

Re: Coffee is number one source of antioxidants

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-08/msg00708.html>

- *From:* William Wagner <PainInAss_williamwag@xxxxxxxxxx>
 - *Date:* Tue, 30 Aug 2005 08:22:32 -0400
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In article <3nj0soF1oobmU1@xxxxxxxxxxxxxxxxxx>, "Juhana Harju" <shantigiri@xxxxxxxxxxxxxxxxxx> wrote:

- > William Wagner wrote:
- > : In article <3nic28F1jkanU1@xxxxxxxxxxxxxxxxxx>,
- > : "Juhana Harju" <shantigiri@xxxxxxxxxxxxxxxxxx> wrote:
- > :: William Wagner wrote:
- >
- > :: I just don't know!
- > ::
- > :: Coffee consumption is one of those J-shape things. Coffee has
- > :: antioxidants, which is the reason 1-2 cups a day might be
- > :: beneficial, but high consumption of coffee also raises homocysteine
- > :: and the risk of acute cardiac events. Limiting coffee consumption to
- > :: 1-2 cups a day is probably the best thing to do.
- > ::
- > : Thanks Juhana !
- > :
- > : The about url has a bar graph that compares the antioxidant levels.
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- > There are many analysis methods and the analysis method used in that site is
- > likely to dismiss some important phytochemicals, which act as antioxidants,
- > like anthocyanins.
- >
- > : Coffee is a mild diuretic useful for BP lowering which is of interest
- > : to folks like me who take avalide.
- >
- > On the other hand caffeine might raise blood pressure – it is not that
- > simple.
- >
- > J Hypertens. 2005 May;23(5):921-8. Related Articles, Links
- >
- > Blood pressure response to chronic intake of coffee and caffeine: a
- > meta-analysis of randomized controlled trials.
- >
- > Noordzij M, Uiterwaal CS, Arends LR, Kok FJ, Grobbee DE, Geleijnse JM.
- >
- > Division of Human Nutrition, Wageningen University, Wageningen bJulius
- > Center for Health Sciences and Primary Care, Utrecht University, Utrecht,

Re: Coffee is number one source of antioxidants

> The Netherlands.

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> PURPOSE: Coffee is a widely consumed beverage and small health effects of
> substances in coffee may have large public health consequences. It has been
> suggested that caffeine in coffee increases the risk of hypertension. We
> performed a meta-analysis of randomized controlled trials of coffee or
> caffeine and blood pressure (BP). DATA IDENTIFICATION: BP trials of coffee
> or caffeine published between January 1966 and January 2003 were identified
> through literature databases and manual search. STUDY S