

# The health benefits of drinking coffee.



Quick Tips from *Coffee Detective*

**CoffeeDetective.com**

## **Drinking coffee protects you against a variety of ailments and diseases.**

Why is there resistance to the idea that coffee benefits your health?

Almost thirty years ago researchers at Harvard University announced a connection between coffee consumption and cancer.

A few years later they retracted the study and recognized that the findings were flawed.

However, since that first study and the media frenzy that followed, coffee has been labeled with the stigma of being unhealthy.

In fact, nothing could be further from the truth.

Coffee can help in the prevention and treatment of diseases and illnesses as varied as Alzheimer's disease, diabetes, liver disease, skin cancer and more.

Step back a few paces, look at the health benefits of coffee, and you'll see that in addition to being a wonderful beverage, coffee is perhaps the most healthy of all our favorite drinks.

Remember, coffee contains no calories, no fat and barely any carbohydrates – and is also a major source of antioxidants.

## **Coffee is the #1 source of antioxidants in the U.S. diet.**

Antioxidants in coffee?

Yes, indeed. And plenty of them, according to researcher Joe Vinson, PhD, a chemistry professor at the University of Scranton.

Fruits like dates, cranberries and grapes are high in antioxidants, and pack plenty of other benefits in terms of vitamins and minerals.

But when it comes to getting antioxidants from natural sources, Americans get more from coffee than they do from any fruits, vegetables or other beverages.

## **Coffee protects against heart disease in the over-65s.**

Researchers from the SUNY Downstate Medical Center and Brooklyn College have discovered that drinking plenty of coffee protects the over-65s from heart disease.

Decaf won't help, as it's the caffeine in coffee that has the protective effect.

According to John Kassotis, MD, "The protection against death from heart disease in the elderly afforded by caffeine is likely due to caffeine's enhancement of blood pressure."

Best of all, if you're over 65 and a coffee lover, it seems the benefits are dose-related. That is to say, the more coffee you drink, the greater the protection provided.

## **Coffee protects you against the onset of Type-2 Diabetes.**

Medical researchers have been aware of the beneficial connection between coffee and diabetes for many years now.

If you feel that your family medical history or lifestyle put you at risk of getting Type 2 Diabetes, then drinking coffee can significantly reduce that risk.

Diabetes affects an estimated 18.2 million Americans, and the number rises each year.

Type 2 diabetes is the most common form of the disease, and prevents the body from producing enough insulin.

## **Coffee can help prevent you getting Alzheimer's disease.**

As remarkable as it may seem, scientists have conducted a study which suggests you can go a long way towards preventing Alzheimer's disease simply by drinking five cups of coffee a day.

Gary Arendash, a researcher at the Byrd Alzheimer's Institute in Tampa, Florida, says giving mice with Alzheimer's the human equivalent of five cups of coffee, or 500 grams of caffeine, a day has plaque-busting effects and reverses symptoms of impaired memory in aging Alzheimer's mice.

According to his study, the caffeine in coffee can reduce levels of two enzymes that play a role in the complex process of amyloid plaque formation.

"I don't know of any drug under development that can address and suppress both of these enzymes," Arendash said.

## **Coffee reduces the risk of getting liver cancer.**

Drinking coffee appears to lower the risk of developing liver cancer, according to findings published in the medical journal Gastroenterology.

"Data on potential beneficial effects of coffee on liver function and liver diseases have accrued over the last two decades," Drs. Susanna C. Larsson and Alicja Wolk, from the Karolinska Institute, Stockholm, write.

Several studies have found an inverse relationship between coffee consumption and liver enzymes levels that indicate a risk of chronic liver disease and cirrhosis.

In layman's terms, for every 2 cups of coffee consumed per day, the investigators observed a 43-percent reduced risk of liver cancer.

## **Coffee reduces the risk of developing skin cancer.**

Drinking coffee appears to lower the risk of developing skin cancer.

A research team at Rutgers, The State University of New Jersey, has shown that a combination of exercise and some caffeine protects against the destructive effects of the sun's ultraviolet-B (UVB) radiation, known to induce skin cancer.

The caffeine and exercise seemingly work together in killing off pre-cancerous cells whose DNA has been damaged by UVB-rays.

They used mice in their study, but it seems that the outcome would be the same for humans too.

This study is significant because, according to the National Cancer Institute, sunlight-induced skin cancer is the most prevalent cancer in the United States with more than 1 million new cases each year.



## **Some concluding thoughts.**

This short report covers just a few of the health benefits associated with drinking coffee.

But hopefully there is enough here to make you raise an eyebrow and reconsider the health benefits of drinking coffee.

You can learn more at:

<http://www.coffeedetective.com/coffee-benefits.html>

One thing is for sure. In spite of a few old-wives-tales, modern research is revealing more and more ways in which coffee can help us stay healthy.

And unlike medicines and supplements, "taking" a cup of coffee is a delicious experience!

*Coffee Detective*