

## Drinking Coffee for Life Style and Maintenance Immune System

Lelyana R\*

Medicine Faculty, Diponegoro University, Semarang City, Central Java, Indonesia

### Editorial

Coffee is a beverage that has been consumed since time immemorial, or since the era ancestor. Coffee remains a favored beverage of the world community as well as society in Indonesia.

In the past many people considered that coffee was a drink that gave unfavorable effects for health. Over time and with more and more research in the world as well as in Indonesia, the coffee consumption is not a thing to worry about anymore, especially when consumed properly and according to the needs or not excessive.

Now the coffee consumption has become a necessity and even become one of the modern society lifestyle choices. In Indonesia, even in the city of Semarang many established cafes to support the needs of coffee lovers. This indicates that the public is increasingly aware that coffee is not a beverage that gives bad effects on health on the contrary, coffee is a beverage that can provide good effect healthy for the body and mind and even soul.

It is known that coffee is produced in the form of powdered coffee from the coffee plant. Coffee has many antioxidants. The result study showed that robusta coffee contained the richest phenolic acid than arabica coffee [1]. The antioxidant content of coffee beans will be able to neutralize oxidants that accumulate in the body [1]. Virtually every human body has a natural antioxidant derived from the body, but the content of antioxidants that come from food or beverages consumed very necessary too [2] especially when the body in a state of emotional stress [3] or fatigue due to too many activities carried out daily that takes a lot of thought. Every human body will produce oxidants that comes from the body's metabolism naturally, this would lead to an increase in oxidants produced by the body. Oxidant excess of the body will lead to increased occurrence of excessive inflammatory responses. Excessive oxidants from the body requires antioxidants to counteract excessive oxidants that accumulate in the body [4]. Antioxidant owned body is not always able to counteract oxidant so the antioxidants that

come from food/beverage is required to meet these needs, example is coffee. The result of previous research, coffee also contains carbohydrate, protein, fat, vitamin and mineral. Then, after consuming coffee, we will feel full stomach, fresh body and mind. Finally, we will get easier defecation cause of fiber content in coffee.

The results of the study also showed that coffee can improve the body's immune system when consumed 2 cups of coffee daily without the addition of sugar or milk [5]. It is supported by previous studies which stated that coffee has many activities as anti-obesity [5], diuretic, antibacterial, and anti-inflammatory. The body's immune system will be maintained properly if the body has a balance between pro-inflammatory response and anti-inflammatory so the body will not be susceptible to illness. The results of the study indicate that coffee has potentiate to regulate the response of proinflammatory and anti-inflammatory of the body.

The conclusion of result studied have shown that daily coffee consumption and the use of coffee as a beverage lifestyle of modern society provides benefits to the body in preventing the occurrence of various diseases because it increases and maintenances the body's immune system.

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\*Corresponding author: Rosa Lelyana, Medicine Faculty, Diponegoro University, Semarang City, Central Java, Indonesia, Tel: 0815764-5736; E-mail: [rl3lyana@gmail.com](mailto:rl3lyana@gmail.com)

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