



4 Ways Coffee Cures

A deluge of new studies confirms that java delivers a major health jolt, thanks to its **rich source of nutrients** that lower cholesterol, improve insulin sensitivity, and destroy damaged cells. Even caffeine is protective, so don't opt for decaf unless you suffer from insomnia, headaches, or high blood pressure. Compared with people who drink the least, here's how your healthy habit stacks up.



**AT LEAST
1 CUP
PER DAY**

Lowers your risk of early death from all causes by 37%



**AT LEAST
2 CUPS
PER DAY**

Reduces your risk of death from heart disease by 25%



**AT LEAST
3 CUPS
PER DAY**

Slashes your risk of dementia and Alzheimer's by 65%



**4 OR
MORE
CUPS
PER DAY**

Makes you 56% less likely to develop type 2 diabetes