



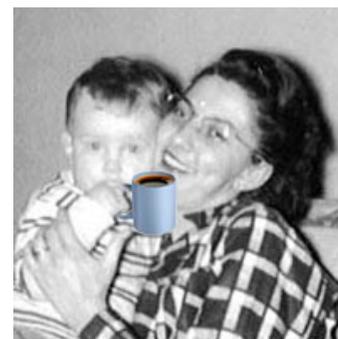
June 11, 2015 – Grand Rapids, MI

Drinking Your Phytonutrients: I Love Coffee

I'll say it again: I love coffee. I've been drinking it since my mother put coffee with a little sugar in my bottle when I was a baby; I guess she wanted me to stay awake. (Yes, that's Ma and I in the photo; Paula's feeling creative this week.)

In my lifetime, the health news has said coffee is both bad and good for you. Today it seems to be mostly on the plus side; there's good reason for that and it appears the benefits are due to the phytonutrients and—surprise!—the caffeine.

Caffeine is a purine alkaloid. When we think about caffeine, we think about only its stimulant effect. It can do much more. Research has shown that caffeine can benefit learning and memory, and that includes benefits for the cognitive decline associated with aging. Whom it may benefit may be genetic; some are fast caffeine processors while others process it slowly. You've seen this in real life—fast processors can drink coffee before bed, no problem, and slow processors have to limit caffeine to morning. It may turn out that those who process caffeine faster may reap more benefits than slow processors. Time will tell.



Chlorogenic acid is a phenolic phytonutrient found in coffee. While green coffee has the highest amount, all coffee contains it. Chlorogenic acid has been studied for years because of its relationship with a reduction in diabetes and Parkinson's disease.

Puts a different perspective on that morning coffee, doesn't it? But we're not done. I'll review two recent studies on tea and coffee and finish with The Bottom Line on drinking your phytonutrients this Saturday.

What are you prepared to do today?

Dr. Chet

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