

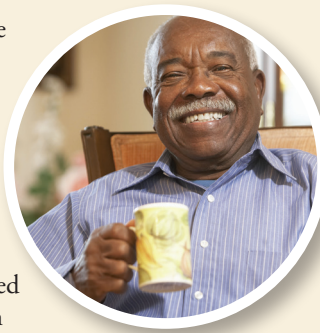


Your coffee habit isn't all bad

Coffee is one of the oldest beverages in the world. And throughout its long history, it has had mixed reviews from health experts. Once thought to be a “bad habit,” some experts are now saying coffee may have numerous health benefits.

Researchers at Harvard University have been studying the health effects of coffee. In recent news, they found that drinking regular coffee protects against:

- Type 2 diabetes
- Heart disease



Researchers at Harvard also believe that regular coffee drinkers may have lower rates of:

- Colon cancer
- Liver cancer and liver disease
- Parkinson's disease
- High blood pressure
- Depression
- Some forms of skin cancer

More studies are needed to say for sure if these benefits are from drinking coffee. But, experts say it is promising. Coffee has antioxidants — compounds that can help prevent cancer.

To get the maximum health benefits, drink your coffee without lots of cream and sugar. These things add extra calories and fat. If you can't drink it black, try adding a small amount of low-fat milk.