

# Coffee

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Sunday, 24 February 2008  
Last Updated Sunday, 24 February 2008

Every day people in the world drink more millions of cups of coffee. It has become a staple of life. Is coffee really this good or is it so addictive? I think it is both really. I think good coffee almost has a sexy taste to it. It tastes rich and full bodied. Not many things can compare to it. Maybe chocolate, but that is another article all together. You love to drink coffee. You love a good cup of steaming hot Joe on a cold morning. Watching the steam come off the coffee as it snows outside is a very relaxing thought. Is coffee good or bad for you? Well, I think it depends on who you ask. Usually, what you will find are these scientists are being paid by a company that wants to prove something. Simply put, they pay the scientists off. As in all things, you must drink coffee in moderation. A cup or two per day is not bad for you. If on the other hand you are drinking a pot every hour, you know that it will have an effect on you. I know people who drink coffee, as this. They drink from the moment they wake up in time to go to bed. This is common in alcoholics. Let's talk about some of the bad things about coffee. Coffee stains your teeth. We all know what the color of teeth are stained with coffee. It is up there with cigarette smoke stained teeth. You can buy things to whiten your teeth. I would suggest though that instead of trying to whiten your teeth, you cut back a little on the brew. Bad breath. Have you ever had a smell of the breath of someone who is a big coffee drinker? It smells horrible. I would rather smell shit with flies buzzing around it. It raises stress levels. Too much coffee can raise anxiety levels. When this happens, you can become stressed out. This shouldn't be news to you. Have you ever seen how much a person shakes after they drink too much coffee? It can raise the risk of a heart attack. While science is still somewhat out on this, it shouldn't be much of a surprise. If it elevates the heart and blood pressure, too much of it can't be a good thing. Sterility. Yes, it can effect the little guys swimming in your semen. It may actually reduce your sperm. I know that may sound too weird to be true, but it is. Stomach problems. People who drink too much coffee may have some stomach problems. The caffeine irritates the lining of the stomach. Here are some of the benefits of coffee. It prevents prostate cancer. This is too weird, but it is true. Coffee contains boron, which is a chemical that helps curb prostate cancer. It is a good social drink. You don't drink alcohol? Well, people go to the coffee house to chat all the time. A cup of coffee might be a good reason to go out and meet new people. A cup once and while can't hurt. You never know, you might meet a good friend over that cup of Joe. It helps wash down a meal. In many cultures it is impolite to either start a meal or finish one without having a cup of coffee. Nobody is certain that coffee helps digestion, but it sure tastes good after a meal. As with all things in life, you need to do things in moderation. If you feel that you are over doing it, you need to cut back on the coffee. I know that coffee might taste good, but in the long run you are doing yourself more harm than good. Just keep in mind that one or two cups per day is not going to hurt you.