

There is always a counter-argument, except on coffee

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Nothing I have read this morning has given me as much pleasure as this, [from the Guardian](#):

People who drink coffee have a lower risk of dying from a host of causes, including heart disease, stroke and liver disease, research suggests — but experts say it's unclear whether the health boost is down to the brew itself.

The connection, revealed in two large studies, was found to hold regardless of whether the coffee was caffeinated or not, with the effect higher among those who drank more cups of coffee a day.

As I am on my second cup of the day, and there will be plenty more to come, I feel justified in my choice and now reinforced in my long-held belief that this is good for me. The caveats, such as this, are read as comfort:

But scientists say that the link might just be down to coffee-drinkers having healthier behaviours.

The relevance? I am acutely aware of how much we choose to read is intended to reinforce our own prejudices. This one does just that for me. But because I know it I do try to read the unpalatable (otherwise known as the Daily Mail) as often as possible. There is always a counter-argument. Except on coffee, where no limits are known.