

# The Health Benefits of Drinking Coffee

## Can Coffee Reduce Your Risk of Alzheimer's Disease?

<https://articles.mercola.com/sites/articles/archive/2022/12/22/does-coffee-reduce-alzheimers-disease-risk.aspx>

analysis by Dr. Joseph Mercola, December 22, 2022

- A report revealed coffee could potentially reduce the risk of developing neurodegenerative conditions, or relieve some symptoms
- The results support past studies that found coffee protects the neurological system, reduces cognitive decline and improves insulin sensitivity
- Rates of Alzheimer's Disease are rising. It is also called Type 3 diabetes, as the effect of insulin dysregulation in the brain may induce changes seen in Alzheimer's Disease
- More possible benefits from coffee include reduced risks of dying early and of contracting certain cancers and Type 2 diabetes; & may boost athletic performance

**Boosting colon cancer survival** — In those with stage 3 colon cancer, four or more cups of coffee each day lowered the risk of recurrence and death by 42%. They also found coffee drinkers were “34% less likely to die from cancer or any other cause.” Another research team found coffee was associated with a lower risk of colorectal cancer and that it had a dose-dependent response.

### The Healthiest Coffee Is Black and Organic

It's important to remember your coffee beans are one of the most heavily sprayed crops. Look for coffee that is certified organic. Some researchers have also suggested that adding dairy products can interfere with the body's absorption of beneficial chlorogenic acids you get from coffee. It's also best to steer clear of sugar since it spikes your insulin level and contributes to insulin resistance. Consider grinding coffee yourself to prevent it from going rancid. A pack of pre-ground may go bad even before you get it home, depending on how long it's sat on the shelf. If you use a drip coffee maker, choose non-bleached filters. Bright white filters are often chlorine bleached, and heat from the coffee can leach chlorine out of the filter during the brewing process. The bottom line is coffee can be a healthy addition to your diet, but you don't need to start drinking it (or tea) if you don't already. If you enjoy it, then feel free to indulge without guilt when you choose black, organically grown coffee. If you're pregnant, you would be wise to avoid caffeine from coffee and other sources because it's been shown to increase your chances of prolonging your pregnancy and having a baby with a low birth weight.

- [Daily Coffee News, March 11, 2019](#)
- [U.S. Department of Agriculture](#)
- [Archives of Medical Science, April 1 2017;13\(3\):507–514](#)
- [Institute for Scientific Information on Coffee December 2019](#)
- [European Journal of Neurology, 2002; doi: 10.1046/j.1468-1331.2002.00421.x](#)
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- [CNS Neuroscience & Therapeutics, 2017;23\(4\):272](#)
- [Science Daily, April 7, 2014](#)
- [Frontiers in Nutrition, 2018; doi: 10.3389/fnut.2018.00133](#)
- [Alzheimer's Association, 2019 Alzheimer's Disease Facts and Figures, Page 17 top left column](#)
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