



David Fairlamb

THE FIT FACTOR

MOTIVATION QUOTE

Start your day with a cup of coffee and a positive attitude to getting things done

LIFESTYLE CHANGE

Drinking up to three cups of ground, instant or decaf coffee per day can have health benefits. Choose low-fat milk to accompany your coffee or drink it black, if you want to keep your calorie intake low.

FITNESS TIP

Take advantage of the metabolism and energy boost from coffee. Research shows it can help boost your workout and aid in recovery.

Don't miss David's tips every Saturday in your Journal

COFFEE and tea are a huge part of our social life and culture in Britain. Us Brits consumed £3.9 million worth of coffee, tea and cocoa in 2020.

Like myself, the average Brit consumes two cups of coffee per day.

I became interested in the risks and benefits of caffeine consumption recently when I noticed I suffered headaches on the days I did not have any coffee.

Recent studies have shown, when consumed in low to moderate amounts, coffee and tea are incredibly healthy beverages.

Most types contain caffeine, a substance which may boost your mood, metabolism and mental and physical performance

The largest ever study into the benefits of coffee was conducted recently by Dr Simon at the Heart and Vascular centre in Budapest.

His study concluded light to moderate coffee consumption (half to three cups per day) was associated with a 12% lower risk of death from any cause, a 17% lower risk of death from cardiovascular disease and a 21% lower risk of stroke.

Dr Simon said: "Compared with participants who did not drink coffee regularly, daily consumers had healthier sized and better functioning hearts.

"Our findings suggest coffee consumption is associated with favourable cardiovascular outcomes"

Likewise, researchers from the University of Southampton and the University of Edinburgh found drinking caffeinated and decaffeinated coffee led to a reduced risk of developing liver conditions, including liver disease, when compared to not drinking coffee.

Scientists found coffee drinking had a 21% reduction in risk of chronic liver disease, a 20% reduced risk of chronic or fatty liver disease and a 49% reduced risk of death from liver disease.

Instant coffee also showed a reduced risk of liver disease but it was smaller than the reduction seen in ground coffee drinkers.

According to the British Liver Trust, deaths due to liver disease have increased by 400% since 1970 and every day more than 40 people die from the disease in the UK.



Experts have also found coffee stimulates brown fat which burns calories to generate body heat, meaning drinking a cup could help you lose weight.

Studies into this are relatively new so their findings are yet to be sub-

stantiated. Caffeine can be unsafe when consuming prolonged high doses (more than 400 mg per day).

It can cause insomnia, restlessness, stomach irritation, nausea, and increased heart rate and respiration. Even larger doses might

cause headache, anxiety, agitation, and chest pain.

To get the benefits of caffeine without undesirable effects, conduct at assessment of your sleep, energy levels and other factors and reduce your intake if needed.