



An Unashamed Defense of Coffee

By Roseane M. Santos

Xlibris Corporation. Hardcover. Condition: New. 352 pages. Dimensions: 9.0in. x 6.2in. x 1.3in. The first coffee of the day is a make-or-break moment. A robust, flavorful cup can clear the mind, cheer the soul, and boost self-confidence. A watery, bitter brew almost guarantees gloom. More than one billion people start their day by drinking a cup of coffee, making it the most popular drink worldwide, after water, and the coffee industry second in the worldwide economy, after oil. However, most people still consider coffee a guilty pleasure. One reason is that many think coffee contains only caffeine and is detrimental to health. In fact, coffee is far more than caffeine; it contains a complex mixture of bioactive compounds that can affect health positively, such as antioxidants, minerals, niacin, and lactones. This book debunks the myths surrounding coffee and proves that coffee in moderation can actually prevent many diseases. Extensive research has been conducted in the last twenty years, but the findings have been relegated to highly specialized journals which are inaccessible to most readers. Now, coffee drinkers rejoice! This book articulates the massive body of research that has been done in a way that everyone can understand and enjoy! Coffee has been and continues...



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