Anti-cancer effects of coffee and cocoa

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Statement of Problem: Cancer means the uncontrolled growth of cells in an area of the body. It puts a heavy burden on cancer families and affects about 112,000 people every year in our country. Research has shown that coffee and cocoa have anti-cancer properties that we can control.

Research Purpose: The purpose of this study was to determine the efficacy of coffee and cocoa in the prevention and treatment of cancer.

Research Method: This article is a review of the anti-cancer effects of coffee and cocoa using scientific resources including books, articles, and library studies and Internet searches in reputable databases.

Results and Conclusion: Coffee and cocoa are anti-cancer due to their antioxidant properties and their caffeine inhibits the growth of cancer cells. It&#39;s safe even though it has a genetic background and a wide range of factors. But with a healthy lifestyle and proper nutrition we can help ourselves.

Keywords: Coffee, Cocoa, Cancer