

COFFEE—AGAIN

I have written about the benefits of coffee before, but people are still surprised that coffee is good for us.

There was a study that the European Journal of Preventive Cardiology published that showed common coffee types, the amount of coffee consumed and cardiovascular disease. This study lasted, on average, 12 ½ years and involved 450,000 people from 40-69 years old. They found that instant, ground, and decaffeinated all reduced cardiovascular disease and related deaths. And, that the greatest protection was seen in those who drank 2-3 cups a day. (1 before church, 2 after..Perfect!).

This study also showed something surprising. Coffee also protected against arrhythmias! But even more interesting was the fact that only caffeinated coffee reduced arrhythmias---decaf did not.

And that's not all. Coffee is closely linked to longevity, and it also stimulates certain hormones that make you happy. So that explains why we are so grumpy before we drink our morning java. To prove that coffee is absolutely good for us: It's made from plants, and a plant-based diet is proven to be optimal for cardiovascular health and just overall general health. Probably adding all that flavored creamer ruins the benefits, but now I can honestly say that I have a plant-based diet. So there.

