

Coffee could literally be a lifesaver

By Carina Storrs, CNN

Throughout the ages, coffee has been called a virtue and a vice for our health. The latest study comes down in favor of virtue: It says that drinking coffee, whether regular or decaf, could reduce the risk of death.

Researchers started with data from surveys of adults in the United States that asked how much coffee they consumed, as well as other foods and drinks, and then they looked at their rates of death and disease over the following two decades.

The study was large, including more than 200,000 women and 50,000 men.

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