

# Coffee -

## *The best health food on the planet*

By Bryon Verhaeghe



*Why* does everyone say coffee is bad? Maybe someone called caffeine a drug and we expect all drugs are bad. Let us look at the facts and keep an open mind. Coffee is a mixture of things and grows in nature. It is made from the bean of a plant. The vitamin that appears in the highest amount is niacin. This is one of the B-Vitamins and may be called B-3 or nicotinic acid. The term niacin came to avoid the confusion between nicotinic acid and nicotine as they are different. Niacin has many positive health benefits that include longer life and improved cholesterol levels. There are many coffee studies to filter through. Here is a collection that I find substantial and truthful.

### ▪ **Coffee and Metabolism.**

**Coffee Reduces Fat.** Caffeine speeds up metabolism and is the most active ingredient in "diet pills". One cup of coffee 30 to 60 minutes before a work-out burns 107% more fat compared to those who do not consume the caffeine. Those who take caffeine have more endurance, better performance and less fatigue. Research found that after exercise blood sugar levels were better maintained in those who drank coffee before the exercise.

### ▪ **Coffee and Bone Mineral Density.**

**Coffee Does Not Affect Calcium or Bone Density.** The Framingham Osteoporosis Study evaluated risk factors for bone loss in 800 elderly women and men for 4 years. The change in bone mineral density (BMD) in the hip, radius, and spine in elders was measured. This study concluded that bone loss was not affected by caffeine intake.

The Nottingham EPIC Study Group compared the effects of caffeine consumption on bone mineral density in 580 postmenopausal women. This study concluded that caffeine consumption did not affect bone mineral density. Another study evaluated the effect of dietary intake of caffeine on bone loss in 138 postmenopausal women and this also concluded that caffeine intake of up to 1400 mg per/ day [8-10 cups/d] was not associate with bone loss.



### ▪ **Coffee and Cancer.**

#### **Coffee Reduces Liver Cancer.**

An 11-year public study led by Monami Inoure of the National Cancer Centre in Tokyo was published in the Journal of the National Cancer Institute that followed 90,452 people and found that liver cancer was reduced by 50% by drinking at least three cups of coffee per day.

#### **Caffeine Reduces Bowel and Bladder Cancer.**

The University of Calgary in Canada from 1992 to 1994 surveyed 927 bladder cancer cases, 991 colon cancer cases, 875 rectal cancer cases and 2118 population controls, all living in Ontario. The results were published in the European Journal of Cancer Prevention April 2002 where they found a reduction to all of these cancers with coffee consumption. They found no improvement to any of these cancers with tea consumption.

**Caffeine Reduces Endometrial Cancer.**

The gynecology division of the Tohoku University of Medicine published in the European Journal of Cancer Prevention August 17, 2008 findings that a common female uterus cancer [endometrial endometrioid adenocarcinoma (EEA)] was reduced by coffee consumption. They compared 107 women under the age of 80 were 107 women with EEA cancer were compared to 214 women that did not have EEA cancer. They found that the group that drank the most coffee (2 to 3 cups more/day) had the lowest rate of EEA cancer.

### Caffeine Prevents Skin Cancer.

This study published November 11, 2008 by Rutgers, The State University of New Jersey was done on hairless mice that easily develop skin cancer when exposed to the sun. They found a 400 times reduction in the rate of skin cancer with the group that received the equivalent of a person drinking two cups of coffee per day compared to the no-coffee group.

- **Coffee and Parkinson's.**

**Coffee Lowers Parkinson's Disease.** Published in the Journal of American Medical Association (JAMA) by the Department of Veterans Affairs, Honolulu a study that analyzed from a 30 years follow-up of 8004 Japanese-American men aged 45-68 years finding an 81% reduction in Parkinson. in men who drank 3 cups (28 oz/d) of coffee. The results were not affected by milk or sugar in the coffee.

- **Coffee and Blood Pressure.**

**Coffee Does Not Cause High Blood Pressure.** A Swiss study conducted by Dr. Roberto Corti, a cardiologist at University Hospital in Zurich gave groups of volunteers a triple strength espresso, a decaffeinated version, an intravenous injection of caffeine or a placebo. The people that regularly drank coffee did not have an increase in blood pressure. Those who did not regularly drink coffee had a temporary increase in blood pressure.

- **Coffee and Diabetes.**

**Coffee Lowers Diabetes.** Published in the Annals of Internal Medicine results of a 12 year study of 125,000 people found that men who drink six or more cups of coffee per day can lower their risk of diabetes by 54% and women by 30%. Decaffeinated coffee had a beneficial effect of half this amount. The co-author Dr. Frank Hu, an associate professor at the Harvard School of Public Health stated that even a single cup of coffee can reduce the risk of diabetes. They also found that tea did not have the same effect.

- **Caffeine tablet monograph.**

Caffeine Use As of January 2, 2008 The Canadian Government includes in their caffeine tablet monograph:

**Promotion of alertness and wakefulness, and enhancement of cognitive performance:** 100 - 200 mg, every 3 - 4 hours, as needed, not to exceed 1000 mg every 24 hours (Sawynok 1995; FDA 1988; Greden 1974)

**Relief of fatigue, promotion of endurance, and enhancement of motor performance:** 100 - 200 mg, every 3 - 4 hours, as needed, not to exceed 1000 mg every 24 hours (Sawynok 1995; FDA 1988)

### Caffeine in one cup: (240 ml. or 8 oz.)

Tea	40-100 mg
Instant coffee	60-80 mg
Espresso	30-90 mg (1 oz)
Brewed coffee	100-170 mg
Decaffeinated coffee	30-40 mg
Coffee Ice Cream	50-60 mg
Red Bull	80 mg
Cola	16-47 mg (12 oz can 24- 71mg)
Cocoa Drink	3-13 mg
Excedrin Extra Strength	130 mg/2tablets
Anacin Maximum strength	64 mg/2tablets

Information: USDA Nutrient database



**Mild diuretic:** 100 - 200 mg, every 3 - 4 hours, as needed, not to exceed 800 mg every 24 hours (Shirley et al. 2002; IOM 2001; Neuh user-Berthold et al. 1997) **Contraindication(s):** No statement required.

## ▪ Coffee Inhibits Asthma Attacks.

A study of over 70,000 Italians found a 28% reduction in asthma symptoms with those that drink 3 or more cups of coffee per day. These findings were repeated in 1992, when the Second National Health and Nutrition Examination Survey (NHANES II) examined over 20,000 Americans. The risk of an asthma attack was reduced 29% by those who drank coffee on a regular basis and symptom of wheeze fell almost 13%.

## ▪ Coffee and Caffeine are safe.

The United States of America Food and Drug Administration (FDA) listed caffeine as Generally Recognized As Safe (GRAS). This designation was applied January 1, 1958 and requires that there is a consensus of expert opinion regarding the safety of the use of a substance.

## ▪ Caffeine as a diuretic.

**Caffeine has a diuretic property that increases urination.** The diuretic drugs are often prescribed to lower blood pressure. Many doctors feel that a diuretic is good for us. To reduce out flow of urine and possible dehydration; we take salt pills when we go to the desert. In the military, persons are given salt pills to carry in the desert in case of dehydration. In olden times people put a pinch of salt in their coffee pot to stop the urination and dehydration. We also do this when we take alcohol which is another diuretic (a lick of salt with tequila, salt on the rim of a Margarita, salty olive in a martini, salty nuts with beer and salty cheese with wine). "More than six cups coffee a day over the course of almost 20 years won't kill you, and may even help you live longer, coffee can decrease the risk of death from heart disease, says a new study." Researchers from Harvard and the Universidad Autonoma de Madrid used 20 years of surveys



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