

Profitable INVESTING Tips

Stock Market Investing Tips, Techniques, and Resources



Drink Coffee and Live Longer

By: www.BuyOrganicCoffee.org

We drink coffee because we like it. Coffee helps us wake up in the morning and helps keep us awake and alert as the day presses on. It may come as a surprise to many people that coffee has a host of other benefits that result in a longer life as well. You can drink coffee and live longer because coffee reduces the risk of type II diabetes, stroke, kidney disease, heart attacks, and colon cancer. And, coffee drinkers have a lower risk of Parkinson's and Alzheimer's diseases,

How Much Coffee Is Good for You?

Evidence from various studies indicates that the beneficial effects of drinking coffee keep increasing up to about six cups a day. After that you just get the jitters, the possibility of raising your blood pressure, and gastritis from all of that caffeine. From one to six cups it appears that the benefits of drinking coffee go up in a linear fashion. To the extent that coffee does give you the shakes or drive up your blood pressure, you can still get some of the benefits with a cup or two a day and do not need to drink six. And, because the benefits from drinking coffee come primarily from the antioxidants, decaffeinated coffee provides the same general benefits in most cases as normal coffee.

Why Can You Drink Coffee and Live Longer?

The reason you can drink coffee and live longer is that coffee contains antioxidants.

The American Institute for Cancer Research says that coffee contains the following antioxidants, chlorogenic acid, quinic acid, kahweo and Cafestol compounds, and n-methylpyridium which is produced when coffee is roasted.

Antioxidants are molecules that inhibit cell damage and cell death in human cells caused by oxidative breakdown of other molecules. Oxidation is a factor in sickness and aging. Antioxidants in coffee do the same things chemically as other antioxidants in your food.

Antioxidants help avoid the damage caused by too much oxidation and to a degree slow the aging process. When an oxidative reaction caused by disease gets going it produces free radicals that start the chain reactions which in turn cause cell and tissue damage. The human body has and uses antioxidants to control this situation. Natural means of controlling oxidation include vitamins C and E and glutathione. Low levels of antioxidants lead to a condition referred to as oxidative stress and resultant damage to cells in the body. This breakdown product of trigonelline has been found to increase activity of phase II enzymes. Doctors believe that these enzymes protect against colon cancer, which is the second leading cause of death from cancer in the USA.

The bottom line is that you can drink coffee and live longer while you enjoy your delicious [coffee from Colombia](#). If you want better tasting coffee with better aroma and coffee that helps you live longer, buy Arabica coffee instead of Robusta and get a high antioxidant level in your coffee instead of lots of caffeine. If you would like a few sample packets from Colombia, contact us for instructions.

For more insights and useful information about organic coffee, visit www.BuyOrganicCoffee.org.

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