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## **9 health benefits of coffee based on science *May 12 2024***

9 unique benefits of coffee coffee does more than boost your energy a few daily cups of coffee may also lower your risk of type 2 diabetes and depression support weight management and

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coffee may offer some protection against parkinson s disease type 2 diabetes liver disease including liver cancer heart attack and stroke coffee still has potential risks mostly due to its high caffeine content

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health benefits coffee is an excellent source of several antioxidants including hydrocinnamic acids and polyphenols these compounds may play a role in preventing several chronic and acute

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caffeine is the most popular psychoactive drug in the world humans have been drinking coffee a natural source of caffeine for centuries but there have been mixed messages around its effect on

## ***the health benefits of coffee the new york times Dec 07 2023***

drinking coffee has been linked to a reduced risk of all kinds of ailments including parkinson s disease melanoma prostate cancer even suicide

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