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Can Coffee Lengthen Your Lifespan?

A study has shown that drinking coffee regularly for a long time, caffeinated or decaffeinated, does not make a person's lifespan shorter. In fact researchers have instead found that drinking coffee is beneficial for the heart, particularly women's heart, that's according to Dr. Esther Lopez-Garcia—the lead researcher and assistant professor at the Autonoma University in Spain. Don't you think you should start searching for that ultimate coffee machine in the haystack of [Coffee Makers](#) in the market already?

In the study, Lopez-Garcia and her team tried to find a link between coffee drinking and the risks of heart disease, cancer, or any cause of death by tracking almost 42,000 men and more than 84,000 women who were all free of heart disease and cancer at the start. The participants were asked to fill up questionnaires every two to four years, revealing information about their coffee consumption and other habits. [Jura Capresso Impressa S9 One Touch](#) can make you an excellent coffee, try it!

The researchers did not find an association between increased or a decreased risk of death and men who always have two to three cups of caffeinated coffee daily but they did discover that women who drink the same amount of coffee each day had a 25 percent lower risk of death from heart disease. But Lopez-Garcia suggested that the findings only apply to people who are in good shape and claimed that those who are suffering from any illness should seek their doctor's advice first on how much coffee can they consume in a day since caffeine can summon a short-term increase of blood pressure.

The study, though it turned out to be positive for women, should not be an excuse to raise your coffee consumption to the roof. I know it is irresistible but too much of anything can be dangerous so drink coffee in moderation. Speaking of coffee consumption, turn your mornings into superior and delightful awakenings by making your coffee using Jura Capresso J6.

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