



Great news about coffee!

Coffee and Your Health: Surprising Findings

Do you want to stay healthy? It's human nature to want to feel good, have lots of energy and avoid illness and pain. There are many ways to boost our health profile, including good lifestyle habits, diet and exercise. But there's another, surprising source of health benefits sitting right on your table or desk – coffee. No kidding! And, here's the scientific skinny:

Type 2 diabetes

We've all seen the news that America is on the verge of a diabetes epidemic. But scientific studies have found that coffee lowers the risk of getting type 2 diabetes.¹ Researchers say a special antioxidant in coffee helps the way our bodies process sugar. It has nothing to do with caffeine, so if you drink yours decaffeinated, you get the same protection.¹

Liver disease

Scientists say coffee protects our livers. Coffee drinkers show much less liver damage, even if they're at higher risk due to cirrhosis, hepatitis or alcohol abuse, according to research.² Other studies have found that coffee reduces the risk of liver cancer as well.^{2,3}

Breast cancer

Coffee may protect against certain types of breast cancer in some women, say scientists. Additional studies are underway to uncover more details on this good news.⁴

Parkinson's Disease

Research tells us that coffee may help prevent Parkinson's Disease.⁵ Other studies show that coffee helps protect the brain in other ways too, such as preventing cognitive decline in older men and reducing the risk of Alzheimer's Disease.⁶

Muscle pain from exercise

Several experiments have found that caffeine levels equal to about 2 cups of coffee can reduce muscle pain during and after exercise.⁷ In fact, one researcher says he makes it a point to drink coffee before he goes running!⁷

Energy

Many studies prove that coffee boosts energy and helps people do what they do. It's good whether they're driving, working, exercising, studying, or even doing a crossword puzzle.⁸ In fact, evidence shows that coffee enhances thinking performance, enabling test takers to score higher, particularly when under stress.⁸

For flavorful and healthful food creations, try the coffee recipes available at www.coffeescience.org.

¹Coffee, Caffeine, and Risk of Type 2 Diabetes: A prospective cohort study. *Diabetes Care*: 2006.

²Coffee and cirrhosis: active ingredients? *Arch Intern Med*: 2006.

³Influence of Coffee Drinking on Subsequent Risk of Hepatocellular Carcinoma: A Prospective Study in Japan. *J Natl Cancer Inst*: 2005.

⁴Coffee is associated with lower risk of breast cancer in women with BRCA mutations. *British Medical Journal*: 2006.

⁵Smoking, Caffeine, and Nonsteroidal Anti-inflammatory Drugs in Families With Parkinson Disease. *Arch Neurol*: 2007.

⁶Does caffeine intake protect from Alzheimer's disease? *Eur J Neurol*: 2002.

⁷Effect of caffeine on leg muscle pain during cycling exercise among females. *Medicine and Science in Sports and Exercise*: 2006.

⁸Coffee consumption is inversely associated with cognitive decline in elderly European men: the FINE Study. *Eur J Clin Nutr*: 2007.

