

Regular Coffee intake can reduce Risk of liver cancer: Study

London based World Cancer Research Fund in mutual collaboration with American Institute for Cancer Research explained how regular coffee intake can reduce probabilities of cancer and similar such diseases. The presence of antioxidants in coffee can resist cancer to overwhelm liver and fight diseases like strokes, memory loss.

Study reveals, coffee has got several compounds that influences antioxidants – or cancer fighting – properties. The excessive drinking of alcohol has been proven to raise the risks of liver cancer, however, the new study says that a regular intake of coffee can negate those effects. Though coffee is widely consumed because of its caffeinated properties, the drink is now believed to be an effective preventative to strokes, memory degeneration, mood swings, and now, liver disease, which is the second deadliest type of cancer in the world.



Coffee v/s alcohol study was conducted via an examination of 34 global studies involving 8.2 million people regarding the causes and prevention of liver cancer. Exercise, diet and lifestyle choices were all examined in-depth to understand what factors lead to and can prevent the potentially fatal disease. As a result, the study found that diet, weight, and physical activity levels all combined to increase the chances of liver cancer. The study also determined some fascinating information as to what levels of alcohol consumption actually lead to liver disease, according to Dr. Anne McTiernan, an epidemiologist at the Fred Hutchinson Cancer Research Center in Seattle, who was part of the study.

“The finding provides the clearest indication to date of how many drinks actually cause liver cancer.”

At conclusions, study indicated that people should not drink more than 45 ml (1.5 oz) of alcohol per day on a regular basis. (For clarity, according to the study, 1.5 ounces of alcohol is the equivalent of approximately 3 alcoholic drinks.) However, if they do, a regular, daily intake of coffee could be beneficial to their health.

Researcher are beginning to understand the immense benefits of regular coffee consumption, they are still unclear as to why and how the components of coffee do what they do.