

Coffee Benefits

Coffee is not merely a tasty drink, but also makes people alert and relaxed as well as having health benefits. The active ingredient in coffee is caffeine, which stimulates the activity of the brain, helping people to stay alert and focused at work. A busy life can make you tired and stressed and can cause headaches and diseases like high blood pressure, type 2 diabetes, and liver disease. Drinking coffee can reduce the risk of these diseases and can increase muscle strength and reduce body fat.

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According to research, coffee contains antioxidants and minerals that increase the body's ability to respond to insulin, increase the amount of insulin in the blood, and reduce the risk of diabetes. Caffeine is very effective for people with high blood pressure and for reducing the risk of asthma and allergies. According to an Italian study of more than 70,000 people, drinking 2 to 3 cups of coffee a day reduces the risk of asthma attacks by 28%.

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How does coffee help with diabetes?

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What is the active ingredient in coffee?

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Can you name three diseases that coffee helps to prevent?