

# Re: Caffeine Limits Blood Flow To Heart Muscle During Exercise

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- *From:* Susan <[nevermind@xxxxxxxxxx](mailto:nevermind@xxxxxxxxxx)>
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x-no-archive: yes

Juhana Harju wrote:

Although coffee is rich in antioxidants it raises homocysteine, CRP and the risk of acute cardiac events. Probably coffee has a negative effect if the dose is higher than two cups a day.

My homocysteine was low even when my lipids and bg were bad, and my crp has fallen a great deal in the past year.

I'm not taking a chance of getting creamed by a truck tomorrow without having had a cuppa joe.

Susan

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