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## International Coffee Day -- Coffee, good for you and your liver

September 29, 2014

*Research indicates that regular coffee consumption may lower your risk of liver disease.*

### [Canadian Coffee Association](#)

Coffee is Canada's most popular beverage (after tap water) with 65% of Canadians consuming it every day. While many look to coffee as a warm and energizing beverage, they may be surprised to know that coffee consumption as part of a daily routine can benefit liver health.

Liver disease is becoming almost as common as coffee consumption in Canada, yet many do not realize that they have it. Fatty liver disease caused by a build-up of fat in the liver and associated with obesity is now the most prevalent liver disease in Canada. Other liver diseases such as Hepatitis B and C are caused by blood-borne viruses and affect upwards of 600,000 Canadians while liver cancer is one of the fastest rising and deadliest cancers in Canada.

Gary Fagan, president of the Canadian Liver Foundation, a health charity that supports education and research in liver disease, explains, "Liver disease is a serious health issue in Canada but few people understand what a wide range of people it can strike. The liver protects the body from disease and toxins, giving us energy, cleaning the blood and is consequently affected by what we eat, drink, breathe or rub on our skin. With liver disease on the rise in Canada, it's important for people to learn what impacts the liver in both positive and negative ways".

Numerous scientific studies support the many benefits of coffee consumption in moderation, including for liver health, and the list is growing. In fact, research shows that consuming up to 3 cups a day can reduce your risk of

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liver disease in many ways by:

- Improving abnormal liver blood tests including ALT, AST and GGT; (i)
- Preventing fatty liver disease by reducing insulin resistance; (ii)
- Enhancing response to treatment for chronic hepatitis C (iii)
- Reducing the risk of cirrhosis due to alcohol or viral hepatitis (iv)
- Reducing the risk of hepatocellular carcinoma (liver cancer) (v)

"There is now significant evidence that coffee can help prevent liver disease with scientists learning and discovering more each day," says Mr. Fagan. "Since many do not discover that they have liver disease until it reaches an advanced stage, it's good to know that their daily coffee may actually be helping as opposed to hurting their livers".

While the exact mechanisms and ingredients in coffee by which it has beneficial effects on the liver are still under investigation, a number of substances as well as the method of preparation are thought to have significance. Studies have shown that polyphenols are another component of coffee that has displayed potent antioxidant activity, and this may explain some of coffee's metabolic benefits. (vi)

Carlo La Vecchia, MD, study author of a recent up-to-date meta-analysis published in Clinical Gastroenterology stated in a journal news release "our research confirms past claims that coffee is good for your health, and particularly the liver,"... "The favorable effect of coffee on liver cancer might be mediated by coffee's proven prevention of diabetes, a known risk factor for the disease, or for its beneficial effects on cirrhosis and liver enzymes." (vii)

Ongoing research continues to support the positive impact of coffee on liver health. Moderate consumption (400 mg of caffeine per day - about three 8 oz cups) can provide many protective benefits, including reduced risk for liver disease and that's good news for Canadians who love their daily brew.

...So pour yourself a cup to help lower the risk!

For more information on coffee and health, visit [coffeeandhealth.ca/cafeetsante.ca](http://coffeeandhealth.ca/cafeetsante.ca)

For more information on liver health, visit [liver.ca](http://liver.ca)

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