Black Foods for Disease

List of Superfoods that Benefit the Cure of Diabetes, Heart Disease, and Cancer

Black Superfoods are dark fruits, vegetables, and grains that are nutritional power foods. Their color comes from plant pigments that may help lower the risks of diabetes, heart disease, and cancer, so it's health smart to eat them.

Black foods have more antioxidants than light-colored foods because of their high pigment content.

Chromium makes foods Dark or Black

Black cumin: The secret miracle heal-all remedy

What if we told you there was a seed so densely packed with healing compounds that cancer, bacteria, viruses, ulcers, diabetes, chronic inflammation, and many other common health conditions hardly stand a chance in its presence?
Chromium is an important mineral that you’ve probably not paid much attention to, but with its links to glucose – it’s crucial.
How Are Your Chromium Levels?

Avoid DIABETES by Eating Foods HIGH in Chromium

1 Cup of Grape Juice = 8 mcg
1 Cup of Orange Juice = 2 mcg
1/2 Cup of Broccoli = 11 mcg
1 Cup of Mashed Potatoes = 3 mcg
1 Dry TBS Basil = 2 mcg
1 tsp Garlic = 3 mcg

How Much is Enough Chromium?

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<thead>
<tr>
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<th>0-6 Months</th>
<th>7 to 12 Months</th>
<th>1 to 3 Years</th>
<th>4 to 8 Years</th>
<th>9 to 13 Years</th>
<th>14 to 18 Years</th>
<th>19 to 50 Years</th>
<th>Over 50 Years</th>
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<td>0.2 mcg</td>
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<td>11 mcg</td>
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Eat these foods as part of a healthy diet low in sugar and processed food products.

healthy-family.org
What Does Chromium Do?

The main use within your body is to help metabolize fats and carbohydrates in the digestive system. It boosts fatty acid and cholesterol synthesis, which are vital for healthy brain function. Chromium is also involved in the metabolism of insulin, and scientists have found links between low levels of chromium in the blood and type 2 diabetes. Low levels of chromium are also associated with several factors for cardiovascular disease.

People with chromium deficiency have limited glucose tolerance, and you often find it in people with type 2 diabetes. This is particularly common in older people or infants with protein-calorie malfunction. Supplements can help to manage these conditions, but they are not a substitute for other forms of treatment.

Fortunately, it is difficult to overdose in chromium due to the low absorption and high excretion rates.

Food Sources of Chromium

Out of all the different sources of chromium, the best is undoubtedly brewer’s yeast. However, foods made from yeast, such as vegemite and marmite, are very processed – and not exactly Paleo!

Many meats are also good sources of chromium, particularly chicken and beef, as well as eggs. Liver also has high concentrations – another reason to get more offal into your diet!

Certain fruit and vegetables are also high in chromium. These include:

- Green capsicum (bell peppers)
- Black peppers
- Apples
- Bananas
- Grapes
- Broccoli
- Spinach

In general, foods that have high concentrations of simple sugars, such as sucrose and fructose, are usually low in chromium.
Problems with Chromium Intake

As low chromium levels link to diabetes, it is important for any diabetics following the paleo diet to ensure they have a sufficiently high intake. If you are concerned about your chromium intake, you can improve the absorption rate on the body by consuming vitamin C and vitamin B3 (niacin). High consumption of simple sugars will increase the excretion rate from the body – so it’s great that a Paleo diet is naturally low in sugars.

Infection, exercise and stress can all reduce levels of chromium in the body and potentially lead to deficiency. When this happens, the body is unable to use glucose efficiently to meet all its energy requirements and more glucose is required.

Chromium is an essential mineral that is not made by the body and must be obtained from the diet.

Function

Chromium is important in the metabolism of fats and carbohydrates. Chromium stimulates fatty acid and cholesterol synthesis, which are important for brain function and other body processes. Chromium is also important in the breakdown (metabolism) of insulin.

Food Sources

The best source of chromium is brewer’s yeast, but many people do not use brewer’s yeast because it causes bloating (abdominal distention) and nausea.

Other good sources of chromium include the following:

- Broccoli ---- number 1
- Brewer’s yeast number 2
- Barely drink---number 3
- Beef
- Liver
- Eggs
- Chicken
- Oysters
- Wheat germ
- Green peppers
- Apples
- Bananas
- Spinach

Black pepper, butter, and molasses are also good sources of chromium.
Black beans are good for you health in many ways. One important thing they do is help build bones. Here is a little more info on that and a good black bean recipe.

Black beans, as with other dark foods, contain minerals important for our blood, such as iron. Chromium is also said to be rich in dark foods. And we all know legumes have a good amount of protein in them. As a result of these factors, one can get most of the nutrients one needs to grow strong bones and teeth from black beans (as well as some other dark beans). This is especially important for children, of course.

**Black Bean Soup**

One good way to cook black beans is to pressure cook them. However, if you do not have a pressure cooker, it is best to soak black beans overnight and then, early in the morning, rinse and drain and prepare the beans to cook. You can also sprout them for a day after soaking them in order to break down the proteins for better assimilation. This is what I always do.

Ideally, it is wonderful to start any soup with fresh, spicy herbs of the season. Leeks, onions, or bright orange turmeric sautéed in some organic butter or oil are nice options. Adding in fresh herbs, if possible, at the beginning and later, at the
very end of the cooking, adds some nice, fresh, green aromatics. Poblano peppers are also really good, as they add spice and flavor without the extreme heat of other peppers. I add some salt to the pot prior to cooking as well.

Pressure cook or cook in a revere ware pot or similar style pot to preserve integrity of the food and avoid unwanted leaching.

After cooking, serve in another dish with salt or Spike to taste and green garnishes, and perhaps with chopped peppers. Also, I add the oil after the food has cooled down a bit so as not to disturb the omegas too much.

Serve with a crisp green salad. Add walnuts and a squirt of lime on both the salad and the beans for a nice last touch.

For some other black bean recipes, Rachel Fox wrote about black bean quesadillas and black bean breakfast burritos not long ago, and I’ve written about vegan black bean burgers and black beans with millet in the past. I actually like them plain and simple with just a bit of olive oil and salt from time to time as well. You can also grab some organic refried black beans in a can for a quick meal if you don’t have time to make something up.
Blackcurrant Extract

The blackcurrant has been valued for centuries as a nutritious food and a wild, edible delicacy. The dark, black berries have high levels of the anthocyanins and other concentrated families of antioxidants, other polyphenolics and vitamin C. Blackcurrants are low in calories, sodium and are a rich source of vitamin A with moderate quantities of the B vitamins thiamine and niacin. Blackcurrants are very rich in many phytonutrients, antioxidants, vitamins, essential fatty acids and minerals. In addition to being recognized for their high content of Vitamin C (a powerful antioxidant), GLA (Gamma-Linoleic Acid, a very rare Omega-6 essential fatty acid) they have been shown to have twice the potassium of bananas, four times the vitamin C of oranges, and twice the antioxidants of blueberries! Black currants contain anthocyanins, which are compounds naturally found in berries. They are very potent antioxidants and are responsible for the color of blackcurrants. Approximately 300 different types of anthocyanins have been discovered. Anthocyanins inhibit the enzymes Cyclo-oxygenase 1 and 2, they reduce inflammation and the effects of arthritis on the body. The result is similar to aspirin or ibuprofen, so many middle-aged and older people are choosing the healthier blackcurrant powder over these drugs. Anthocyanins have been found to be heat and light sensitive, so the processing of FREZZOR blackcurrants is controlled very carefully to ensure they keep their nutritional properties. The fruit juice of black currant contains proanthocyanidins, anthocyanins and a polysaccharide-rich substance, cassis polysaccharide (CAPS), and has macrophage-stimulating activity. Its interleukin (IL)-1beta-inducing activity is very high, compared with other fruits. CAPS was found to consist of mannose, galactose, xylose, rhamnose, xylose, arabinose, and glucose. This substance has been proven to be very effective in killing tumor cells, so studies are being performed to determine the anti-cancer properties of black currants. Black currant seeds contain 47% linoleic (18:2n6), 14% alpha-linoleic (18:3n3), 12% gamma-linoleic (18:3n6), and 2.7% stearidonic (18:4n3) acids. Of these, gamma-linoleic is rarely found in any other natural resource, and both alpha and gamma-linoleic are essential fatty acids, which means our body must have, yet cannot produce them on its own. Overall, blackcurrants have been proven to have health benefits including: Anti-inflammatory properties, powerful antioxidant action, potential value as a cancer preventative, reduces the effects of arthritis.
You still can treat yourself
Three squares of good quality dark chocolate (minimum 70% cocoa): this amount will only contain a relatively small amount of sugar, and there is also evidence that dark chocolate has health benefits or try a small pot of sugar-free plain yoghurt, with a teaspoon of pure cocoa or raw cacao powder.
Chromium to control cravings
Chromium, this trace mineral has a vital role in supporting normal blood glucose levels, and therefore helping to prevent the dips that cause us to crave sugary foods. Try Quest Vitamin’s Chromium Picolinate. Take one tablet a day, preferably with breakfast. This supplement also contains vitamin B3, which works closely together with chromium. Chromium can take a month or longer to have its full effect, so persevere or start taking chromium before attempting to give up sugar.

King Of Spices: Black Pepper Health Benefits

What is Black Pepper?
Black Pepper, is a popular seasoning spice originating from Southern India. It has a long and rich history in Ayurvedic medicine where it was valued for its natural healing properties. It has anti-cancer, anti-bacterial, anti-inflammatory and anti-microbial properties that help heal various ailments from common colds to cancer.

Nutrients found in Black Pepper
Black Pepper, the King of Spices, is popularly used world-wide for spicing up various dishes and healthy soups. It is a highly nutritious spice and is loaded with anti-oxidants and minerals:

Minerals
Iron: Used to build red-blood cells and for repairing worn out cells.
Potassium: For regulation of heart beat and maintaining blood pressure.
Calcium: For strong bones and teeth.
Manganese: For bone-building and metabolism of fats and carbohydrates.
Magnesium: For proper nerve and muscle functioning and conversion of blood sugar to energy.
Zinc: Eliminates cholesterol deposits and is important for growth.
Chromium: Helps metabolize fats and carbohydrates in the body.

Vitamins
Vitamin C: For a strong immune system and combats cardiovascular disease.
Vitamin A: For healthy mucous membranes, essential for proper night vision and promotes skeletal growth.
Niacin: Regular functioning of tissues and enables conversion of carbohydrates to energy.
Riboflavin: Releasing energy to cells and enables break down of fats.
Pyrodoxine: Prevents water retention and enables conversion of carbohydrates to energy
Thiamine: Growth and development of skeletal structure, promotes digestion.
Folic Acid: Forms red blood cells and important in blood circulation around the body.

Source: food poision journal

Some of the health benefits of black pepper include:
1. Health Benefits Of black Pepper: **Blood Pressure**
Black pepper has major compounds that regulate blood pressure levels in our bodies. It is also rich in vitamin C which helps prevent hypertension by increasing the excretion of lead from our bodies. The high levels of essential minerals like potassium, calcium and iron in black pepper are blood pressure lowering compounds. The major underlying cause of high blood pressure can be attributed to very high levels of sodium in the body. Black pepper contains an insignificant amount of potassium, which is very potent in minimizing the effects of high sodium levels in the body.

2. Health Benefits Of black Pepper: **Brain Food**
Recent studies show how piperine found in black pepper contain anti-depression properties that can help you cheer up. Research also shows how black pepper is very effective in proper brain function, cognitive function and stimulates central nervous system. Additionally, piperine also helps increase endorphins in the brain. Endorphins are chemical substances in the brain that provide relief from pain but they also improve moods and make us feel good. A good dash of black pepper in your vegetable soup may actually lift your mood!

3. Health Benefits Of black Pepper: **For Colds and Flu**
Black Pepper has anti-microbial properties that help destroy cold-causing germs and pathogens, thereby clearing nasal passages and relieving congestion. Black Pepper helps keep the flu bugs away by inducing sweating which helps dislodge mucus in the chest and nose. Hot spices like black pepper are known to give people runny noses. This is just a way of removing the excess mucus lodged in the chest cavity. Vitamin C, that is an excellent fighter of colds and flu, is an active vitamin contained in black pepper. In India, a common remedy for colds is taking a hot soup called rasam, that is prepared using herbs and spices like tamarind and black pepper.

4. Health Benefits Of black Pepper: **Heart Disease**
Two active ingredients in black pepper: Piperine and Chromium contain anti-inflammatory properties that are essential in healing inflammation in the walls and arteries of the heart. Black pepper may also help regulate blood cholesterol and suppressing bad cholesterol which eventually ends up
clogging arteries surrounding the heart, thereby causing cardiovascular problems. Sprinkle a dash of ground black pepper to your fresh salad for a healthy well-functioning heart.

Source: big oven

5. Health Benefits Of black Pepper: **Anti-Cancer**
Black pepper, when combined with turmeric is said to significantly lower the odds of cancer by fighting of the growth of cancerous cells. Piperine, the primary anti-inflammatory phytochemical found in black pepper suppresses cytokines (substances produced by cancerous cells) thereby, reducing the harmful activities of cancerous cells and their growth into tumors. Black pepper also contains potent anti-carcinogen and anti-bacterial values that protect the mucus membranes lining the stomach, preventing microbial and bacterial attack.

6. Health Benefits Of black Pepper: **Cooling the Body**
You can **beat the summer heat** by adding hot spices including black pepper to your diet. Since black pepper is a hot spice, it helps cool the body by increasing blood circulation and also by inducing sweating which releases the excessive heat from our bodies. Black pepper also helps to rapidly raise your body temperature then lower it at intervals and this eventually cools down your internal body temperature. You can toss a couple of black peppercorns to a wide range of spicy foods from hot Indian curries to sizzling Mexican summer salads.
7. Health Benefits Of black Pepper: **Proper Digestion**
Black Pepper stimulates the gastric pits in the stomach to release gastric juices for proper digestion. This helps prevent various stomach ailments related to digestion, for example: gas, bloating and diarrhea. Pepper also contains a lot of dietary fiber for cleansing and regulating bowel movements. This helps our bodies to get rid of harmful and unwanted wastes that may be poisonous on accumulation. A pepper-added diet can help your digestion system function effectively, without having to suffer from embarrassing stomach problems like gas and diarrhea.

8. Health Benefits Of black Pepper: **Good For Skin**
The principal chemical compound in black pepper, Piperine, can act as alternative medicine in treating various skin ailments and infections such as vitiligo. The powerful anti-oxidants in black pepper also shield the skin from UV rays that cause sunburns and even skin cancer. Pimples can also be treated with black pepper. A simple remedy is to grind at least a teaspoon of black pepper and add it to a measurable quantity of rose water. Apply on face twice a day for a pimple-free glowing face.
9. Health Benefits Of Black Pepper: **Weight Loss**
Black Pepper is a great spice to add to your diet in curries or soups that you might take when on a weight loss program. This is supported by the fact that it has absolutely no fat contained in it and only a few calories. Piperine, found in black pepper, helps increase the body's metabolism. In so doing, more and more calories will be burned in order to obtain energy off them. Burning calories means getting rid of the carbohydrates that will turn into stored fats, thereby maintaining healthy weight.

10. Health Benefits Of Black Pepper: **Dental Health**
Black Pepper is said to fight tooth decays and cavities and promote healthy strong teeth. Black Pepper can also heal tooth aches and relieve pains. A common tooth ache remedy with black pepper suggests mixing 3 teaspoons of black pepper powder and a pinch of salt in a little water and gently applying it to the painful area or cavity. Practised twice a day, this remedy will guarantee healthy gums and teeth for a lifetime.

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**Black sesame seeds recipes**
These are the seeds of an annual herb that grow in long, oblong pods. They are tiny, heart-shaped, jet-black on the outside and white inside and are used as a flavouring. Their nutty flavour is similar to but slightly stronger than white or yellow sesame seeds. They are often used for their aesthetic appeal, as a contrast to white-coloured food such as bread rolls.

Cumin and sumac-crusted barramundi with avocado hummus

Ingredients

For the barramundi
• 8 x 100g/3½oz fillets barramundi, bones removed, skin on
• salt and freshly ground black pepper
• 2 tbsp grapeseed oil
• 3 tbsp cumin seeds, toasted for 1 minute in a dry pan, crushed
• 1 tsp sumac (available from some supermarkets ad from Middle Eastern delicatessens)
• 2 shallots, peeled and chopped
• 110ml/4fl oz dry white wine
• 2 tbsp chives, chopped
• 2 tbsp oregano, chopped

For the avocado hummus
• 2 ripe avocados, peeled, stone removed, cut into cubes
• ½ lemon, juice only
• 4-5 tbsp extra virgin olive oil
• 3 garlic cloves, crushed
• 4 tbsp tahini (sesame paste)
• 2 tbsp ground cumin
- ½ tsp sumac
- 1 tbsp black sesame seeds

**Preparation method**

1. For the barramundi, season both sides of the barramundi fillets with salt and freshly ground black pepper and brush with one tablespoon of the grapeseed oil.
2. Sprinkle the fillets with cumin and sumac.
3. Heat the remaining tablespoon of grapeseed oil in a frying pan until hot, then add the barramundi fillets. Fry for 2-3 minutes on each side, or until cooked through, then remove from the pan and keep warm.
4. Add the shallots and fry for 2-3 minutes, then add the wine and simmer until reduced by at least half the volume.
5. Add the fresh chives and oregano and season, to taste, with salt and freshly ground black pepper.
6. For the avocado hummus, place the avocados and lemon juice into a food processor and blend until smooth.
7. Add the olive oil, garlic, tahini, cumin and sumac and blend to the consistency of mayonnaise.
8. Add the sesame seeds and stir.
9. To serve, place two barramundi fillets onto each of four plates and drizzle with the white wine and herbs sauce. Serve with a spoonful of avocado hummus alongside.

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**The Great Benefits of Barley Grass**

- 11 times more calcium than milk
- 5 times more iron than spinach
- 7 times more vitamin C and bioflavonoids than oranges
- Contains 80 mg of vitamin B12 per 100 gram
- Has anti-inflammatory and anti-ulcer properties
- Neutralizes heavy metals in the blood
- Contains all eight of the essential Amino Acids
- Stimulates DNA repair of the cell, preventing changes that often lead to cancer
These are the tiny, edible blue-grey or ivory-coloured seeds of the poppy flower. The former are more common in European cookery; and the latter in Indian cuisine. Although the poppy is the source of opium, its seeds lose their narcotic characteristics as they ripen.

**Poppy seed tempura with soba noodles and dipping sauce**

Cook up a Japanese-style feast for two in less than 30 minutes with the Hairy Bikers’ easy recipe.

**Ingredients**

**For the noodles**
- 150g/5oz **soba noodles**
- dash **sesame oil**
- 4 **spring onions**, sliced diagonally
- 2.5cm/1in piece fresh **ginger**, julienned
- dash **mirin**
- ¼ sheet **nori**, finely sliced
- sprinkle **shichimi** (seven-spice chilli pepper), available from Asian supermarkets

**For the tempura**
- 100g/3½oz **plain flour**
- 1 tbsp **cornflour**
- ½ tsp **salt**
- 1 tsp black **poppy seeds**
- **vegetable oil**, for frying
- 100-150ml/3½-5fl oz chilled sparkling water
- 1 chicken breast, cut into 2.5cm/1in pieces
- 1 red pepper, seeds removed, cut into 2.5cm/1in pieces
- 1 yellow pepper, seeds removed, cut into 2.5cm/1in pieces
- 1 courgette, cut into 2.5cm/1in pieces

For the dipping sauce
- 3 tbsp Japanese soy sauce
- 3 tbsp mirin
- 1 lime, juice only
- 1 tsp sugar
- 1 spring onion, sliced

Preparation method

1. For the noodles, cook the soba noodles in boiling water for 5-6 minutes (or according to packet instructions), then drain.
2. Place the cooked noodles into a bowl and add all of the other noodles ingredients, except the shichimi. Stir until well combined. Season, to taste, with more of the mirin and sesame oil. Set aside.
3. For the tempura, sift the flour and cornflour into a bowl and add the salt and poppy seeds. Stir until well combined.
4. Meanwhile, heat the oil in a deep heavy-based frying pan until a breadcrumb sizzles and turns brown when dropped into it. (CAUTION: hot oil can be dangerous. Do not leave unattended.)
5. Whisk enough sparkling water into the flour mixture to form a smooth batter. Dip the chicken and vegetable pieces into the batter, then carefully lower them into the hot oil, in batches if necessary, and fry for 2-3 minutes, or until pale golden-brown. Using a slotted spoon, remove the tempura from the oil and set aside to drain on kitchen paper. Repeat the process with the remaining chicken and vegetable pieces.
6. For the dipping sauce, mix all of the dipping sauce ingredients together in a bowl and set aside.
7. To serve, spoon the noodles neatly onto serving plates and sprinkle with the shichimi. Place the tempura on top. Serve the dipping sauce in bowls alongside.
Benefits of Coffee According to Number of Cups!

Diabetes: Many studies find that coffee—decaf or regular—lowers the risk of developing Type 2 diabetes, but caffeine raises blood sugar in people who already have it.

Lowered risk of committing suicide by 60% in a 10-year study of 86,000 women. But the same amount of caffeine can also cause anxiety, jitters, and upset stomach in some people.

Cut the risk of gallstones 20% in a study of 127,000 health pros. But more than two cups doubled the risk of miscarriage in a study of 1,000 pregnant women in San Francisco.

Cut the risk of stroke by 43% in women who have never smoked, in a study of 83,000 nurses.

Lowered risk of Alzheimer’s disease by 65% in 1,400 middle-aged Finns. The equivalent amount of caffeine revered signs of Alzheimer’s lab in mice.

Cancer: Earlier studies implicating coffee in causing cancer have been disproven; may instead lower the risk of colon, mouth, throat, and other cancers.

Interesting facts and Recipes Brought to you by
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SOME SURPRISING HEALTH BENEFITS OF COFFEE

ALZHEIMER'S
A recent study has found that people who drink 3-6 cups of coffee a day were 55% less likely to develop Alzheimer's. Coffee may also reduce production of proteins that deposit in the brains of those with Alzheimer's.

MEMORY
Older people who regularly drank coffee recorded a slower rate of cognitive decline.

STROKE
A 2006 study has shown that women who drank 4 cups of coffee a day had a 23% lower chance of having a stroke.

HEART DISEASE
The antioxidants in coffee have several beneficial effects for the heart, including the improvement of blood vessel function and the reduction of inflammation. A study has also shown that women who drank 2-3 cups a day have a 23% lower risk of death from heart disease.

DIABETES
Drinking coffee can lower the risk of type II diabetes by up to 60%, due to the antioxidants and minerals in caffeine improving glucose metabolism and insulin sensitivity.

CANCER
Women who drank 3 cups a day have half the risk of developing colorectal cancer. A recent Japanese study found that associated with a lower risk of endometrial cancer.

LIVER CIRRHOSIS
Drinking just 2 cups of coffee a day can lower the risk of Liver Cirrhosis by 80%.

PARKINSON'S
A 2007 study found that those who drank at least 1 cup of coffee a day reduced their risk of developing Parkinson's disease by almost 50%.

GOUT
Men who drank up to 4-5 cups of coffee a day were 40% less likely to develop gout.

Regular coffee drinkers will be pleased to know that there are in fact many health benefits to drinking the stimulating beverage.
Some Surprising Health Benefits of Coffee

Regular coffee drinkers will be glad to know that there are in fact many health benefits to drinking the caffeinated beverage.

- **Heart Disease**
  The antioxidants in coffee have several beneficial effects for the heart, including the improvement of blood vessel function and the reduction of inflammation. A study has also shown that women who drink 2-3 cups a day have a 25% lower risk of death from heart disease.

- **Cancer**
  Women who drink 3 cups a day have half the risk of developing colon cancer. An American Cancer Society study found that coffee consumption was significantly associated with a lower risk of breast cancer.

- **Diabetes**
  Drinking coffee can lower the risk of type 2 diabetes by up to 60%, due to the antioxidants and minerals in caffeine improving glucose metabolism and insulin sensitivity.

- **Liver Cirrhosis**
  Drinking just 2 cups of coffee a day can lower the risk of Liver Cirrhosis by 80%.

- **Stroke**
  It has been shown that women who drank 4 cups of coffee a day were 25% less likely to need surgery for gallstones, while drinking coffee has been linked to a lowered gallstone risk in men.

- **Gallstones**
  A 2008 study has shown that women who drank 4 cups of coffee a day had a 20% lower chance of having a stroke.

- **Alzheimer’s**
  A recent study has found that people who drink 3-5 cups of coffee a day were 55% less likely to develop Alzheimer’s. Coffee may also reduce production of proteins that deposit in the brains of those with Alzheimer’s.

- **Memory**
  Older people who regularly drank coffee recorded a slower rate of cognitive decline.

- **Parkinson’s**
  A 2007 study found that those who drank at least 1 cup of coffee a day reduced their chance of developing Parkinson’s disease by almost 50%.

- **Gout**
  Men who drank up to 4-5 cups of coffee a day were 40% less likely to develop gout.

Sources:
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