

MYTHS & BENEFITS OF COFFEE

Some myths that have been associated with coffee that have been proven to be FALSE are:

- Coffee causes high blood pressure
- Coffee dehydrates you and doesn't count as fluid intake
- Too much coffee gives you ulcers

Some health benefits associated with drinking coffee have proven to be:

- Coffee is rich in anti-oxidants with the average adult consuming 1299 mg daily
- Coffee drinkers are less likely to develop Parkinson's.
- Coffee reduces risk of Alzheimer's disease and studies
- Coffee increases alertness, enhances concentration and reduces fatigue
- Coffee cuts risk of type II diabetes by 28-54%.
- Coffee drinkers have up to a 52% lower incidence of colon and rectal cancer.
- Daily coffee consumption reduces the risk of liver cancer by almost half.
- Coffee consumption lowers the risk of developing liver cirrhosis by 71%-84%.
- Coffee lowers the risk of gallstone formulation by 40%-45%.