

Coffee Talk

Coffees are classified according to the regions or the place of origin. The tastes and aroma of these java blends are majorly dependent on the country from which they come from. Some of the most renowned regions or countries known for high grade java include Columbian regions, Kona, Java and Jamaican Blue Mountain.

Certified coffee connoisseurs ought to have in-depth knowledge and understanding about their all-time favorite beverage. One thing is to explore everything about coffee beans and the different varieties you could choose from in the market today. There are roasted coffee beans, Arabica, green and espresso java. These types of beans have their distinct and unique features that deliver great tasting and full-bodied flavor and aroma.

Roasted beans are processed from the sorting, roasting method, cooling and packaging of the end product. There are conventional as well as contemporary ways of making roasted beans that deliver the same high end brews. Arabica java on the other hand is high quality beans cultivated from high altitude and rich soils. Green or organic beans are highly preferred for their health-safe and environmental-friendly features.

Due to the popularity of coffee, it is inevitable that there are studies and researches done to uncover its benefits to the body. Health reasons are becoming prominent foundations why more and more people are getting hooked to coffee drinking. Caffeine is antioxidant which helps you fight off health problems such as obesity, diabetes and cardiovascular diseases.

Most coffee types are with a natural sweetness to the palette hence if you drink full-bodied coffee with lesser calories, your appetite craving is affected. You could significantly cut on your desserts which are main sources of calories and result to obesity and overweight.



Coffee Perks

- ✓ Energy Booster
- ✓ Antioxidants Fight Diseases
- ✓ Weight Loss Aid
- ✓ Coffee drinkers may live longer
- ✓ May reduce the risk of Alzheimer's
- ✓ May reduce the risk of dementia
- ✓ Faster muscle recovery after workout

- ⇒ Reduces the risk of liver diseases
- ⇒ Protection from diabetes
- ⇒ Improves memory
- ⇒ Improves mood
- ⇒ Increased Happiness
- ⇒ Helps avoid depression & anxiety

⇒ <http://coffeefacts.org/coffee-benefits/5-healthy-reasons-to-drink-coffee/>

Don't throw away that left over coffee.

There are many uses for your delicious brew:

- ✚ Make iced coffee →
- ✚ Rinse your hair with it →
- ✚ Pour it on you plants →
- ✚ Make coffee ice cubes →
- ✚ Use in place of water in cake mix (mocha flavor)
- ✚ Use the grounds on your roses →
- ✚ Pour it into your composter →
- ✚ Use it to dye white sheets →
- ✚ Make coffee ice cream →

Myths & Facts

- Caffeine triggers heart diseases - False
- Caffeine has addictive effects – Partially True
- Caffeine is the main cause of cancer – False
- Caffeine must never be taken by pregnant women - False