

Arabica Coffee

Why Drinking a Cup of Coffee a Day Makes You Healthier, Smarter, and More Gorgeous.

Coffee tastes good.

It either wakes you up in the morning or compliments your satisfying dinner.

It is comforting and tasty.

But, beyond the buzz, the favorite brew is also associated with potential health benefits. It lowers risk of [type 2 diabetes](#), [heart disease](#), [colon cancer](#), and stroke. It also protects your [brain](#) from damage and helps your [skin stay healthy](#).

Interesting facts about Arabica Coffee

We have two popular types of coffee: Arabica and Robusta.

Arabica tends to be more popular because of its exceptional superior taste and quality. It is also the focus of this article.

Here are some critical points about Arabica Coffee.

- The little beans contain small amounts of Riboflavin ([vitamin B2](#)), Pantothenic acid ([vitamin B5](#)), Manganese, potassium, Magnesium and niacin ([vitamin B3](#)).
- It contains [caffeine](#), which reduces fatigue, improves alertness and concentration.
- It is loaded with potent compounds such as chlorogenic acid and polyphenols. [Chlorogenic acid](#)- protects against damage to the eye's retina.
- Polyphenols have antioxidants properties which help prevent your cells from damage and conditions such as [dementia](#) and [Alzheimer](#).

Benefits of Arabica Coffee

Let's look at some of the benefits.

Makes your heart healthier

You might be tempted to think Arabica beans are a nature's way of making us live forever. Well, scientists say there is proof that coffee makes [your heart healthier](#).

It lowers calcium deposits in arteries. Calcium in your [coronary arteries](#) increases the risk for coronary artery disease(CAD). Calcium can lead to reduced blood flow or cause clots, which then leads to heart attacks.

Scary stuff.

Doctors recommend different prescriptions, diets, even exercise to prevent CAD. But, what if I told you that drinking Arabica coffee is another way of lowering your risk?

Listen to this.

Those who drink coffee have less calcium in their arteries compared to those who don't.

A new study reveals that a cup of coffee every day lowers the risk of [heart failure and stroke](#).

Researchers at the University of Colorado presented their study findings to the [American Heart Association](#). They linked daily intake of coffee to fewer cases of heart failure, stroke, and coronary heart disease.

The researchers also noted the same pattern of findings were consistent in other major studies such as [Framingham Heart Study](#), the [Cardiovascular Heart Study](#), and the [Atherosclerosis Risk in Communities Study](#).

There is mounting evidence that caffeine, natural intoxicants, and anti-inflammatory effects help fight terrible [cardiovascular conditions](#).

There are various ways to keep your calcium levels low, but drinking coffee is an easy and tasty alternative.

Reduces your risk of type 2 diabetes

Recent studies and statistics show that type 2 diabetes is on the rise. Unfortunately, it can lead to the risk of developing cardiovascular diseases.

Exercise and diet are essential in lowering your risks, but drinking [coffee reduces the risk too](#).

So, what is it about coffee that lowers your risk of diabetes?

Coffee is a source of antioxidants such as [chlorogenic acid](#), and trigonelline. They work together to regulate your glucose and insulin levels. In turn, it helps prevent the onset of type 2 diabetes.

Make sure to consume coffee in moderation to prevent overcaffeination.

One way is to drink Arabica, shade-grown coffee. It requires little or no pesticides, chemical fertilizers, or herbicides. It also grows slower, develops a smooth flavor without bitterness.

Arabica contains about half of the caffeine of other beans you drink. It means you can drink more of it without getting jitters of overcaffeination.

So enjoy a delicious cup of Arabica coffee and let your coffee improve health.

Reduces your risk of stroke

Did you know to drink at least a cup of coffee a day [reduces your risk of stroke](#)?

A pretty great start.

It partly prevents blood clots from forming, and keeps your blood flow smooth and your heart happy.

It's simple, straightforward, and easy.

Whether you have a cup every morning or drink 3-4 cups a day, you are keeping your heart in good shape. We are not doctors, but we can rely on the available research which speaks for itself.

Reduces the risk of various cancers

Most Americans drink a cup of coffee as part of their morning routine.

Wouldn't it be nice to hear that your favorite beverage can help protect you from cancer?

There are enough reasons it could.

Brewed coffee beans contain [antioxidants](#), which scientists believe can protect us against cancer. Initial research results showed that coffee increased the risk of cancer. However, more extensive and better-designed studies weakened the findings. Many of the latest findings reveal that coffee lowers risks of some types of cancer.

These cancers include; [liver cancer](#), [prostate cancer](#), [endometrial cancer](#) and [cancers of the mouth and throat](#).

Recent studies reveal that cases of cancer were found in people who drank 4-6 cups of coffee or more a day.

That is a lot.

Also, too much caffeine interferes with sleep, causes digestive problems and trigger migraines.

If you take your coffee with milk and sugar, then the added fat and calories can lead to weight gain. Weight gain increases your risks of many other types of cancer.

Colleen Doyle, the managing director of Nutrition and Physical activity at the American Cancer Society, says, the surest way anyone can lower cancer risks is: [eat well, don't smoke and be physically active](#).

Studies show that you lower the risk of cancer when you eat more fruits and vegetables.

Consider more vegetables and fruits in your diet.

It protects your brain from damage

How is the favorite brew beneficial to your brain?

How does it support your cognitive function?

You may ask.

Caffeine boosts your [brain function](#).

Caffeine blocks adenosine- an essential hormone in sleep regulation. When you are awake, there is a build-up of adenosine in your brain that makes you sleepy. In this case, the stimulant in caffeine, blocks adenosine build-up making you feel alert.

Caffeine also stimulates the [central nervous system](#). It promotes the release of other neurotransmitters, such as noradrenaline, dopamine, and serotonin- They regulate your mood, sleep, pain, appetite, learning, vigilance, and other behaviors.

People often use coffee to counter tiredness and fatigue.

However, when you consume it late in the day, it reduces the quality of your sleep and subsequently makes you feel more tired.

So, if drinking coffee reduces the quality of your sleep, then it will likely have the opposite effect and impair your overall brain function.

Helps your skin stay healthy

Coffee is a source of antioxidants and nutrients beneficial to your skin, scalp, and hair.

You can use it to exfoliate, treat acne, increase blood flow, and balance pH levels.

Exfoliation- Coffee grounds do not dissolve in water, making them good at scrubbing away dead skin cells. According to [Medical News Today](#), a [study](#) in 2013 revealed that caffeic acid is an antioxidant which promotes healthy skin, boosts [collagen](#) levels and reduces premature aging of cells.

Caffeic acid also contains antimicrobial properties, which help protect your skin against germs.

Here is how you can make a simple exfoliating scrub.

- One-quarter cup of brown sugar
- One-quarter cup of fresh coffee grounds
- Enough lemon juice for the desired consistency

Then, scrub the mixture into the skin once every few days after washing your body. Allow the scrub to stay on the skin for a few minutes, then rinse it off.

Gets rid of puffy eyes- If you have puffy and inflamed eyes, then this is for you.

Caffeine in coffee stimulates blood flow and widens your blood vessels. The widening increases blood flow, helping the skin to tighten naturally. As a result, the buildup of fluid under the eyes reduces.

Coffee also contains collagen acids which also reduces [inflammation](#) around the eyes.

Do you want to try it?

Take a paste of finely-ground coffee and the liquid from the coffee itself and apply it around the eyes.

Protects you from the sun- Coffee is high in antioxidants such as polyphenols. Polyphenols help protect your skins against ultraviolet (UV) rays and signs of aging linked to sun exposure.

Therefore, drinking Arabica Coffee or applying it to the skin are simple ways to deliver these antioxidants to the body.

Conclusion

Have you been feeling guilty about indulging in the drink?

Make sure not to add loads of sugar as that will only negate the benefits. Also, drink in moderation to realize its health benefits.

A cup of coffee every day is not just a treat. It's healthy for you.

Now, you can stop feeling guilty about indulging and celebrate its benefits.

So get the last drop of it and reap all the benefits of drinking Arabica coffee.