

Coffee or Casket?

The Impact Caffeinated Coffee Has on Your Health

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Intro

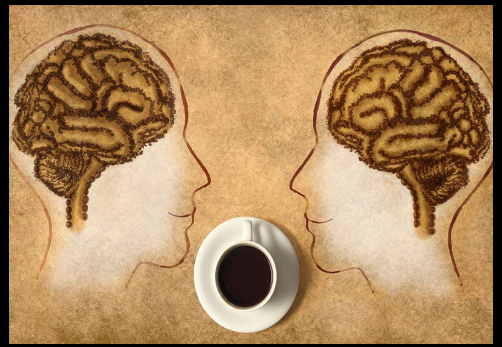
According to research based off of many studies, I found that the consumption of coffee may inflict a minor impact on blood pressure. Other studies show that the consumption of coffee may actually have benefits when it comes to preventing liver cancer and other health issues. So the question is, is coffee bad for your health or actually good for you?

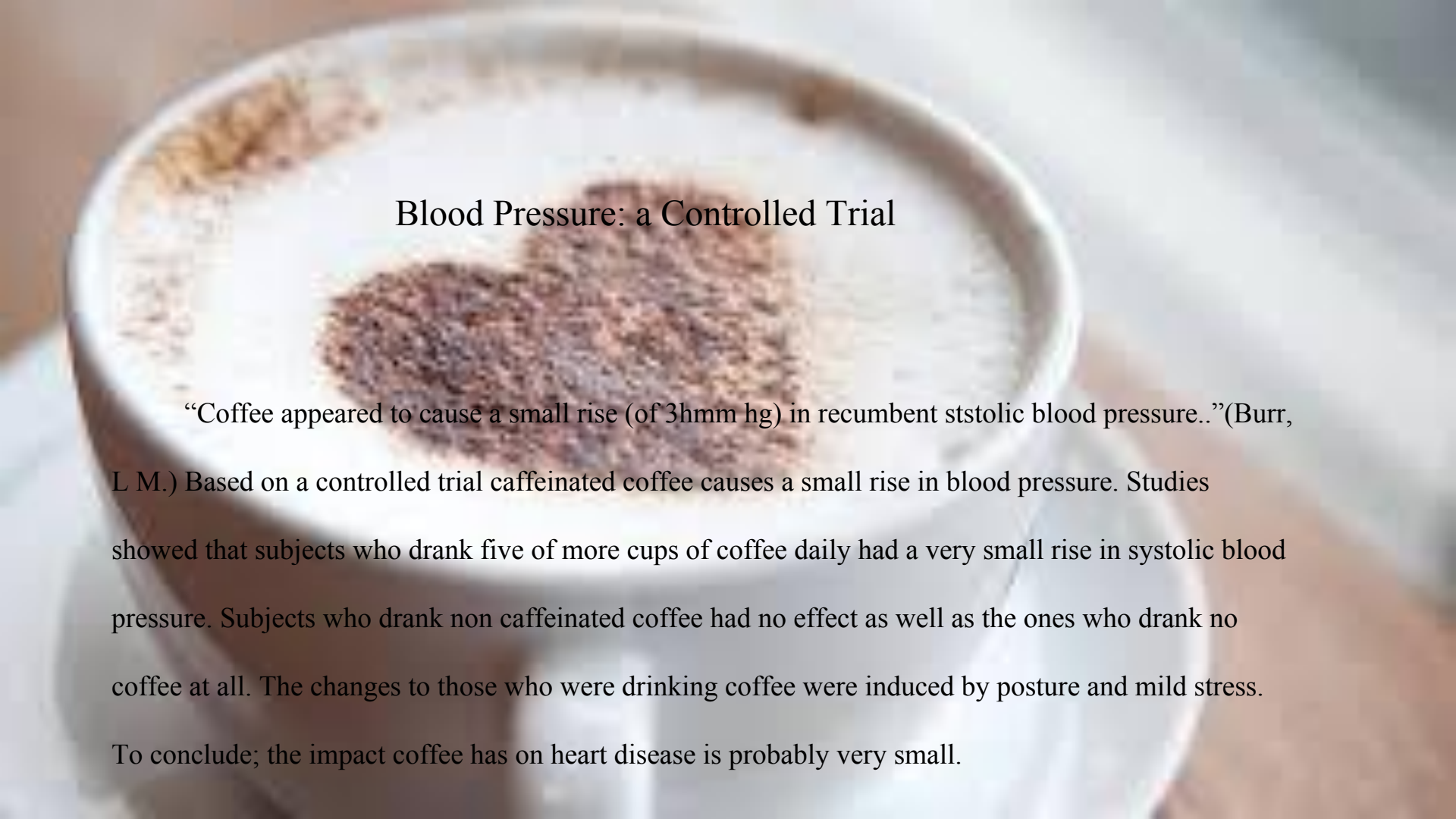


Caffeine Impact on Elders and Cognitive Function

According to a research at Rancho Bernardo, they tested both men and women around the age of 70 years old for their cognitive performance when consuming caffeinated coffee. The results ended with no association between cognitive performance in long term coffee intake with either sex. Meaning that long term coffee intake will neither slow the brain down or speed it up. However, the studies also showed that the caffeine improved cognitive function when consumed compared to those that were not drinking coffee. Resulting in an absence of long term results, yet improvement in daily function when consumed. “Among women aged 80 or more years, lifetime coffee intakes was non significantly associated with better performance on eleven of the twelve tests.”(Johnson-Kozlow)







Blood Pressure: a Controlled Trial

"Coffee appeared to cause a small rise (of 3hmm hg) in recumbent ststolic blood pressure.."(Burr, L M.) Based on a controlled trial caffeinated coffee causes a small rise in blood pressure. Studies showed that subjects who drank five of more cups of coffee daily had a very small rise in systolic blood pressure. Subjects who drank non caffeinated coffee had no effect as well as the ones who drank no coffee at all. The changes to those who were drinking coffee were induced by posture and mild stress. To conclude; the impact coffee has on heart disease is probably very small.

Blood Pressure: a Critical Review

A critical review discovered that high blood pressure due to coffee can only be shown in hypertension-prone subjects. Based off of a long term research rise in blood pressure cannot be tracked in long term studies. This review can bust the myth that coffee is considered “bad” for your blood pressure because of the caffeine. Discovering that caffeine may only be harmful to sensitive subjects. “During regular use tolerance to the cardiovascular responses develops in some people, and therefore no systematic elevation of blood pressure can be shown.”(Nurminen, M L.)



Heart Disease and Liver Cancer Meta Analysis

According to research claims, increased coffee consumption of 2 cups of coffee per day was associated with 43% reduced risk of liver cancer. “Findings from this meta-analysis suggest that an increased consumption of coffee may reduce the risk of liver cancer.”(Larsson, Susanna C.) Concluding the more coffee you drink the less of a chance you have of getting liver cancer. How amazing is that?

Other research tested to see if coffee has an increase on heart disease. Throughout the research there was no association between heart disease and coffee consumption. Instead they discovered moderate coffee consumption is associated with lower risk of CHD in women. “Habitual moderate coffee drinking was associated with a lower risk of CHD in women.”(Wu, Jiang-nan) So not only does it decrease chances of liver cancer, it also lowers risk of CHD in women and all of the discomfort that comes with it.



Conclusion

When first diving into this research I was expecting to find everything negative to do with caffeinated coffee consumption; however, I was pleasantly surprised with the outcome. According to each scholarly source I found, the consumption of coffee is not entirely “bad” for you. There is a slight risk of a rise in blood pressure to those who are hypersensitive, but that was the worst I could find. Concluding the consumption of coffee is not going to kill you. As long as you’re not only consuming coffee and excessive amounts of it, just as everything else, then you will be fine. And in the long run you might even find some health benefits from it as well.

NewsTarget.com NaturalNews.com

Autobiography

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