

## The Evidence is Clear- Coffee is Good for You

With coffee assuming the mantle of Australia's most popular beverage, you will be pleased to know that a massive review of the scientific literature has found that drinking three to four cups of black coffee a day provides the most health benefits.

The study, recently published in the *British Medical Journal* found benefits reducing the risk for such issues as heart disease, multiple sclerosis, type 2 diabetes, liver disease, prostate cancer, Alzheimer's, computer-related back pain and more.

### Alzheimer's Disease

Last week I made mention of tea in reducing the risk of dementia, in particular, Alzheimer's disease;

- there is now evidence that compounds in roasted coffee may be responsible for preventing the build-up of brain plaque believed to cause the disease.



### Parkinson's Disease

From a report in the *Archives of Neurology*, an article from research out of Sweden revealed that:

- drinking coffee reduces the risk of Parkinson's Disease even when genetic factors are taken into consideration.

### Multiple Sclerosis

Research published in the *Journal of Neurology, Neurosurgery & Psychiatry* revealed that drinking at least 4 cups a day:

- may help protect against the development and reoccurrence of Multiple Sclerosis.

### Type 2 Diabetes

- Research on coffee from the *Harvard School of Medicine* showed the risk of developing Type Diabetes was lowered by 9% for each daily cup of coffee consumed.

### Coffee Helps you burn fat

- A research paper from the *University of Granada* on Exercise and Health suggests that a combination of strong coffee 30 minutes before exercise at moderate intensity, in the afternoon, provides the best scenario for individuals seeking to reduce body fat.

There are good reasons to drink coffee and there are a few reasons not to, after all you may be a caffeine hater. It's your choice!