

Title:

Is That Hot Coffee Really Good For You?

Word Count:

298

Summary:

It is common knowledge that the caffeine content in coffee is not good for human health. In spite of that caffeine consumption the world over has increased in the past decade.

Keywords:

hot coffee, best gourmet coffee, coffee

Article Body:

It is common knowledge that the caffeine content in coffee is not good for human health. In spite of that caffeine consumption the world over has increased in the past decade. If you are a regular hot coffee drinker and still not familiar with the health issues it poses, it might be worthwhile to read this article.

Tremendous amount of research time has been spent to study the effect of caffeine on people. Most of the findings have discovered that caffeine (and coffee is one of the highest caffeine laced beverage, a lot higher than tea) has some kind of effect on almost all body parts. Serious health hazards such as rheumatoid arthritis and heart attacks have also been linked to coffee. The common ailments are increase in blood pressure (can be fatal in individuals who already suffer from high blood pressure) and change in the level of stress hormones. Heart palpitations, jitters and weakening of the nervous system have also been associated with long time coffee drinkers.

One of the most harmful effects of hot coffee has been connected with pregnant women. Malformation or low birth weight is a chronic problem faced by doctors in cases where the mother has been a regular coffee drinker. Coffee is said to reduce the ability of the women's body to absorb calcium and other important minerals which can have harmful results on the child. Lactating mothers are also warned against having coffee as that gets transferred to the child and the child may loose the ability to process caffeine in the long run.

The harmful effect of hot coffee is a debatable topic and people continue to take sides on this matter. It should be kept in mind that regular usage of coffee is definitely harmful for the health.

