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.

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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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