



For years, studies have cautiously shown that moderate amounts of coffee can be beneficial for brain and liver health, as well as reduce the risk for several types of cancer.

Researchers have now linked three to five cups of coffee per day to an overall lower risk of death, according to a new review of data on more than 200,000 health professionals.

The lowered risk was associated with a moderate amount of coffee, as opposed to those who drink only a cup or two, or no coffee at all, who did not see the health benefits. And when researchers adjusted for those who smoke cigarettes, the benefits of all that coffee were even greater.

The idea that coffee can prevent the development of adverse health conditions, as studies just this year have shown it is good for brain health in older people, cancels out liver damage from over-consumption of alcohol, and may improve colon cancer survival.

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