WELCOA
ONLINE BULLETINS

DAY IN DAY OUT
WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

Can Coffee Be Good For You?

The Buzz On Your Morning Java

Because it tastes so good, you may assume coffee is bad for you. Maybe you've heard rumors that your morning brew causes everything from heart disease to cancer. But researchers are finding that coffee poses little to no health risk for most people. Not only that, coffee drinking might have some health benefits.

The Possible Health Benefits of Coffee

Some evidence even suggests that coffee may help reduce the risk of liver cancer. The NIH's National Cancer Institute is now organizing a new effort to put together data from many studies and look into this question, among many others.

Coffee & Parkinson's

Some studies have linked coffee intake with a lower risk of developing Parkinson's disease. "When looking at Parkinson's disease patients, they may be up to 4-8 times less likely to have been heavy coffee drinkers," says Dr. Wendy R. Galpern of NIH's National Institute of Neurological Disorders and Stroke. However, she points out, the studies in this area have been limited. "It's hard to know if this is just an association or if this is cause and effect," she says.

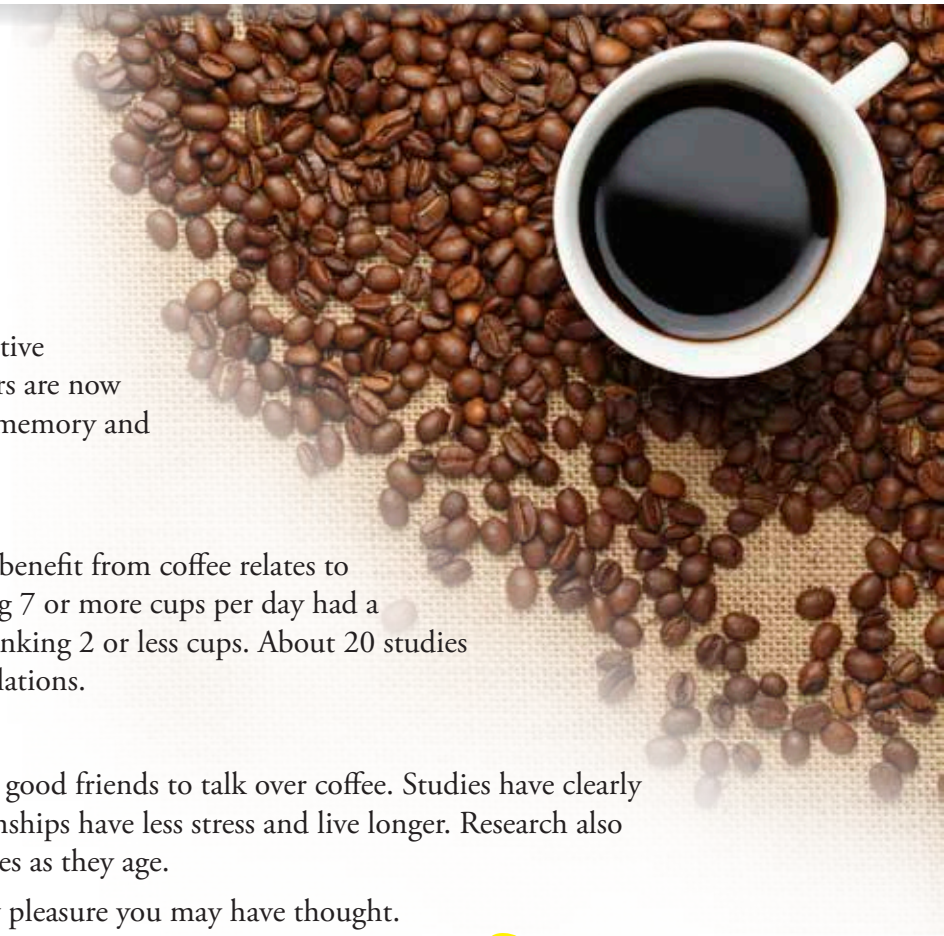
CONTINUED ON NEXT PAGE

WELCOA
ONLINE BULLETINS

DAY IN DAY OUT
WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

Can Coffee Be Good For You?

(Continued from previous page)



Coffee & Your Mental Acuity

Some studies suggest coffee may have other positive effects on the mind. Galpern says that researchers are now looking into the potential effects of caffeine on memory and Alzheimer's disease.

Coffee & Type 2 Diabetes

Perhaps the strongest research showing a health benefit from coffee relates to type 2 diabetes. In a 2002 study, people drinking 7 or more cups per day had a 50% lower risk of type 2 diabetes than those drinking 2 or less cups. About 20 studies have now looked into the effect in various populations.

Coffee & Your Social Life

Coffee can also help your social life, if you meet good friends to talk over coffee. Studies have clearly shown that people who have more social relationships have less stress and live longer. Research also suggests they're less likely to show mental declines as they age.

So go enjoy that cup of coffee. It's not the guilty pleasure you may have thought.

For Healthier Coffee Drinking

- Drink coffee that's been filtered through paper.
- Avoid specialty coffee drinks loaded with sugar and fat, which can contribute to weight gain.
- Consider adding a little non-fat milk if you're concerned about bone health.
- Don't drink caffeinated coffee late in the day if you have trouble sleeping.
- Avoid caffeinated coffee if you're pregnant.

Wellness Council of America 17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594 | www.welcoa.org