

The body's amazing change after you drink a cup of coffee from 10 minutes to 6 hours

In recent years, scientists have studied the different effects of coffee on health. The results may surprise many people.

1. 11 amazing benefits of coffee make you irresistible
2. Drinking coffee in the morning is a good habit?
3. Foods that make you more alert than drinking coffee

Coffee is a familiar drink, chosen by many people in the world. This drink is like being used by anyone at any time of the day, from the early morning when you wake up, until late at night when the city lights up, thousands of people around the world are still immersed, rewarding Enjoy this familiar drink.

According to some studies of human body development, drinking 1-2 cups of coffee a day not only helps the body to be more refreshing and flexible, but it also offers some significant benefits such as less diabetes. 2 as well as more Parkinson's and dementia. Cancer, heart problems and strokes are also more limited. However, are you curious about how your body will be when you "receive" a cup of coffee?

The following article will tell you the impact of coffee on the brain and body, duration of impact as well as proven health benefits.



1. Coffee and brain

Most people who come to coffee are to help their bodies stay alert and alert and focus on work. So what makes coffee do that?

1. In coffee, some substances are absorbed into the body and affect the human brain.
2. Caffeine in coffee will prevent the action of adenosine - this is a compound that carries to the nerves that makes us feel tired and sleepy, thereby creating alertness for the body.
3. Caffeine also causes dopamine to rise, helping to improve and improve mood.
4. When coffee enters the body, the level of acetylcholine also increases, which helps the muscles to become more active.
5. Drinking coffee is also a way to create a feeling of relaxation and comfort.

Besides the above benefits, coffee also offers many benefits for users such as improving memory, anti-aging and brain degeneration, as well as reducing the risk of depression.



2. Coffee and body

Most of us know that coffee is awake, affecting the brain. But don't stop there, did you know that coffee is good for your body? Here are some typical benefits.

1. Coffee helps the body increase metabolism, helps burn fat in the body.
2. Coffee helps you to significantly improve physical activity and strength.
3. Coffee is also a great source of antioxidants for the body. This is a very good substance in the field of health today.
4. Many people do not know that, in coffee also contains some vitamins such as vitamins B2, B3, B5 are very good vitamins, need to provide the body daily.
5. Coffee helps support the health of blood vessels.



3. The impact of coffee on the body over time

Summarizing the benefits mentioned above, let's see from the moment you drink coffee to when they leave the body, how they affect the body:

The first 10 minutes

After coffee enters the body for 10 minutes, this caffeinated drink begins to creep into each blood vessel, making the heart rate and blood pressure begin to increase.



The next 20 minutes

In the next few minutes you start feeling more alert and more focused. Naturally, it is easier for you to make decisions and handle problems faster. In addition, caffeine can help you stay away from fatigue by connecting to your brain's adenosine receptors.

Within 30 minutes

At this time, the amount of caffeine in coffee will affect the adrenal glands, stimulating the body to produce more adrenaline. Therefore, your pupil relaxes a bit, the image seen so is also sharper.

Within 40 minutes

At this time, the levels of serotonin in the body begin to increase. This substance improves the function of motor neurons, helps them work more sustainably, increases muscle strength.



After 4 hours

Coffee can speed up cells in releasing energy. When this happens, the body begins to "break" the fat, even if you don't move. Caffeine also stimulates and increases the production of stomach acid.

After 6 hours

After this time, you will feel sad to go to the bathroom. During this time, the amount of caffeine began to consume half of the previous measurement, expelled out. (This is called the half-life of the drug - or the amount of time it takes for its chemical presence in the blood to drop to 50%).

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