The Benefits of Coffee: Visual Summary

A quick-reference guide to maximizing the therapeutic benefits of coffee, protecting metabolic health, optimizing sleep architecture, and managing cardiovascular safety.

1. Systemic Health Benefits

PROTECTIVE

🧠 BRAIN & NERVOUS SYSTEM

Blocks adenosine and PDE enzymes to elevate dopamine/adrenaline. Enhances focus, mood, and lowers risk of **Parkinson's & Alzheimer's**.

🫀 HEART & ORGAN SHIELD

Improves insulin sensitivity (protects against Type 2 Diabetes). Shields against **fatty liver (MASLD)** and acute kidney injury.

🩹 PAIN & DIGESTION

Increases over-the-counter **painkiller efficacy by 40%**, acts as a mild bronchodilator, and promotes gastric acid secretion.

2. Risks & Contraindications

CAUTION

⚡ ANXIETY & INSOMNIA

High intake aggressively stimulates the CNS, triggering anxiety, jitteriness, and severe insomnia in sensitive individuals.

📈 BLOOD PRESSURE SPIKES

Causes vasoconstriction and an increase in heart rate. Monitor strictly if managing **pre-existing hypertension**.

🤕 REBOUND HEADACHES

Relying on caffeine daily for headache relief causes physical dependence and triggers **withdrawal migraines** when effects wear off.

3. Daily Caffeine Limit

400 MG MAX

⚖️ CUMULATIVE SOURCES

Do not exceed **400 mg of caffeine per day** for healthy adults (200 mg during pregnancy) across all dietary sources — including tea and chocolate.

📊 CONCENTRATION VS VOLUME

An espresso is concentrated (~60-90mg), but a large 240ml mug of standard drip coffee often delivers nearly **double the total caffeine**.

4. Evening Cutoff

SLEEP HYGIENE

🌙 2:00 PM BOUNDARY

Avoid coffee and caffeinated beverages **after 2:00 PM**. Caffeine carries an average 3–6 hour half-life in the bloodstream.

💤 PROTECT DEEP SLEEP

Even if you fall asleep easily, lingering late-day caffeine silently degrades sleep architecture by reducing restorative, **deep sleep cycles**.

5. Rotate Brews & Blends

VARIETY

🍸 ARABICA VS ROBUSTA

Robusta packs double the caffeine and **50% more polyphenols**. Arabica has complex aromas but higher lipid content.

🫀 LIPID MANAGEMENT

Unfiltered Arabica (Moka/French Press) raises LDL cholesterol. Use **paper filters** to effectively trap cholesterol-raising diterpenes.

6. Reset Adenosine

SENSITIVITY RESET

🗓️ 2-WEEK CLEANSE

Abstain completely from all caffeine for **at least two consecutive weeks every 6–12 months** to reverse receptor upregulation.

🚫 TOTAL ANTAGONIST PAUSE

During the reset, avoid all sources of adenosine antagonists: tea, guarana, dark chocolate, cocoa, yerba mate, and energy drinks.

Want the full picture? For more articles, infographics, and resources, visit: fabdelta.com/infographics

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