

LIFE Published November 23, 2014 By Staff Writer

Coffee May Be Healthier For You Than You Think: Lowers Risks Of Liver Cancer

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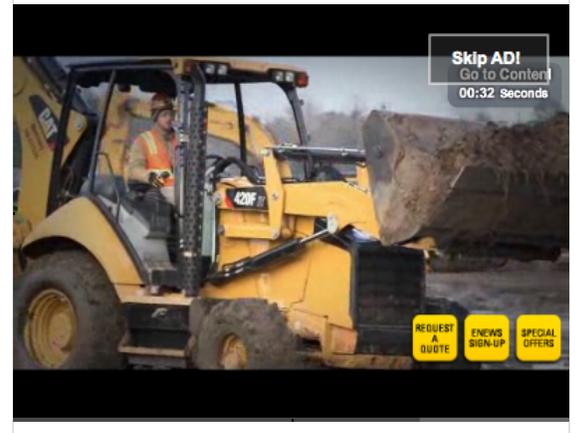
So many people around the world consume coffee as part of a daily routine. It is a drink that gets people set for the day. It is actually healthier for you than one might think.

Coffee is loaded with antioxidants and beneficial nutrients that can improve your health. Those who consume coffee, actually have a **much lower risk** of several serious diseases, like liver-cancer, according to medicalnewstoday.com.

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More and more research is emerging to suggest that there may be several health benefits associated with drinking this dark black beverage, from helping prevent diabetes to lowering the risk of liver disease

Coffee contains antioxidants that may offer some cardiovascular protection, and research is showing that it reduces the likelihood of developing diabetes, which is itself a major heart disease risk factor. But it also increases homocysteine levels and may have negative effects on the aorta, according to medicalnewstoday.com.



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Coffee's Health Benefits

Cancer

Coffee might have anti-cancer properties. Last year, researchers found that coffee drinkers were 50% less likely to get liver cancer than nondrinkers. A few studies have found ties to lower rates of colon, breast, and rectal cancers. Several studies have shown that caffeinated and decaffeinated coffee has different health effects.

Cholesterol

Two substances in coffee - kahweol and cafestol ; raise cholesterol levels. Paper filters capture these substances, but that doesn't help the many people who now drink non-filtered coffee drinks, such as lattes. Researchers have also found a link between cholesterol increases and decaffeinated coffee, possibly because of the type of bean used to make certain decaffeinated coffees

Coffee may help prevent Parkinson's disease

Researchers in the U.S. carried out a study that assessed the link between coffee consumption and Parkinson's disease risk. The authors of the study concluded that "higher coffee and caffeine intake is associated with a significantly lower incidence of Parkinson's disease".

Coffee may help prevent liver disease

Research published in the journal *Hepatology* in April 2014, suggests that drinking coffee is linked to a decreased liver cirrhosis death risk. The researchers suggest that drinking two or more cups of coffee every day can reduce the risk of death from liver cirrhosis by 66%.

A study published in the journal *Hepatology* indicates that drinking decaf coffee also lowers liver enzyme levels, suggesting the benefits are not linked to caffeine content.

Coffee can make you feel happier

A study done by the National Institute of Health found that those who drink four or more cups of coffee were about 10 percent less likely to be depressed than those who had never touched the java. And apparently it's not because of the "caffeine high" -- Coke can also give you a caffeine high, but it's linked to depression.

Drinking coffee could help keep your brain healthier for longer

Researchers from the University of South Florida and the University of Miami found that people older than 65 who had higher blood levels of caffeine developed Alzheimer's disease two to four years later than others with lower caffeine. Dr. Chuanhai Cao, a neuroscientist at the USF, and co-author of the study, said, "We are not saying that moderate coffee consumption will



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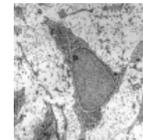
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completely protect people from Alzheimer's disease. However, we firmly believe that moderate coffee consumption can appreciably reduce your risk of Alzheimer's or delay its onset."

Gallstones

Coffee drinkers are less likely to suffer symptomatic gallstone disease, possibly because coffee alters the cholesterol content of the bile produced by the liver.

Coffee consumption has been linked to lower levels of suicide

A study done by the Harvard School of Public Health determined that drinking between two and four cups of coffee can reduce the risk of suicide in men and women by about 50 percent. The proposed reason is because coffee acts as a mild antidepressant by aiding in the production of neurotransmitters like serotonin, dopamine and noradrenalin.

Coffee could reduce your chances of getting skin cancer

Brigham and Women's Hospital and Harvard Medical School followed 112,897 men and women over a 20-year period and, apparently, women who drink three or more cups of coffee a day are much less likely to develop skin cancer than those who don't.

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