

Drinking Coffee Can Help Your Brain Stay Sharper Longer

Your morning pick-me-up could do more than get you through the day—it could also keep your brain healthy for life.

Danish and Swedish researchers have found that people who drank three to five cups of coffee daily were 65 percent less likely to have developed dementia, compared with those who drank two cups or less.

Earlier studies have linked coffee to a variety of health perks that may contribute to this latest finding. Coffee drinkers have shown a decreased risk of type 2 diabetes, less plaque formation in the brain, and reduced vascular risk—all three of these effects could contribute to lowering Alzheimer's risk.

Coffee isn't the only thing that can help you boost your brain. A new British study shows that vitamin D could help ward off dementia and lower your risk for Parkinson's disease. You can also supplement your brain with omega-3 fatty acids found in this power food.

