**Роботу виконала фрілансер**

**Єлізавета Кравченко**

**Coffee: benefits and harms**

Coffee is one of the most popular drinks in the world, consumed by millions of people every morning to perk up and get a boost of energy. However, there is a lot of controversy surrounding coffee about its health benefits and harms. Let's understand this issue in more detail.

**Benefits of coffee**

- Vigor and energy: The caffeine in coffee is a central nervous system stimulant. It helps to improve concentration, attention and memory and to reduce fatigue.

- Antioxidants: Coffee is high in antioxidants, which help protect the body's cells from free radical damage.

- Disease Prevention: Some studies show that moderate coffee consumption may reduce the risk of developing certain diseases such as type 2 diabetes, Parkinson's disease, and Alzheimer's disease.

- Improved physical performance: Caffeine can improve physical endurance and strength, which is why coffee is often consumed before workouts.

**Harms of coffee**

- Dependence: Regular coffee consumption can lead to caffeine dependence. Headaches, fatigue and irritability may occur when coffee withdrawal occurs.

- Increased blood pressure: Caffeine can increase blood pressure, so people with hypertension should consume coffee with caution.

- Insomnia: Drinking coffee before bedtime can cause insomnia.

- Digestive problems: Coffee can increase the production of gastric juice, which can lead to heartburn and other digestive problems.

- Dehydration: Coffee has a diuretic effect, so you should drink enough water when drinking it.

**How to consume coffee without harm to health**

1. Moderation: It is recommended to consume no more than 3-4 cups of coffee per day.
2. Time of use: It is better to drink coffee in the morning or afternoon to avoid sleep problems.
3. Coffee quality: Choose quality coffee, preferably freshly roasted.
4. Additives: Avoid adding large amounts of sugar, cream and other additives to your coffee, which can increase its caloric and unhealthy content.

Coffee can be both healthy and unhealthy. It all depends on the quantity, quality of coffee and individual characteristics of the body. Moderate consumption of the drink can be beneficial, however, if you have any diseases or contraindications, you should consult a doctor before drinking coffee.