

COFFEE GIVES HEARTS A HEALTHY JOLT

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HERE'S grounds for celebration! Drinking coffee is good for your heart and may help you live longer, experts say.



A new study found downing joe daily is linked to lower odds of cardiovascular disease and a lengthier lifespan — whether you sip brewed, instant or decaffeinated varieties!

“Our findings indicate mild to moderate intake of coffee should be considered part of a healthy lifestyle,” says Professor Peter Kistler, of the Baker Heart and Diabetes Research Institute in Australia.

The researchers followed almost 450,000 healthy adults, aged 40 to 69, for an average of 12.5 years and tracked their java intake. All coffee types were linked to a reduction in premature death from any cause and reduced cardiovascular problems — but the greatest risk drop for both was connected to consuming two to three cups a day over none.

“Coffee contains over 100 biologically active components. Non-caffeinated compounds are likely responsible for the positive findings,” says Kistler.