Some Surprising Health Benefits of Coffee

Regular coffee drinkers will be glad to know that there are in fact many health benefits to drinking this 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 drank 2-3 cups a day have a 25% lower risk of death from heart disease.

**Cancer**

Women who drank 3 cups a day have halved the risk of developing colon cancer. A recent Japanese study found that coffee consumption was significantly associated with a lower risk of endometrial 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.

**Gallstones**

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.

**Liver Cirrhosis**

Drinking 1-2 cups of coffee a day can lower the risk of liver cirrhosis by 30%.

**Alzheimer’s**

A recent study has found that people who drink 3-5 cups of coffee a day were 65% 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 lower rate of cognitive decline.

**Liver Cirrhosis**

Drinking at least 1 cup of coffee a day reduced their chance at developing Parkinson’s disease by almost 50%.

**Parkinson’s**

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

**Stroke**

A 2009 study has shown that women who drank 4 cups of coffee a day had a 29% lower chance of having a stroke.

**Gout**

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

**Sources**

http://www.positivelycoffee.org/

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Coffee is a Stimulant That can become Addictive.

If Used Everyday it Loses its stimulant effect and you become addicted. If used when needed it is a valuable Natural tool for SuperLearning.
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 reverses 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.

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Coffee with a Meal Increases the Chance of Pancreas Cancer
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Drinking more coffee may help prevent alcohol-related cirrhosis

By Jareen Imam
CNN

Make that black coffee order a double.

Upping your coffee intake may help reduce your chances of developing alcohol-related cirrhosis, according to a review done by the journal Alimentary Pharmacology and Therapeutics of multiple existing studies.

Drinking just two more cups of coffee every day may lower the risk of developing the liver condition by 44%, according to researchers who analyzed nine studies that examined the relationship between coffee consumption and the risk of cirrhosis.

More than 430,000 participants were a part of the nine studies. The duration of these studies varied, but the longest one lasted about 20 years. In eight of the nine studies examined, researchers found increasing coffee consumption by two cups per day was "associated with a statistically significant reduction in the risk of cirrhosis." The review, published January 25, is the first meta-analysis to show the potential protective properties of coffee.
Dr. Oliver Kennedy, who conducted the research as part of a team at Southampton University in the United Kingdom, told CNN the team combined the data of these existing studies to calculate a more precise relationship between coffee and the risk of cirrhosis.

They found that the risk of cirrhosis was lower at higher levels of coffee consumption. "For example, compared to no coffee, 1 cup per day was associated with a 22% lower risk of cirrhosis and 4 cups per day was associated with a 65% lower risk. However, there may be an upper limit beyond which there is no further benefit," Kennedy said.

But while coffee may reduce the risk of cirrhosis, it will not fully counteract the harmful effects of excess alcohol consumption, Kennedy added.

Cirrhosis is a condition that deteriorates the liver, replacing healthy tissue with scar tissue that blocks blood flow. Common causes for the liver disorder are chronic hepatitis infections, excessive alcohol consumption, immune diseases, obesity and diabetes. And the damaging condition can be fatal, according to the National Institution of Diabetes and Digestive and Kidney Diseases (NIDDK).

However, Dr. Hillel Tobias, a liver specialist and chairman of the American Liver Foundation's National Medical Advisory Committee, says the possible preventative effects of coffee are not new. A 2015 reported cited a potential link between coffee's health benefits and cirrhosis preventions.

"The problem is that most professionals in the liver community find this hard to accept," Tobias told CNN. "The physiological and biochemical basis has not been established and some experimental evidence is needed. Right now, many of these studies are based on historical information provided by patients."

Tobias said the possibility of patient subjectivity and statistical errors makes him leery of such studies claiming to have a simple fix for cirrhosis.

It should also be noted that some of the studies that were reviewed did not account for other risk factors for cirrhosis like obesity and diabetes, Alimentary Pharmacology and Therapeutics says in its report.

The findings mean more research is needed, Kennedy said. "We now need to conduct proper clinical trials, similar to those necessary for authorization of a new pharmaceutical product, so that doctors and health policy makers can make specific recommendations, he said.

It's important to also keep in mind that the amount of alcohol-related liver damage varies from person to person, Tobias explained. For example, women can't metabolize alcohol as quickly as men. Maintaining healthy eating and drinking habits is a good way to prevent some cases of cirrhosis, according to Tobias.

In the United States, alcoholism is the second-most common cause of cirrhosis. Excessive alcohol consumption can lead to fat accumulation and inflammation of the liver, according to NIDDK.

It's recommended that moderate drinking for men is two drinks per day and one drink per day for women, according to the National Institute on Alcohol Abuse and Alcoholism.
12 Health Benefits and 6 Disadvantages of Coffee (Smashing it!)

Coffee has been both praised and mocked for centuries. It has been blamed to cause impotence and madness, other times a cure for laziness or “gift from heaven”. Heavy stuff. But what are the actual, scientifically proven pros and cons of coffee we know today?

Caffeine, the most widely consumed psychoactive substance in the world, is the best known ingredient of coffee. Its beneficial effects on the human body has been researched quite well, but coffee as a whole is a
complex beverage with a thousand different substances. Some studies argue that decaf and caffeinated coffee may have the same health effects and suggest that it’s not the caffeine that is responsible for most of coffee’s health benefits.

Research on coffee and it’s pros and cons for humans is nowhere near finished, but here is a list of what we know at the moment:

### 12 Health Benefits of Coffee

- **Coffee boosts your physical performance.** Have a cup of black coffee about an hour before workout and your performance can improve by 11-12%. Caffeine increases adrenaline levels in your blood. Adrenaline is your body’s “fight or flight” hormone which helps you to prepare for physical exertion.

- **Coffee may help you lose weight.** Coffee contains magnesium and potassium, which helps the human body use insulin, regulating blood sugar levels and reducing your craving for sugary treats and snacks.

- **Coffee helps you burn fat.** Caffeine helps fat cells break down body fat and use it as fuel for training.

- **Coffee helps you focus and stay alert.** Moderate caffeine intake, 1-6 cups a day, helps you focus and improves your mental alertness.

- **Coffee lowers risk of death.** Studies have shown that coffee drinker’s overall risk of premature death is 25% lower than of those who don’t drink coffee.

- **Coffee reduces risk of cancers.** One study has shown that coffee may decrease the risk of developing prostate cancer in men by 20%, and endometrial cancer in women by 25%. People in the test group drank four cups of coffee a day. Caffeine may also prevent developing of basal cell carcinoma, the most common type of skin cancer

- **Coffee reduces risk of stroke.** Reasonable consumption of coffee (2–4 cups a day) is associated with lower risk of stroke.

- **Coffee reduces risk of Parkinson’s disease.** Studies have shown that regular coffee drinking decreases risk of Parkinson’s disease by 25%. There’s evidence that coffee causes activity in the part of the brain affected by Parkinson’s.

- **Coffee protects your body.** Coffee contains a lot of antioxidants, that work as little warriors fighting and protecting against free radicals within your body.

- **Coffee may lower risk of Type II diabetes.** Caffeine decreases your insulin sensitivity and impairs glucose tolerance, therefore reduces your risk of type 2 diabetes.

- **Coffee protects your brain.** High caffeine levels in your blood reduce the risk of Alzheimer disease. It also lowers risk of dementia.

- **Coffee brightens your mood, helps fight depression and lowers risk of suicide.** Caffeine stimulates the central nervous system and boosts production of neurotransmitters like serotonin,
dopamine, and noradrenaline, which elevate your mood. Two cups of coffee a day prevents risk of suicide by 50%.

6 Disadvantages and Risks of Coffee Drinking

- **Bad coffee can be toxic.** Bad quality coffee can have a lot of impurities in it, which can cause sickness, headache or a general bad feeling. This can happen if your coffee is made from beans that have been over ripped or otherwise ruined. Even one ruined bean can make your cup toxic. If you invest and buy high quality, speciality coffee you don’t have to worry about this. This article will help you tell the difference between the two.

- **Coffee can kill you.** Yes, if you drink 80-100 cups (23 litres) in a short session. This dose is lethal and will amount in 10-13 grams of caffeine within your body. Before you reach this point, however, you’ll be vomiting most of it out since 23 litres of any liquid is a lot. Even drinking 23 litres of water can kill you.

- **Coffee can cause insomnia and restlessness.** Again, it’s the caffeine working here. Your recommended maximum amount of caffeine is 400 milligrams, roughly the amount that you’ll get from 4 cups of coffee. If you’re caffeine-sensitive, be careful with coffee. You are probably already aware what amount and what kind of coffee suits, or doesn’t suit you. The amount of caffeine that is safe for human consumption is actually written in our DNA.

- **Don’t drink more than one cup a day if you’re pregnant.** Studies on coffee’s effect on a fetus have been controversial, but one thing is sure: if you drink coffee when pregnant, caffeine will also reach the fetus, and your baby is highly sensitive to caffeine. So, if you’re a heavyweight coffee drinker and can’t stop drinking it while pregnant, at least reduce your coffee intake to one cup a day.

- **If you have high cholesterol please choose filtered coffee.** Coffee beans contain cafestol and kahweol, two ingredients that appear to raise LDL cholesterol levels. Filtering the coffee traps most of the LDL, but cafestol and kahweol are found in espresso, turkish coffee, french press and scandinavian style “cooked coffee”.
  - The intake of LDL from a cup of espresso is still so small, that for people with normal cholesterol levels, won’t be at risk. There are also some studies at preliminary stages of diagnosis that have found marks that cafestol and kahweol may have some beneficial anti-cancer effects, and be good for your liver.

- **Coffee for kids, may increase bedwetting.** One survey reported that caffeine consumption of 5-7 year old kids may increase enuresis a.k.a. bedwetting.

So, is it good or bad for you?

If you have high cholesterol or you are caffeine sensitive, pregnant or a child (or a parent of one), you should pay attention to coffee drinking.
For others, reasonable amounts (1-6 cups a day) coffee can be good for you. It can prevent serious diseases, boost your mind and muscles, and even help you with weight loss. Remember, as long as you drink toxin free, speciality coffee and brew it with care, you can and should be enjoying it knowing it’s good for you. If you took the time to read this whole article (thank you!), please share it so your friends will get it right, too.

Here are a few of the studies that concluded that caffeine could be potentially dangerous to one’s health.

### Research Showing Harmful Effects of Caffeine

1. **More than 4 cups of coffee linked to early death.** A Mayo Clinic partnered study found that men who drank more than four 8 fl.oz. cups of coffee had a **21% increase** in all-cause mortality. However, those that reported that they consumed excessive amounts of caffeine were also likely to smoke and have poor fitness. Dr. Nancy Snyderman from NBC said there were a few discrepancies with the study, but stresses that moderation is still key. See [Her Interview Here](#).

2. **Caffeine consumption may raise blood pressure.** Especially in those already suffering from hypertension and those who don’t normally consume caffeine. People with hypertension were given 250 mg of caffeine (about 2 coffees) and the data revealed that their blood pressure was elevated for about 2-3 hours after the caffeine. See [Src](#). A second study performed by The Mayo Clinic found similar results from a 160 mg dose. All participants experienced a marked rise in blood pressure and it was the most pronounced in those that didn’t normally consume caffeine. See [Src](#).

3. **Increased risk of heart attacks among young adults.** A study conducted by Dr. Lucio Mos found that young adults who were diagnosed with mild hypertension had 4 times the risk of having a heart attack if they consumed...
the amount of caffeine equivalent to 4 cups of coffee. More moderate consumption showed 3 times the risk. Src.

4. **Caffeine linked to gout attacks.** This study showed that people who binge on caffeinated beverages increase their risk for a gout flare-up. Src.

5. **Breast Tissue Cysts In Women.** One study showed that “Women who consumed 31–250 mg of caffeine/day had a 1.5-fold increase in the odds of developing fibrocystic breast disease and women who drank over 500 mg/day had a 2.3-fold increase in the odds of developing cysts. Src.

6. **Caffeine could cause incontinence.** A study out of the University of Alabama showed that women who consume a lot of caffeine are 70% more likely to develop incontinence. Src.

7. **Caffeine may cause insomnia.** Caffeine in a person’s system at bedtime can mimic the symptoms of insomnia. Src.

8. **Caffeine can cause indigestion.** People who consume caffeinated beverages often report an upset stomach or indigestion. This mainly occurs when the beverages are consumed on an empty stomach. Src.

9. **Caffeine can cause headaches.** While occasional doses of caffeine can relieve headache symptoms, the overuse of caffeine can cause headaches and lead to migraines. Src.

10. **Caffeine could reduce fertility in women.** A study from The University of Nevada School of Medicine showed that caffeine can reduce a woman’s chances of becoming pregnant by about 27%. Src.

11. **Caffeine may not be healthy for type 2 diabetics.** A study conducted by the American Diabetes Association showed that caffeine impaired glucose metabolism in those with type 2 diabetes. Src.
12. **Caffeine Overdose.** While overdose is rare, it can lead to many adverse symptoms including death, especially in those with underlying medical conditions. Some have a lower tolerance for caffeine than others. [Src]

13. **Caffeine Allergies.** Some people have over-sensitivity to the caffeine molecule, which causes allergic-like reactions in the body such as hives and pain. Although not a true allergy, many report very negative symptoms after consuming even the smallest amounts. [Src]

14. **Caffeine causes more forceful heart contractions.** A recent study showed that immediately after energy drink consumption the heart produced more forceful contractions. It is unclear if this has any long-term health implications except for those with known health conditions. [Src]

15. **Worse Menopause Symptoms.** A recent study published in The Journal of The North American Menopause Society showed that menopausal women who consumed caffeine had a greater degree of vasomotor symptoms. [Src]

16. **Caffeine consumption can lead to increased anxiety, depression and the need for anxiety medication.** [Src] and [Src]. See also our article as to why caffeine causes anxiety and panic attacks.

17. **Caffeine increases the amount of sugary beverages consumed by people,** which contributes to obesity and diabetes. [Src]

18. **Caffeine inhibits collagen production in the skin.** This effect is dose dependant, but really heavy caffeine consumers should be aware. [The Study]

19. **Caffeine interferes with ossification and could also lead to greater risk of bone fractures.** This is dose dependent, but heavy caffeine consumers should take note. [Study 1](pdf) [Study 2].
Other Claims Against Caffeine

You may have heard or read about other negative health effects from caffeine consumption, but as of now, there just isn’t enough evidence to fully endorse those as legitimate health concerns.

Some of those negatives include:

- Adrenal fatigue
- Irregular heartbeat
- Hallucinations
- Accelerates bone loss. [Src.](#)
- Tremors

Caffeine is a drug and can affect people differently just like any other substance. It's important that consumers understand how caffeine interacts with their bodies in regards to their personal health histories.

The food and beverage industry spend millions, if not billions, of dollars worldwide to fund studies and promote caffeinated products as safe or even healthy.

Fortunately, caffeine is one of the most researched substances on the planet and there does exist some unbiased data in which to glean some reliable information from.

While much of the research published does allude to the safety and even potential benefits of caffeine (in moderation), there are a handful of research studies that highlight the potentially harmful effects of caffeine.

The risks of suffering from any of the harmful effects of caffeine are diminished by being aware of how much is personally being consumed daily.
It is also important to be aware of any pre-existing medical conditions that may contribute to caffeine’s negative effects.

Here are the top 13 evidence-based health benefits of coffee, that have been confirmed in actual human studies.

### 1. Coffee Can Improve Energy Levels and Make You Smarter

Coffee can help people feel less tired and increase energy levels (1, 2).

This is because it contains a stimulant called caffeine, which is actually the most commonly consumed psychoactive substance in the world (3).

After you drink coffee, the caffeine is absorbed into the bloodstream. From there, it travels into the brain (4).

In the brain, caffeine blocks an inhibitory neurotransmitter called Adenosine.

When that happens, the amount of other neurotransmitters like norepinephrine and dopamine actually increases, leading to enhanced firing of neurons (5, 6).

Many controlled trials in humans show that coffee improves various aspects of brain function. This includes memory, mood, vigilance, energy levels, reaction times and general cognitive function (7, 8, 9).

**Bottom Line:** Caffeine blocks an inhibitory neurotransmitter in the brain, which leads to a stimulant effect. This improves energy levels, mood and various aspects of brain function.
2. Coffee Can Help You Burn Fat

Did you know that caffeine is found in almost every commercial fat burning supplement?

There’s a good reason for that… caffeine is one of the very few natural substances that have actually been proven to aid fat burning.

Several studies show that caffeine can boost the metabolic rate by 3-11% (10, 11).

Other studies show that caffeine can specifically increase the burning of fat, by as much as 10% in obese individuals and 29% in lean people (12).

However, it is possible that these effects will diminish in long-term coffee drinkers.

**Bottom Line:** Several studies show that caffeine can increase fat burning in the body and boost the metabolic rate.

3. The Caffeine Can Drastically Improve Physical Performance

Caffeine stimulates the nervous system, causing it to send signals to the fat cells to break down body fat (13, 14).
But caffeine also increases Epinephrine (Adrenaline) levels in the blood (15, 16).

This is the “fight or flight” hormone, designed to make our bodies ready for intense physical exertion.

Caffeine makes the fat cells break down body fat, releasing them into the blood as free fatty acids and making them available as fuel (17, 18).

Given these effects, it is not surprising to see that caffeine can improve physical performance by 11-12%, on average (29, 20).

Because of this, it makes sense to have a strong cup of coffee about a half an hour before you head to the gym.

**Bottom Line:** Caffeine can increase adrenaline levels and release fatty acids from the fat tissues. It also leads to significant improvements in physical performance.

### 4. There Are Essential Nutrients in Coffee

Coffee is more than just black water. Many of the nutrients in the coffee beans do make it into the final drink.

A single cup of coffee contains (21):

- **Riboflavin** (Vitamin B2): 11% of the RDA.
- **Pantothenic Acid** (Vitamin B5): 6% of the RDA.
- **Manganese** and **Potassium**: 3% of the RDA.
- **Magnesium and Niacin** (B3): 2% of the RDA.

  Although this may not seem like a big deal, most people are drinking more than one cup per day. If you drink 3-4, then these amounts quickly add up.

  **Bottom Line:** Coffee contains several important nutrients, including Riboflavin, Pantothenic Acid, Manganese, Potassium, Magnesium and Niacin.

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5. **Coffee May Lower Your Risk of Type II Diabetes**

**Type 2 diabetes** is a gigantic health problem, currently afflicting about 300 million people worldwide.

It is characterized by elevated blood sugars in the context of insulin resistance or an inability to secrete insulin.

For some reason, coffee drinkers have a significantly reduced risk of developing type 2 diabetes.

The studies show that people who drink the most coffee have a **23-50% lower risk** of getting this disease, one study showing a reduction as high as 67% (22, 23, 24, 25, 26).

According to a massive review that looked at data from 18 studies with a total of 457,922 individuals, each daily cup of coffee was associated with a **7% reduced risk** of developing type 2 diabetes (27).

**Bottom Line:** Several observational studies show that coffee drinkers have a much lower risk of getting type II diabetes, a serious disease that currently afflicts about 300 million people worldwide.
6. Coffee May Protect You From Alzheimer’s Disease and Dementia

Alzheimer’s disease is the most common neurodegenerative disease and the leading cause of dementia worldwide.

This disease usually affects people over 65 years of age.

Unfortunately, there is no known cure for Alzheimer’s.

However, there are several things you can do to prevent the disease from showing up in the first place.

This includes the usual suspects like eating healthy and exercising, but drinking coffee may be incredibly effective as well.

Several studies show that coffee drinkers have up to a 65% lower risk of getting Alzheimer’s disease (28, 29, 30).

**Bottom Line:** Coffee drinkers have a much lower risk of getting Alzheimer’s disease, which is a leading cause of dementia worldwide.

7. Caffeine May Lower The Risk of Parkinson’s

Parkinson’s disease is the second most common neurodegenerative disease, right after Alzheimer’s.

It is caused by death of dopamine-generating neurons in the brain.
Same as with Alzheimer’s, there is no known cure, which makes it that much more important to focus on prevention.

In studies, coffee drinkers have a much lower risk of developing Parkinson’s disease, with a reduction in risk ranging from 32-60% (31, 32, 33, 34).

In this case, it appears to be the caffeine itself that is causing the effect. People who drink decaf don’t have a lower risk of Parkinson’s (35).

**Bottom Line:** Coffee drinkers have up to a 60% lower risk of getting Parkinson’s disease, the second most common neurodegenerative disorder.

8. Coffee Appears to Have Protective Effects on The Liver

The liver is an amazing organ that carries out hundreds of important functions in the body.

Several common diseases primarily affect the liver, including hepatitis, fatty liver disease and others.

Many of these diseases can lead to a condition called cirrhosis, in which the liver has been largely replaced by scar tissue.
It turns out that coffee may protect against cirrhosis. People who drink 4 or more cups per day have up to an 80% lower risk (36, 37, 38).

**Bottom Line:** Coffee drinkers have a much lower risk of developing cirrhosis, which can be caused by several diseases that affect the liver.

9. Coffee Can Fight Depression and Make You Happier

Depression is a serious mental disorder that causes a significantly reduced quality of life.

It is incredibly common and about 4.1% of people in the U.S. currently meet the criteria for clinical depression.

In a Harvard study published in 2011, women who drank 4 or more cups per day had a 20% lower risk of becoming depressed (39).

Another study with 208,424 individuals found that those who drank 4 or more cups per day were 53% less likely to commit suicide (40).

**Bottom Line:** Coffee appears to lower the risk of developing depression and may dramatically reduce the risk of suicide.
Coffee Drinkers Have a Lower Risk of Some Types of Cancer

Cancer is one of the world’s leading causes of death and is characterized by uncontrolled growth of cells in the body.

Coffee appears to be protective against two types of cancer… liver cancer and colorectal cancer.

Liver cancer is the third leading cause of cancer death in the world, while colorectal cancer ranks fourth (41).

Studies show that coffee drinkers have up to a 40% lower risk of liver cancer (42, 43).

One study of 489,706 individuals found that those who drank 4-5 cups of coffee per day had a 15% lower risk of colorectal cancer (44).

**Bottom Line:** Liver and colorectal cancer are the 3rd and 4th leading causes of cancer death worldwide. Coffee drinkers have a lower risk of both.
It is often claimed that caffeine can increase blood pressure.

This is true, but the effect is small (3-4 mm/Hg) and usually goes away if you drink coffee regularly (45, 46).

However, the effect may persist in some people, so keep that in mind if you have elevated blood pressure (47, 48).

That being said, the studies do NOT support the myth that coffee raises the risk of heart disease (49, 50).

In fact, there is some evidence that women who drink coffee have a reduced risk of heart disease (51).

Some studies also show that coffee drinkers have a 20% lower risk of stroke (52, 53).

**Bottom Line:** Coffee may cause mild increases in blood pressure, which usually diminish over time. Coffee drinkers do not have an increased risk of heart disease, but a slightly lower risk of stroke.
12. Coffee May Help You Live Longer

Given that coffee drinkers are less likely to get many diseases, it makes sense that coffee could help you live longer.

There are actually several observational studies showing that coffee drinkers have a lower risk of death.

In two very large studies, drinking coffee was associated with a 20% lower risk of death in men and a 26% lower risk of death in women, over a period of 18-24 years (54).

This effect appears to be particularly strong in type II diabetics. In one study, diabetics who drank coffee had a 30% lower risk of death during a 20 year study period (55).

**Bottom Line:** Several studies show that coffee drinkers live longer and have a lower risk of premature death.

13. Coffee is The Biggest Source of Antioxidants in The Western Diet
For people who eat a standard Western diet, coffee may actually be the healthiest aspect of the diet.

That’s because coffee contains a **massive** amount of antioxidants.

In fact, studies show that most people get more antioxidants from coffee than both fruits and vegetables… combined (56, 57, 58).
Simple Math
SCIO + Indigo Research Results
5 GSRedCs x 40 min therapy makes
18% improvement in Math
15% improvement in Memory
15% improvement of Insight

Take a Chance, Your Children
Deserve a Chance at a Better Life

Over 7 Billion People in the World

Over 6 Billion People Need
Quantum SuperLearning Enhancement

Over 3 Billion Can Afford it
The Buzz

Caffeine is the world’s most popular drug. Here’s how its dosage stacks up in natural sources, such as coffee and tea, and in less-than-natural products, such as soft drinks, energy drinks and stimulants.

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Milligrams of Caffeine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drip coffee</td>
<td>6 ounces</td>
<td>100</td>
</tr>
<tr>
<td>Espresso</td>
<td>1 ounce</td>
<td>40</td>
</tr>
<tr>
<td>Instant coffee</td>
<td>6 ounces</td>
<td>70</td>
</tr>
<tr>
<td>Decaf coffee</td>
<td>6 ounces</td>
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</tr>
<tr>
<td>Green tea</td>
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</tr>
<tr>
<td>Soft drink</td>
<td>12 ounces</td>
<td>40</td>
</tr>
<tr>
<td>Red Bull</td>
<td>8.3 ounces</td>
<td>80</td>
</tr>
<tr>
<td>NoDoz</td>
<td>1 tablet</td>
<td>200</td>
</tr>
</tbody>
</table>

Amounts are approximate and vary by product and growing method.

Researchers’ cups runneth over with studies linking coffee drinking and health. But in the quest for benefits, there are tradeoffs. A sampling:

**Lowered risk of advanced prostate cancer** in a 20-year study of 50,000 men.

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

**Cut the risk of stroke** by 43% in women who have never smoked, in a study of 93,000 nurses. It also cut the risk of **Type 2 diabetes** by 25% to 35% in a review of 18 other studies.

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

**Lowered the risk of committing suicide** by 60% in a 10-year study of 85,000 women. But the same amount of caffeine can also cause anxiety, jitters and upset stomach in some people.

**Lowered the risk of developing Type 2 diabetes** by 7%, according to a review of 18 studies covering 500,000 people. But even a one-cup-a-day habit can be enough to cause withdrawal symptoms, including headache, fatigue and difficulty concentrating.

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Note: ‘Cups’ are generally for 8 ounces of coffee, with 100 mg of caffeine, and comparisons are with non coffee drinkers.


Photo: Jon Protas for The Wall Street Journal
Magic Power Coffee: POTENTIALLY DANGEROUS
Not Magical

Consumers should not use an instant coffee being sold online as a dietary supplement for sexual enhancement, warns the Food and Drug Administration (FDA).

The product, Magic Power Coffee, contains a potentially dangerous ingredient. The product is sold in a two-serving box as well as in a canister that contains six two-serving boxes. FDA lab analysis determined that Magic Power Coffee contains a chemical similar to the active ingredient in the prescription drug Viagra to increase erectile dysfunction. The chemical may interact with prescribed drugs, including nitrates, and cause dangerously low blood pressure.

Although Magic Power Coffee is labeled as an "all natural dietary supplement," it can cause serious harm. Sexual enhancement products that claim to work as well as prescription products are likely to expose consumers to unpredictable side effects and the potential for injury or even death.

Advice for Consumers
2. If you have experienced any side effects from Magic Power Coffee or any sexual enhancement products, talk to a health care professional.
3. Report any side effects with the use of any sexual enhancement products to FDA's MedWatch Adverse Event Reporting Program online, by regular mail or by fax, or by phone:
+ Online: www.fda.gov/medwatch
+ Regular mail: Use postage paid, pre-addressed FDA form 1030 (www.acommlications.com/forms/medwatch)
+ Fax: 1-800-FDA-0178
+ Phone: 1-800-332-1066

Find this and other Consumer Updates at www.fda.gov/ForConsumers/ConsumerUpdates

Over the limit on caffeine

Moderate daily intake of caffeine (200 to 300 mg) normally is not harmful, but too much can cause negative health side effects.

Caffeine content, in milligrams, per serving or container:

<table>
<thead>
<tr>
<th>Caffeine Content (mg)</th>
<th>Serving/Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>135</td>
<td>Brewed coffee* 8 oz. (240 ml)</td>
</tr>
<tr>
<td>70</td>
<td>Starbucks Espresso* 1 oz. (30 ml)</td>
</tr>
<tr>
<td>160</td>
<td>Monster Energy 16 oz. (480 ml)</td>
</tr>
<tr>
<td>80</td>
<td>Red Bull 8.3 oz. (250 ml)</td>
</tr>
<tr>
<td>90</td>
<td>Mountain Dew 20 oz. (592 ml)</td>
</tr>
<tr>
<td>60</td>
<td>Coke 20 oz. (592 ml)</td>
</tr>
</tbody>
</table>
Coffee with a Meal Increases the Chance of Pancreas Cancer

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