



Coffee Benefits for Hepatitis C and Liver Disease

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May 7, 2021 By [Connie M. Welch](#)

A wide variety of research studies show there are benefits of coffee consumption for hepatitis C and liver disease.

Coffee benefits show to reduce the risk of liver damage for those with fibrosis and cirrhosis, along with reduced risk of liver cancer for a [variety of liver diseases](#) such as hepatitis B, hepatitis C, and [non-alcoholic fatty liver disease \(NAFLD\)](#).

From the World Journal of Hepatology in May of 2017, research studies show significant liver benefits of consuming 2 or more cups of coffee per day with slowing the rate of disease progression.

Some studies indicate patients with fibrosis who drank over 3 cups of coffee per day showed a slower progression of liver damage from increasing to cirrhosis.

One study showed drinking 2 cups of coffee per day reduced the odds of [cirrhosis \(severe liver scarring\)](#) by 44%, while drinking 4 cups of coffee per day lowered the odds to 65%.

Another research study from Hepatology states, Coffee consumption also showed to lower liver enzymes; aspartate aminotransferase (AST), alanine aminotransferase (ALT), gamma-glutamyltransferase (GGT), and alkaline phosphatase (ALP).

According to Neal Freedman, Ph.D., MPH from the National Cancer Institute (NCI), a new study indicates patients with hepatitis C and cirrhosis patients who drink 3 or more cups of coffee per day have a 53% lower risk of liver disease progression compared to non-coffee drinkers.

Moderate coffee consumption of 1 to 3 cups per day showed overall benefits for fibrosis, cirrhosis, hepatitis B and C, and [non-alcoholic fatty liver disease \(NAFLD\)](#) and liver cancer.

This is good news for patients with hepatitis C and liver disease. Enjoy your cup of java and help protect your liver at the same time.

Do you drink coffee per day? Where are you in your journey with hepatitis C and liver disease?

Share your comments below.

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