

[IMAGE]

Drink (Coffee and Tea) to Better Health

By Editorial Staff

We're talking about coffee and tea, and considering how many people drink both beverages worldwide on a daily basis, new research is good news for the overwhelming majority of the planet. In fact, drinking coffee and tea could not only significantly improve your Golden Years; it could save your life. Let's learn why coffee and tea are essential for your health, and how much makes a difference.

Dementia and *stroke* – two words no one wants to hear. Dementia is a general term defined by some disturbing specifics: according to the Alzheimer's Association: "loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life." Alzheimer's disease is the most common form of dementia.

A stroke occurs when blood flow to the brain or a part of the brain is reduced or interrupted entirely. The result: brain tissue can't get the oxygen and nutrients it needs to survive. Within minutes, brain cells can begin to die, which is why stroke is considered a medical emergency.

Unfortunately, we can't completely control whether we suffer dementia, a stroke or both in our lifetime, but new research suggests drinking coffee and tea is one way to reduce the risk. Findings published in *PLOS One* and featuring 365,682 participants (50 to 74 years old) reveal that drinking 2-3 cups a day of coffee; 4-5 cups a day of tea; or 4-6 cups of a combination of the two is associated with the lowest risk. Coffee / tea consumption was assessed at baseline and study participants were tracked for more than a decade, on average, to determine whether they experienced dementia or suffered a stroke.

So drink up – coffee and tea aren't just quick pick-me-up and soothing downtime beverages, respectively; they're also essential health-promoting drinks that can improve your life - and even save it. Talk to your doctor for more information.

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