



Coffee Drinking Helps NAFLD Liver Disease

Research proved that those with liver disease may reduce fibrosis by drinking 1 to 3 cups of this dark brew each day.

August 28, 2020 By [Karen Hoyt](#)

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's [I Help C blog](#).

You want to know how coffee drinking helps NAFLD liver disease? Keep reading: A recent report from Australia is showing a review of all data to back up the claim. Also, I recently attended an online conference. Doctors spoke about how to help people with nonalcoholic fatty liver disease use lifestyle tips to heal their liver. I was happy to see that when it came to overall health, coffee still makes the list.

I got hooked while working the night shift at a hospital during college. There is something about the flavor that is so smooth. Of course, I add a lot of things like english toffee flavoring to it. You get to decide whether to use a pour over, percolator, or instant. In addition to that topic, I've written about the [smart ways to flavor you coffee here](#). But this blog is about the stats.

So the research proved that those with liver disease may reduce fibrosis by drinking 1 to 3 cups a day. The webinar I listened in on at the AASLD website said at least a cup a day. They also discussed overall lifestyle changes like walking, maintaining muscle mass, and staying active. Of course you know I'm going to tell you about [The Liver Loving Diet](#) because it's what saved my life. It's the best \$4.99 you'll spend this year.

To read the rest of this blog, [click here](#).

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