

Why Drinking Coffee While Reading Your Bible Isn't Such a Bad Idea

Coffee drinkers, rejoice!

Even if you drink instant, decaf or even good old regular Joe, new research reveals that even the heaviest coffee drinkers are less likely to die earlier than people who don't drink coffee.

And if you are not a coffee lover, there's good reason to start drinking it. A research team at the National Cancer Institute (NCI) looked at the results of a large genetic study conducted in the UK with more than 500,000 people participating. The subjects gave blood and answered questions about their lifestyle and general health.

The NCI team examined those who drank coffee among the study's participants, including how much and what kind of coffee. They also researched death rates among the study's subjects over 10 years.

The team reported people who drank coffee, no matter how much or what kind they drank, were less likely to die in that same 10-year period as non-coffee drinkers. Their results were published in the July edition of *JAMA*, a publication of the American Medical Association.

"There has been concern about the health effects of heavy coffee drinking, particularly in participants with common genetic polymorphisms that affect caffeine metabolism," the researchers wrote. {eo}

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