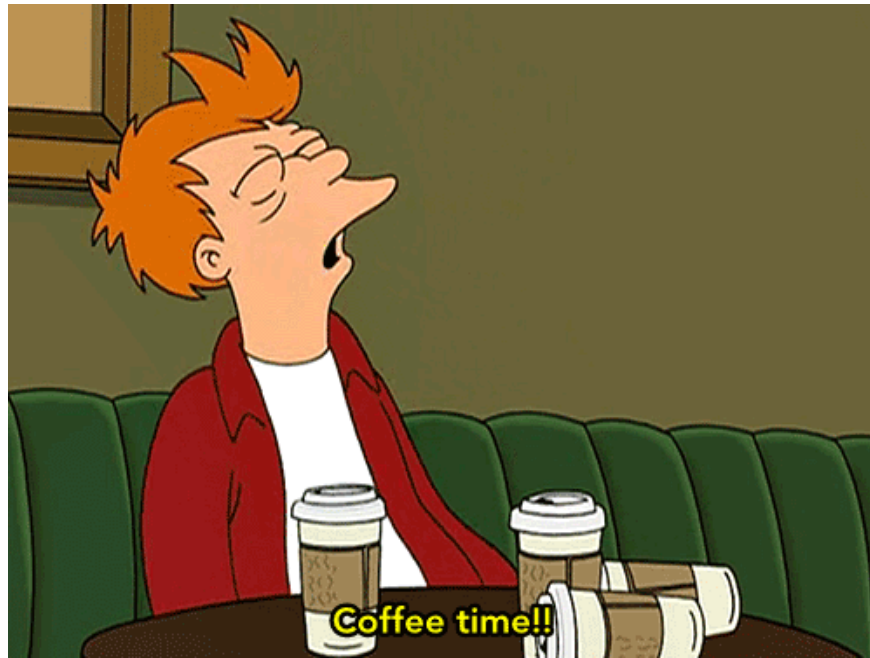
As mentioned above, caffeine can positively affect the brain when you drink coffee. One of the main effects is energy boost, which is why you feel enthusiastic after a cup of coffee. Just be careful with the excitement after that.

## 10. Extend life



We have discussed a whole range of benefits that coffee offers, helping to prevent dangerous diseases so it is not surprising that it can increase your life expectancy. In a large-scale study, the number of men drinking coffee had a 20% lower risk of death, while in women it was 26%. This study was conducted in 18-24 years.

## 11. Coffee is really delicious!



. no longer wonder, because everyone knows 10 benefits that coffee has brought about, right?

Author: *Tegan Jones*

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