Coffee Consumption: Meta-Analysis on its Health Benefits

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Abstract:

Coffee, a widely-known brewed beverage, is present in the lives of many in the United States. It's main stimulant, caffeine, drives a great amount of functions in the human body, including alertness and fatigue. Excessive intake of caffeine over 400 milligrams leads to multiple side effects, and has led to coffee getting a negative recognition in its name. Yet, with over 1000 compounds actively functioning, it's antioxidant and inflammatory properties in moderate consumption contribute to an improved health. A meta-analysis from peer reviewed literature and web sites was incorporated to determine whether individuals who consume coffee regularly are healthier versus nondrinkers of coffee, and if the sources reached the same conclusion on coffee's health advantages. Different sources were read and analyzed together for close examinations indicating coffee's attributions. The possible impactful benefits from drinking coffee may lower the risk of developing health conditions that occur today, and future studies in medical fields may be investigated to ensure these benefits for others are guaranteed. A previous study group of 16,000 individuals had mainly 11 DNA sites chemically tagged by methyl groups. Such groups were responsible for digestion, releasing harmful substances, and coping with inflammation when more cups of coffee were consumed. Conclusions drawn from 2 websites with few citations imply that 1 cup of coffee per day reduces the risk of mortality, fatigue, Parkinson's disease, dementia, type 2 diabetes, heart attack, and stroke. For more potential, 3 to 4 cups of coffee per day lowers the risk of developing these health problems.