Coffee and Sexuality

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SUMMARY

Coffee consumption has played various and controversial roles in human sexuality since the advent of its use without much in the way of scientific validation. Contemporary science has clarified the relationship of coffee (caffeine) to sexuality. Its actions include central nervous system stimulation, glucagon enhancement, and phosphodiesterase-5 inhibition. Despite intriguing findings, there is no conclusive evidence that coffee might aid in the treatment of sexual dysfunction. Nevertheless, science supports long held beliefs and that coffee's role in sexuality may be the promotion of endurance, positive behavior, and an alert response.