

Example of coffee and caffeine essay

[Health & Medicine](#), [Alcoholism](#)



Coffee and caffeine can be a cup that is so delicious, but also so dangerous. Coffee in today society can come in all types. There is the ice or hot coffee. There is wide range of brands to choose from. The way the coffee is made, plus how the coffee drinker likes their coffee makes it alluring.

This paper will look at the alluring of coffee about benefits and problems that coffee and caffeine can bring. It will discuss why this is an important. Last, it will explain the addiction of coffee and caffeine throughout.

One of the most leading diseases in America is heart disease. Coffee and caffeine can contribute to this problem. This is why it is strongly recommended that pregnant women, people with high blood pressure or sugar; avoid coffee. Again, since coffee can be very addicting, to at least switch to decaf. Coffee and caffeine can be an addiction but it no way like an addiction of drugs or booze. This is a matter of choosing the smart way to drink coffee.

The myth that drinking six cups a day of coffee has been confirmed. Sadly, there has no been solid evidence of any health benefits from coffee and caffeine. It is recommended that a person brews theirs coffee with a paper filter for it help removes a toxin that can cause an increase in individual LTD cholesterol. Again, it is a healthy choice for the heart sake to be careful of sugar intake.

Coffee will always be a desired drink by countless individuals. In the year of 2014, McDonald will be selling their coffee in grocery markets to test if people will buy it. That is how strong the allure is with coffee. Remember to make healthily choices when drinking coffee, will always be important. Again, the love of coffee and caffeine will never die.