Does coffee protect you against Parkinson’s Disease?
By James Stevens

You may have heard about coffee having health benefits. You may have heard of health risks from drinking coffee. Coffee may lower the risk of some kinds of cancer, such as cancer of the colon. However, it might increase the risk of cancer of the pancreas. Coffee may harm your arteries. It can make your heart work hard. Yet, coffee can protect against Type 2 Diabetes. One possible benefit of drinking coffee is to keep you safe from Parkinson’s Disease.

The benefits of drinking coffee to protect you from Parkinson’s Disease are not clear-cut. Like many other diseases, the more coffee you drink, the more you help stay safe from Parkinson’s. This protection seems to work if you are a man. It also works if you are a woman who has not taken estrogen therapy after menopause. Women who have taken estrogen therapy may increase their risk of Parkinson’s by drinking coffee.

How helpful is coffee? If you are a man, you are 3-5 times less likely to get Parkinson’s if you drink 3 or more cups of coffee per day. This may seem like a big benefit. If you consider that only one in a million people in the United States get Parkinson’s, your risk is still low even if you do not drink coffee. You also need to think about the harm coffee can do to you. The more coffee you drink, yes, the less the risk of Parkinson’s, but you will do damage to your heart and arteries. Our advice is that coffee may be a helpful addition to your day. However, consume it with moderation. It may help you in one way while hurting you in another.