



Kaffee-Genuss: Informationen, Kurioses, Tipps und Rezepte rund um den Kaffee. (German Edition)

Luise Hakasi

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Wundermittel, Sucht, Gesundheitskiller?

Kaffee - besser als sein schlechter Ruf, vielleicht sogar ein kleines Wundermittelchen, ein Alleskönner? Oder doch eher ein gesundheitsgefährdender Süchtigmacher?

Die neuesten Forschungsergebnisse entkräften einige der alten Mythen und zeigen, dass die in Kaffee enthaltenen Polyphenole eine positive Wirkung auf das Cholesterin haben und HDL erhöhen, gleichzeitig LDL senken und sich positiv auf den Insulinstoffwechsel auswirken. Entwarnung ebenfalls bei Bluthochdruck, der langfristig nicht durch den Kaffeegenuss gesteigert wird. Darüber hinaus mache Kaffee nicht süchtig wie z. B. Nikotin oder Alkohol. Eingesetzt als Wachmacher regt Kaffee die Durchblutung an, auch im Gehirn und steigert dadurch die Leistungsfähigkeit, so die Forscher.

Dieses E-Book informiert über gesundheitliche Vorzüge, die Geschichte, den Anbau und die Produktion von Kaffee, Kaffeesorten, Zubereitungsarten und räumt mit einigen Mythen auf. Dazu gibt es jede Menge Rezepte mit Kaffee, Aphrodismen sowie Besinnliches.

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