



HEALTH BENEFITS of DRINKING COFFEE AND TEA

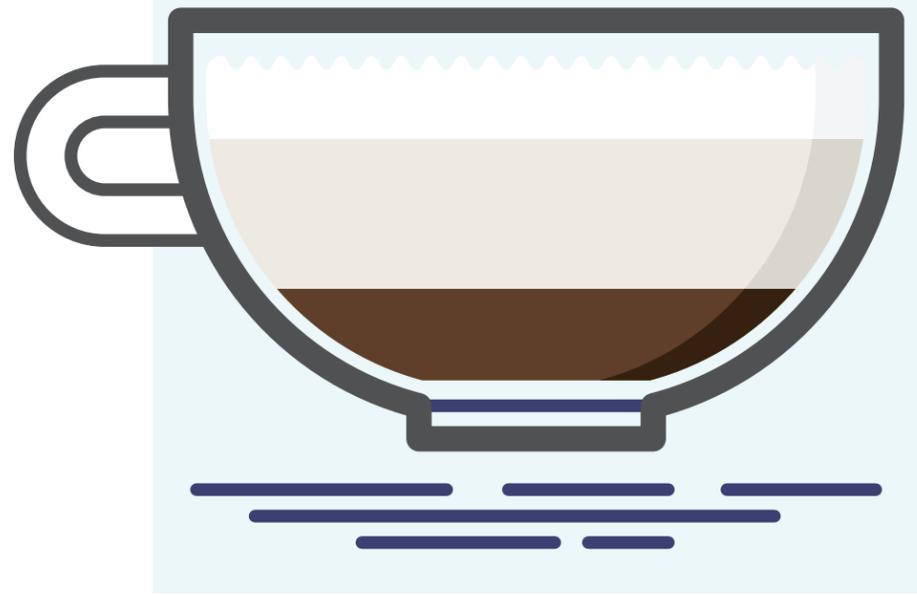
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STRONGER DNA

One study showed that coffee drinkers have DNA with stronger integrity since the white blood cells of coffee drinkers had far less instance of spontaneous DNA strand breakage.

THE USDA'S 2015 DIETARY GUIDELINES RECOMMEND COFFEE FOR BETTER HEALTH, ADVISING ADULTS THAT 3 TO 5 CUPS OF COFFEE A DAY IS GOOD FOR OVERALL HEALTH. BUT HOW IS COFFEE GOOD FOR US? HERE'S SOME RECENT RESEARCH THAT DEMONSTRATES THE POWERFUL HEALTH BENEFITS OF COFFEE (AND, SOMETIMES, TEA).



TEA TEA TEA

has similar antioxidant and caffeine benefits. Studies have found that some teas may help with cancer, heart disease, and diabetes; that tea may encourage weight loss and lower cholesterol; and, that tea brings about mental alertness.

REFERENCES: Studies in The Journal of Pain, The Journal of Agricultural and Food Chemistry, The Hepatology Journal, The Archives of Internal Medicine, The European Journal of Neurology, The European Journal of Nutrition, The Journal of Neurology, Neurosurgery & Psychiatry, The Annals of Internal Medicine, New England Journal of Medicine, and The Journal of the National Cancer Institute Studies conducted by the Harvard School of Public Health, USC Norris Comprehensive Cancer Center, Cornell University, and the US Department of Veterans Affairs Drinking coffee could lead to a longer life | USC News, https://news.usc.edu/124627/drinking-coffee-could-lead-to-a-longer-life-scientist-says/ Coffee: Health Benefits, Nutritional Information | Medical News Today, https://www.medicalnewstoday.com/articles/270202.php Types of Teas and Their Health Benefits | WebMD, https://www.webmd.com/diet/features/tea-types-and-their-health-benefits

PREVENTION & PROTECTION



CAVITIES

Researchers have found that strong black coffee kills the bacteria on teeth that leads to tooth decay. (Adding milk or sugar to coffee negates this benefit.)



PERIODONTAL DISEASE

A longitudinal study of men found that coffee didn't promote gum disease and actually showed a protective benefit.



PARKINSON'S

Drinking coffee has been shown to reduce the risk of Parkinson's even when genetic factors come into play.



CIRRHOSIS OF THE LIVER

Studies have shown coffee's liver protecting benefits—both coffee and decaffeinated coffee lowered the liver enzyme levels of coffee drinkers.



RETINAL DAMAGE

Chlorogenic acid (CLA), one of the strong antioxidants found in the coffee bean, may prevent retinal damage due to oxidative stress.



CUT THE PAIN

Two cups of coffee can cut post-workout muscle pain by up to 48%.



INCREASE FIBER INTAKE

A cup of brewed coffee represents a contribution of up to 1.8 grams of fiber.

LOWER RISK OF:

MULTIPLE SCLEROSIS

Recent research showed that at least 4 cups of coffee a day may help protect against the development and reoccurrence of MS, perhaps because coffee may prevent the neural inflammation that possibly leads to the disease developing.

SKIN CANCER

Studies have shown that melanoma risk decreases with coffee consumption and that this risk decreases with each cup consumed.

COLON CANCER

Studies show that even moderate consumption of coffee can reduce the odds of developing colorectal cancer by 26%, and that this protective benefit increases with more consumption.

LIVER CANCER

Researchers at found that those that consume 1-3 cups of coffee a day have a 29% reduced risk of developing liver cancer (hepatocellular carcinoma (HCC), which is the most common type.

TYPE 2 DIABETES

Those who consumed 6 or more cups per day had a 22% lower risk of diabetes. The risk of type II diabetes may decrease by as much as 9% for each daily cup of coffee consumed (6% per decaf cup).

ALZHEIMER'S DISEASE

Multiple studies have shown that drinking caffeine may help protect against Alzheimer's disease.

HEART DISEASE AND REDUCED HEART ATTACK MORTALITY

In one study, participants who consumed 3 to 5 cups of coffee a day were less likely to show the beginning signs of heart disease. Researchers also found that those who drink two or more cups of coffee daily have the least risk of dying from the heart attack.



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