

# COFFEE

Good.. Bad..?



The constant and what seems like a never ending debate about caffeine and coffee is one that we are constantly hearing about! Like anything at M, M & M – we think moderation is key.

There are various reasons people choose to enjoy coffee. For some, it is the routine and habit that goes with purchasing the coffee from your local coffee spot, the routine of drinking a warm cup in your house, on your balcony or perhaps it the ritual of enjoying time with friends and loved ones over a few cups. For others, it's the mental focus and alertness that it can help provide.



So, what happens when the ritual gets a little out of control and you're drinking more than one or two a day? We are going to highlight both the evidence based benefits of coffee, as well as the side effects of over consuming caffeine. We will let you make the call on your coffee intake yourself, as we said, we think moderation is key!



## The Ups!

1. Increased energy – caffeine is absorbed in your bloodstream and travels through to your brain. Caffeine is a stimulant and blocks the inhibitory neurotransmitter adenosine. When this occurs, other neurotransmitters like norepinephrine and dopamine increases, leading to enhanced firing of neurons. Various studies in humans show that coffee improves various aspects of brain function, including memory, mood, vigilance, energy levels, reaction times and general mental function.
2. Improved physical performance – Caffeine can increase adrenaline levels, as well as reduce fatty acids in your fat tissues. It can lead to significant improvements in your physical performance. We recommend an espresso 30 minutes before a workout to see and feel the benefits!
3. Nutrients – Coffee actually contains a few essential nutrients! This includes some of the B vitamin group, which help with red blood cell production, giving us energy and keeping us alert. These micronutrients include riboflavin, pantothenic acid, manganese, potassium, magnesium and niacin.
4. Antioxidants – Coffee contains a lot of antioxidants. These work as little warriors fighting and protecting against free radicals within your body.



## The Downs!

1. Toxicity - Bad quality coffee can have a lot of impurities in it, which can cause sickness, headache or a general bad feeling. This can happen if your coffee is made from beans that have been over ripped or otherwise ruined.
2. Restless - Caffeine can cause insomnia and restlessness. The maximum amount of caffeine a day should be no more than 400 milligrams, that's roughly from 4 shots of coffee. Too many cups can lead to a constant adrenaline rush, making it difficult to sleep. Not to mention feeling agitated all day long!
3. It's in the bloodstream - Caffeine travels through the blood stream. So if you are pregnant, it will also reach the foetus, and a foetus is highly sensitive to caffeine. This can have a profound effect on their nervous system and progression of growth. Reduce intake to maximum one coffee per day.
4. Addiction - The caffeine stimulant and increase in dopamine provides the brain with a positive feedback loop and rush of endorphins. Our brains work in habit loops (more information on this in the above section on Focus). An addiction is created when our brain constantly reaches out for this endorphin release. It can't differentiate the difference between good or bad behaviours that follow post endorphin release (e.g restlessness or agitation). The addiction to coffee also means that your brain will require more, and more coffee to get the required stimulation you originally get from regular coffee intake. Not to mention, if you're buying coffee multiple times a day, it can become an expensive habit to break!