

The Healthy Benefit and Mechanism of Coffee for Obesity People

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Abstract (not more than 300 words)

Everybody loves coffee include obesity people. Coffee is one of favorite drink in all of this world and also in Indonesia. Many people love this drink. Many people try to do business related to coffee for getting healthy benefit of coffee consumption. Recent studies prove that coffee has many healthy benefits and one of the benefit is as anti-inflammatory. But only few of people understand it well related to the mechanism of coffee as anti-inflammatory. So, the aim of this review study to discuss the mechanism of coffee as anti-inflammatory. Coffee has many components that contain antioxidant and will act as anti-inflammatory, too. One of coffee component is chlorogenic acid, the predominantly antioxidant of coffee. Chlorogenic acid could inhibit the oxidative damage. As anti-inflammatory, chlorogenic acid has healthy benefit for protecting DNA, lipid and protein and then will increase and improve the immune system. Chlorogenic acid of coffee will protect the damage of the body cells in obesity.

Diponegoro University and has published more than 20 papers related to coffee research. She has reviewed more than 100 international papers in reputed journals and has been serving as an editorial board member in many international journals. She has award as one of the 10 winners for education book in her institution. She has international awards for her research related to coffee.

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Professional Biography

Rosa Lelyana is a Medical Doctor and has researched of coffee for her master and doctoral from