

## **COFFEE – Good or Bad? You Be The Judge**

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To reduce the risk of prostate cancer, we have been advised to drink lots of water (dehydration stresses the prostate), add soy foods to your diet, and eat less fat (high-fat diets stimulate production of sex hormones). Be sure to eat the right kinds of fat such as olive oil, avocados and nuts. Also, limit your intake of red meat and other sources of saturated fats and stay away from hydrogenated oils, processed foods and other sources of trans-fats. Also, avoid coffee, decaffeinated coffee, alcohol, tobacco and red pepper - all are prostate irritants.

Coffee gets us going. But into an early coffin? That's what you'd think if you bought into much of the research.

Cups of “Joe “ have been linked to three important risk factors for heart disease: (1) Researchers at the Oklahoma City VA Medical Center recently joined a chorus of previous studies showing that coffee raises blood pressure. (2) Swedish researchers recently found that filtered coffee--the kind most Americans drink--raises cholesterol. And (3) Danish researchers have discovered that drinking coffee raises levels of homocysteine, an amino acid in blood. Hmmm. Seems like coffee might be durned near the most dangerous substance since cyanide.

Then again, coffee is said to be good protection for the liver.

But Whoa! Here is another study to add to the “d.mned if you do, d.mned if you don't:”

### More Coffee, Less Risk of Cancer

“Evidence continues to percolate on the health-protecting powers of coffee, with new research suggesting the more coffee people drink, the lower the risk of two types of cancer—prostate and endometrial.

In one study tracking some 50,000 men for 20 years, Harvard School of Public Health researcher Kathryn Wilson found that coffee drinkers had an overall 20 percent reduced risk of all forms of prostate cancer compared with men who didn't drink it. And the risk of developing advanced forms that often spread beyond the prostate was lower with increasing amounts: at one to three cups daily, it was 20 percent lower compared with nondrinkers, 25 percent less with four to five cups, and 60 percent less with six or more cups.” And recall reading above that coffee

raises blood pressure? Well, in this study is the remark: “Although some previous studies linked coffee with bone loss in older women and short-term increases in blood pressure, recent research finds no significant risk of heart or bone problems for those who drink up to four cups per day.” Read more here:

<http://tinyurl.com/ylqf8ad>.

So, it is hard to make a solid determination. I think the important thing to do if you like coffee is at least try to limit your coffee intake. Another consideration as regards coffee, you may be better off to find a good, strong blend of decaffeinated coffee since caffeinated coffee can leech and discolor your teeth.