

Pour it on: If you want to live longer, drink coffee

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LONDON: Too much caffeine is considered bad for health. But, a study has now claimed that drinking coffee regularly could help you live longer.

The study that tracked the health and coffee consumption of more than 400,000 older adults for nearly 14 years found that coffee drinkers were less likely to die during the period than their counterparts who eschewed the brew.

In fact, the study found that men and women who averaged four to five cups of coffee daily had the lowest risk of death from a number of different ailments, such as heart disease, respiratory disease, stroke, injuries, accidents, diabetes and infections, the Daily Mail reported.

However, critics said it's biologically implausible that coffee drinkers would be less likely to die in accidents. They also advised pregnant women to drink coffee moderately.

The researchers said they cannot establish whether coffee is the cause of a lowered risk of death, but they found an "inverse association" between coffee consumption and death.

The research was carried out between 1995 and 2008 and it followed a large number of people, 229,000 men and 173,000 women who were classified into groups drinking up to six cups a day or more, and non-coffee drinkers. There were 52,000 deaths during the period.

