

# The Decisive Factors that Influence the Effects of Coffee Work in the Body

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## Introduction

Since ancient times coffee has become a favorite drink of the world's population including Indonesian [1-4]. Coffee is a drink of modern society that has become part of the lifestyle of rural and urban communities [5]. There are many people /layman stating that coffee consumption is one of causes or risk factors for cardiovascular disease so some people worry about the occurrence of effects that interfere with health when consuming coffee [1]. Some recent research results show that coffee consumption habits contribute to improve our healthy body [helps decrease and prevent weight gain [3], also supports decreased uric acid] [1,3]. Therefore coffee consumption as part of community lifestyle modern needs to get special attention because it indirectly affects the health of the body [1,3,4].

During this time there are still many people who do not understand the factors that affect the increase / decrease of coffee effects on body health, as follows:

1. The amount of coffee consumed. Best 2 cups of coffee per day with lots of coffee powder about 10 grams per cup [1,3]
2. The best type of coffee the study results is robusta coffee because the content of phenolic acids is more total than other types of coffee. The results of a study conducted at the MIPA Laboratory of Diponegoro University, Semarang, Central Java, Indonesia of 8 samples of branded coffee often used by local people showed that the total phenolic content of 46 mg / g of coffee powder than Arabica coffee had only total phenolic content of 37 mg / g arabica coffee powder [4]. The total phenolic content of the eight sample powders was determined using the Folin C reagent with the Orak method and the galic calibration curve from the waterhaouse [6,7].
3. Way of processing / presentation of the best coffee is to make brewing coffee powder with hot water after previously done filtering against coffee powder [1,3].
4. The interaction of food / beverages / medicines / herbs consumed with coffee drinks will increase or decrease coffee absorption [5].
5. The accompanying disease will increase or decrease coffee absorption. Example: Diabetes Mellitus [8] and Coronary Heart Disease [9] .
6. Genetic of a person will affect the coffee work on the body [10,11].
7. Weight a person with obesity will be different if a person has a normal weight. Differences in body weight will result in differences of body's coffee effects [3].

Consumption of food / beverages will affect the health of one's body [5]. Consumption of water per day will affect the health of a person's body who always consume coffee every day and according to the results of studies conducted by Rosa Lelyana showed that white water [or aqua] does not differ significantly with coffee drinks to the effect of decreased uric acid, but the consumption of water is more decreased uric acid than coffee consumption [3].

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