











THE CLAIM	HOW IT WORKS	HOW MANY CUPS A DAY	THE GOOD NEWS	THE BAD NEWS	IS THIS FOR REAL? (on a scale of 1 to 5 beans)
<p>Memory loss Cognitive decline in older women reduced by 30%</p> <p><i>Neurology, August 7 2007</i></p>	<p>Caffeine seems to protect neurons in the hippocampus</p>		<p>Has fewer side effects than other treatments for cognitive decline</p>	<p>It doesn't protect women against full-blown dementia. Also, since coffee's linked to lower bone density, it's not advised for women with osteoporosis</p>	<p> The benefit was mainly in remembering more words. But those with sharp memories are perhaps more likely to recall having coffee anyway.</p>
<p>Skin cancer A cup after exercise leads to 4-fold protection against skin cancer</p> <p><i>PNAS online, July 30 2007</i></p>	<p>The caffeine/exercise combo kills UVB-damaged cells before they turn into tumours</p>		<p>A little coffee goes a long way for this effect</p>	<p>Study was done on mice and we're still a long way from human application</p>	<p> A good slather of sunblock still works better</p>
<p>Parkinson's disease Slashes risk by 50%</p> <p><i>European Journal of Clinical Nutrition e-pub May 2007</i></p>	<p>The benefit is believed to come from caffeine's stimulant quality</p>	<p>10+ </p>	<p>Tim Horton's managers rejoice - the more java one drinks, the lower the risk of PD</p>	<p>Drinking these massive amounts of coffee could lead to high blood pressure</p>	<p> This study is the latest in a line of studies to make the claim, but docs won't prescribe 10 cups anytime soon.</p>
<p>Gout A few cups and it's out with the gout, with a 40% lower risk</p> <p><i>Arthritis & Rheumatism, June 2007</i></p>	<p>The effect's due to coffee's antioxidant properties</p>		<p>Decaf works too</p>	<p>Female hormones influence risk of gout in women, so coffee won't help</p>	<p> With decaf providing the same benefit, 4 cups are doable but the evidence is still sparse.</p>
<p>Liver cancer Coffee protects the organ from cancer by as much as 43%</p> <p><i>Gastroenterology, May 2007</i></p>	<p>The mechanism's still a mystery</p>		<p>Only two cups a day are required to get a pretty decent effect</p>	<p>The java won't help those with existing liver conditions. In fact, they really shouldn't drink much coffee</p>	<p> It's unlikely the effect is as high as 43% – but it takes such a low dose, so there's no harm in it.</p>