#  The effect of coffee on the heart

 For many, a cup of aromatic coffee in the morning has already become an indispensable ritual. It gives strength and energy for the whole day. But it is worth considering how this natural energetic acts on the heart muscle. After all, his lovers, over time, begin to notice that their “motor” starts to act up from time to time and their general well-being deteriorates significantly.

##  Impact method

 Caffeine stimulates the nervous system, producing adrenaline. It helps to cheer up after a sleepless night, or after a hard day. But, the main thing is to choose a quality variety, because from cheap powdered coffee, you will not get anything except heartburn.

 Even choosing a good grain variety should not be abused. Just a couple of small cups is enough to feel invigorated. This is due to the fact that after a single dose, the pressure rises and the pulse speeds up and the circulatory system accelerates. It should be remembered that caffeine is bad for the heart only if it is abused, or for diseases in which it is not recommended to drink coffee.

##  Beneficial features

 Despite the controversial opinions of physicians, several useful properties were noted:

1. Rejuvenation. It may sound strange, but this invigorating drink helps to keep the cells young and helps to maintain skin elasticity.
2. Reduces the risk of getting a heart attack. Caffeine disperses blood throughout the body, thereby preventing blood clots and the formation of blood clots.
3. Prevention of heart disease.
4. Increased stress tolerance and elevation of mood. Caffeine contains endorphins, which help to cope with poor health and mood.
5. Replenish the body with potassium and magnesium. One cup contains a daily dose of these trace elements that strengthen blood vessels and prevent diseases of the heart muscle.
6. Excretion of toxins. Helps eliminate harmful toxins and prevents the appearance of cholesterol plaques.
7. Helps in the fight against viruses. Helps fight off harmful viral infections.

##  Harmful properties

 But, despite the huge benefits, in some cases, coffee is bad for the heart and the body as a whole. Negative properties include:

1. Headache. With improper dosage or with high blood pressure can cause headaches, or even migraines.
2. Increased sweating. It can also be caused by an excessive increase in blood pressure.
3. Heartburn or nausea. In diseases of the gastrointestinal tract should not get involved in them in order to avoid attacks of gastritis or gastric ulcers.
4. Tachycardia.

##  Contraindications to receive

 In some cases, it is worth refusing the invigorating drink at all.

* stressful situations;
* excessive exercise;
* chronic heart disease;
* the presence of malignant tumors;
* hypertension;
* atherosclerosis;
* gastrointestinal tract diseases;
* interaction with alcohol or energy.

##  Which coffee to choose

 The effect of coffee on the heart can be both favorable and negative. So, useful natural energetic is:

* black with milk, it helps the body to invigorate, but does not cause any harm to the heart muscle;
* green, contains about the same level of caffeine, but at the same time increases blood pressure is much less.
* caffeine-free, for people suffering from heart disease is ideal, this drink doesn`t increase the pulse and doesn`t raise blood pressure.

 It is worth refusing:

* custard, can cause cramps that can lead to myocardial infarction;
* soluble, this drink is very difficult to call natural, it contains a large number of chemical additives that can lead to relapses in heart diseases.

##  Controversial issue

 Earlier it was believed that coffee affects the heart negatively, so people suffering from the corresponding diseases should not consume this drink at all. But recent studies indicate that drinking an invigorating drink is not only possible but necessary. The only thing you need to follow a few simple rules:

1. Don`t exceed dosage. Drink no more than 1 cup per day.
2. Wash down with a glass of cold water. This method reduces the load on the heart and blood vessels.
3. Don`t chase for cheap. Such a drink doesn`t bring pleasure, but can also cause significant harm.
4. Don`t take after strong physical exertion.
5. Don`t drink after a night without sleep.
6. Don`t take during the exacerbation of disease.

 It also operates a generally accepted rule: "You can do everything, but little by little." The most important thing is to know the measure and take into account the peculiarities of your own organism and then you will be able not to deny yourself anything.