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EDITORIAL

THERAPEUTIC BEVERAGE: COFFEE

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Coffee is a complex concoction of over a thousand ingredients. A cup of coffee purchased at a coffee shop is unlikely to be identical to the coffee brewed at home. The type of coffee bean used, how it's roasted, the quantity of grind, and how it's brewed are all factors that go into making a cup. Individual reactions to coffee or caffeine might also differ significantly. Caffeine at low to moderate quantities (50–300 mg) can boost alertness, energy, and concentration, but larger dosages might produce anxiety, restlessness, sleeplessness, and an increased heart rate. Nonetheless, the study on coffee as a whole indicates that it is beneficial to one's health.

Coffee drinkers all across the world are probably not thinking about the health advantages or hazards of their favorite morning coffee. Despite this, this beverage has a lengthy history of controversy. The World Health Organization added coffee to its list of probable carcinogens in 1991. By 2016, studies had established that coffee was not linked to an increased risk of cancer; on the contrary, if smoking history was taken into consideration, people who drank coffee on a regular basis had a lower risk of certain malignancies. More evidence is developing that coffee may be considered a healthful beverage when eaten in moderation. It is the Source of caffeine, vitamin B2 (riboflavin) and magnesium.

Caffeine content in an 8-ounce cup of brewed coffee is around 95 mg. According to the Dietary Guidelines for Americans, a moderate dose of coffee is classified as 3-5 cups per day, or 400 mg of caffeine on average.

Coffee is considered to have originated in the Ethiopian district of Kaffa and was brought to Europe by the Dutch from Africa and the Middle East. It is currently consumed all around the world, and its popularity continues to rise. According to the International Coffee Organization, consumption has climbed by more than 2% every year in recent years. Coffee is becoming increasingly popular as a disease-prevention beverage, despite its stimulating impact and social advantages. Drinking coffee has a powerful and incontrovertible preventive impact against the

development of cardiovascular disease and diabetes mellitus. The majority of the health advantages appear to be linked to drinking roughly 4 cups of tea per day. The evidence-based advantages of coffee consumption are briefly summarised in this article.

Caffeinated coffee drinking does not appear to raise the risk of cardiovascular disease or cancer, according to a significant body of studies. In fact, drinking 3 to 5 standard cups of coffee per day has been linked to a lower risk of a variety of chronic illnesses. However, some people may be unable to take larger doses of caffeine due to jitteriness, anxiety, or sleeplessness. Those who have trouble regulating their blood pressure, in particular, should limit their coffee consumption. Caffeine travels through the placenta and into the fetus, thus pregnant women should limit their caffeine intake to less than 200 mg per day, or the equivalent of two cups of coffee. Caffeine has been linked to pregnancy loss and low birth weight.

Because of the possible negative side effects that caffeinated coffee may produce in some individuals, it is not essential to begin drinking it or to raise the quantity you presently consume, since there are many other dietary options that may help you improve your health. If you're sensitive to caffeine, decaffeinated coffee is a healthy alternative, and it has similar health advantages as caffeinated coffee, according to the study reviewed above. It's also crucial to consider how you want to drink your brew. The added calories, sugar, and saturated fat in a coffee shop drink with whipped cream and flavored syrup may outweigh the health benefits of a simple black coffee.

Coffee is used to alleviate mental and physical exhaustion as well as to improve mental alertness. Coffee has also been shown to help with Parkinson's illness, gallstones, type 2 diabetes, gastrointestinal cancer, lung cancer, and breast cancer prevention. Treatment for headaches, low blood pressure, obesity, and attention deficit hyperactivity disorder are among the other applications (ADHD).

Coffee is used as an enema in the treatment of cancer. The "Gerson Therapy" includes the use of coffee enemas. Cancer patients are given caffeinated coffee in the form of enemas every four hours as part of the Gerson Therapy. People are given a liver-and-vegetable-based diet as well as a number of medications, including potassium, pepsin, Lugol's solution, niacin, pancreatin, and thyroid extracts. The Gerson Therapy is regarded an inappropriate medical practise in the United States, yet it is still utilised at the Baja California Hospital in Tijuana, Mexico, one mile from the border with the United States.

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