



gallstones, gout, type 2 diabetes, and certain types of cancer.

#### CENTER

Find a Drug My Medicine Pill Identifier Interaction Checker Latest Drug News Find a Vitamin Find a Pharmacy

# FIRST AID RESOURCES

First Aid A-Z First Aid Kit & Wound Care First Aid Mobile

### RELATED TO VITAMINS & SUPPLEMENTS

Drugs & Medications Pill Identifier People most commonly drink coffee to relieve mental and physical fatigue and to increase mental alertness. Coffee is also used to prevent Parkinson disease, Alzheimer disease, dementia, and cognitive decline. It is also used to prevent

Rectally, coffee is used as an enema to treat cancer. Coffee enemas are used as a part of the "Gerson Therapy." In the Gerson Therapy, cancer patients are treated with caffeinated coffee in the form of enemas every four hours on a daily basis. During the treatment people are given a diet of liver, vegetables, and a variety of other supplements. This type of therapy is considered an unacceptable medical practice in the U.S.

#### How does it work?

Coffee contains caffeine. Caffeine works by stimulating the central nervous system (CNS), heart, and muscles. Coffee also contains other chemicals that might have other benefits.

Next: Uses >

View References



Vitamin D Wonder pill or overkill? Guest



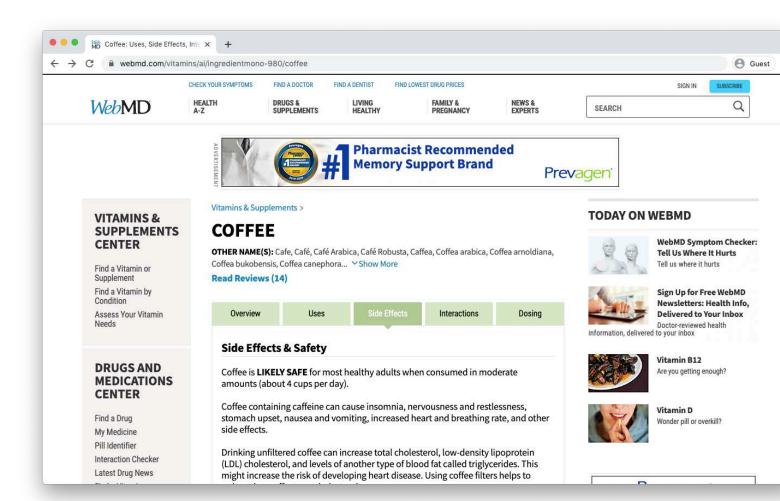
ADVERTISEMENT

#### **RECOMMENDED FOR YOU**



Powerhouse Fruits and Veggies

Vitamins Survey



### **DRUGS AND MEDICATIONS** CENTER

Find a Drug My Medicine Pill Identifier Interaction Checker Latest Drug News Find a Vitamin Find a Pharmacy

#### **FIRST AID** RESOURCES

First Aid A-Z First Aid Kit & Wound First Aid Mobile

### **RELATED TO VITAMINS &**

## **Pharmacist Recommended Memory Support Brand**

#### **Side Effects & Safety**

Coffee is LIKELY SAFE for most healthy adults when consumed in moderate amounts (about 4 cups per day).

Coffee containing caffeine can cause insomnia, nervousness and restlessness, stomach upset, nausea and vomiting, increased heart and breathing rate, and other side effects.

Drinking unfiltered coffee can increase total cholesterol, low-density lipoprotein (LDL) cholesterol, and levels of another type of blood fat called triglycerides. This might increase the risk of developing heart disease. Using coffee filters helps to reduce these effects on cholesterol.

Caffeinated coffee is **POSSIBLY UNSAFE** when taken by mouth for a long time or in high doses (more than 4 cups per day). Drinking large amounts of caffeinated coffee might cause headache, anxiety, agitation, ringing in the ears, and irregular heartbeats. Drinking more than 6 cups daily might cause "caffeinism" with symptoms such as anxiety or agitation. Also, people who drink a lot of caffeinated coffee every day may need to drink more coffee to get the same effects. They may also become "dependent" on coffee to the point that they develop withdrawal symptoms if they suddenly stop drinking it.

There is some concern that drinking more than 5 cups of coffee per day might not be safe for people with heart disease. But for people who don't have heart disease, drinking several cups daily does not seem to increase the chance of developing a heart problem. There is also concern that occasional coffee drinking might trigger a heart attack in some people. People who usually don't drink more than one cup of coffee daily and also have multiple risk factors for heart disease seem to have an



Vitamin B12 Are you getting enough?



Vitamin D Wonder pill or overkill?



ADVERTISEMENT

### **RECOMMENDED FOR YOU**