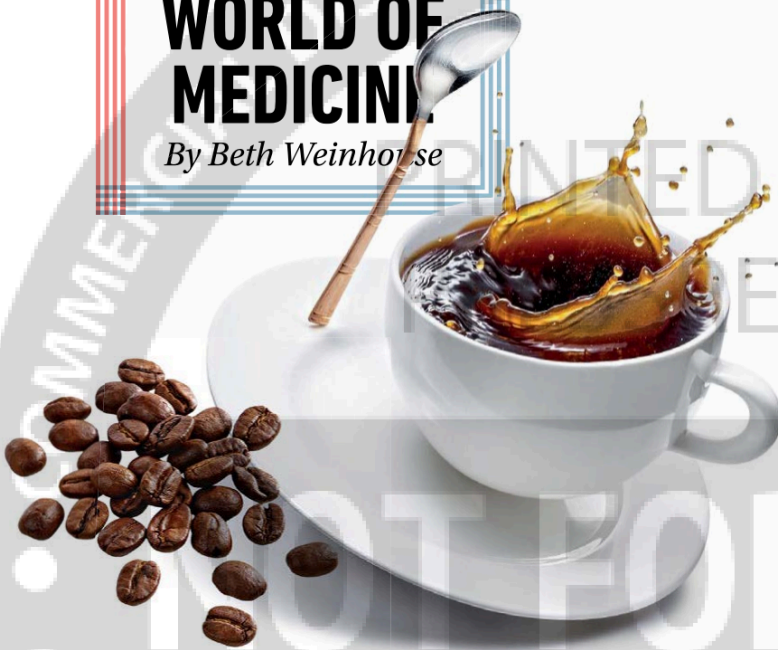


- Coffee

NEWS FROM THE
**WORLD OF
MEDICINE**
By Beth Weinhouse



WAKE UP AND SMELL THE COFFEE

Many studies have linked health benefits to drinking coffee, but a recent study by scientists at Harvard and Tulane universities found that the benefits are specifically linked to the time of day people drink the brew. After examining the health and habits of more than 40,000 adults, the scientists found that drinking coffee only in the morning hours was associated with a significantly lower risk of cardiovascular disease and death from all causes compared to not drinking coffee. Interestingly, people who drank coffee all day did not experience the same risk reduction.