Will two daily cups of coffee help you live longer? This study says so.

There have been studies saying coffee drinking increases longevity and general health and also studies to the contrary. Now, the latest research shows that drinking at least two cups of coffee per day can increase the life expectancy of consumers by up to around two years. The results of the large and fairly conclusive study titled, "Coffee consumption and all-cause and cause-specific mortality: a meta-analysis by potential modifiers," were published in the latest issue of the European Journal of Epidemiology.

The study analysed previous studies on benefits of drinking coffee by looking at 40 studies that included around 3,852,651 participants of which there were 450,256 deaths. They noted that drinking coffee reduced all-cause mortality or risk writing that it decreased death rates, "irrespective of age, overweight status, alcohol drinking, smoking status, and caffeine content of coffee".

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The authors quantify according to their findings;

- 3.5 cups of coffee per day reduced risk of all-cause death best
- 2.5 cups per day reduced risk of deaths due to heart disease best
- 2 cups per day reduced risk of cancer deaths best

These amounts seem to be of optimum benefit. More consumption than this did not change the findings.

Read full, original post: [Coffee and longevity – debate continues](#)