

# Coffee Tidbits & Updates

Provided by Mother Parkers



**NEW YORK, NY - (IBWire.com December 12, 2011) - For a long time, coffee, like chocolate, has been overlooked as being a healthy food. There has always been a level of skepticism about it and its effect on health. For years, coffee has been associated with unhealthiness. But unknown to many, the correlation between coffee and unhealthiness is wrongly viewed. If you are one of those skeptics, you may be surprised to know that multiple studies on the effects of coffee revealed that it can provide a number of anti aging benefits. According to these studies, coffee contains two substances which could improve your health, that is antioxidants and caffeine. Both of these substances have great anti aging benefits.**

**Antioxidants are substances which help the body repair damage to the cells caused by free radicals. Free radicals are molecules produced when your body breaks down food or by environmental exposures such as smoke and radiation. These free radicals can damage cells which could cause prematurely aged skin and other chronic diseases such as cancer. Well in this case, since coffee is rich in antioxidants, it could help the cells repair itself to avoid your body from aging prematurely, both internally and externally.**

**Caffeine, has also been shown to slow down and even prevent age related brain problems such as Alzheimer's Disease, Parkinson's Disease and dementia. Numerous studies have shown that people who drink coffee were less likely to experience such age related brain problems during the latter stages of their life as compared to those who do not drink coffee.**

**Coffee may not be the best available treatment in erasing wrinkles nor hydrating your skin. None the less, drinking coffee regularly alongside other healthy changes in your lifestyle could help you delay the signs of aging. Try considering incorporating coffee to your daily anti aging regimen. We can not deny the benefits we gain from coffee, which by the way can also be used in body and facial skin treatments. Ground coffee is one of the best in skin exfoliation as it helps exfoliates dead cells. It could also help brighten up the skin which could help reduce pigmentations and age spots.**