

Studies: Coffee Perks Up Health

(NAPSA)—Your morning coffee could be good for more than an a.m. pick-me-up. It might also help your health.

That's the finding from recent studies that show caffeine in moderation could be good for you.

While energy drinks, cola and other beverages contain caffeine, coffee and tea in particular have emerged as good health food sources. Doctors now say they can help lower the risk of diabetes, heart disease, Parkinson's disease, colon cancer and cirrhosis of the liver, as well as lift your mood, treat headaches and even lower risk of cavities. Caffeine also enhances athleticism, endurance and performance, according to health care experts.

Raising Your Cup

The studies likely come as good news to the 49 percent of Americans who said they drink caffeinated coffee every day when asked by a national survey. Cola and tea tied with a 20 percent daily consumption rate.

The survey, called the HealthSaver Caffeinated Cities Survey, was commissioned by HealthSaver, a national emerging health care discount service. "This groundbreaking research is an important tool to help educate about the health benefits of moderate caffeine consumption in the United States," said Brad Eggleston, the company's vice president.

The survey found that the most caffeinated city in the country is Tampa, followed by Seattle, Chicago, New York and Los Angeles.



Tampa is the caffeine king, according to the HealthSaver Caffeinated Cities Survey.

The least caffeinated cities were Riverside/San Bernardino, followed closely by Atlanta, San Diego, Minneapolis/St. Paul and Dallas.

For the second year in a row, Seattle ranked No. 1 in coffee consumption, with 55 percent of residents surveyed saying this elixir of alertness would be the most difficult caffeine product to give up. But then again, say experts, there's probably no need to.

"Even though at one time coffee was considered harmful to your health, at this point there is no compelling research to indicate that, in fact, is true," said Dr. Peter R. Martin, professor of psychiatry and pharmacology and the director of the Institute for Coffee Studies, Vanderbilt University School of Medicine. "Newer studies actually prove coffee in moderation is good for one's health."

For more information, visit www.healthsavercaffeinesurvey.com.