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## HEARTY BREW IS HEALTHY

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CARDIO health — as reflected in blood pressure and heart rate — could influence how you like to consume your coffee, a new study has found.

In the world-first study of 390,435 people, University of South Australia researchers found causal genetic evidence linking cardio health with coffee consumption.

They found that people with high blood pressure, angina and arrhythmia were more likely to drink less coffee, decaffeinated coffee or avoid coffee altogether compared with those without such symptoms — and that this difference was based on genetics.