

TRANSCRIPT OF MEDIA-New study suggests coffee supports gut health and mood

Dr. Omar Khokhar, gastroenterologist OSF HealthCare in Bloomington, IL

Dr. Khokhar points out it's a small study that supports a hypothesis, but it's not definitive proof that coffee will improve gut health or mood.

"There are so many different kinds of coffee. There's Turkish coffee, there's South American coffee, there's Dunkin Donuts coffee, there's Folger's and Sanka for some of the people watching this on Facebook." He points out, "It just comes down to each person and their own individual microbiome and how it responds to whatever particular type of coffee they're ingesting." (:20)

Coffee itself is chemically complex, containing compounds such as polyphenols, which Dr. Khokhar says might act to feed beneficial gut bacteria.

"Now let's suppose you're at baseline and you have overall good gut hygiene and function; coffee could potentially be a good thing. It could be a prebiotic of sorts, that could potentially support your microbiome in that case." (:17)

Dr. Khokhar says the study shows a link but not a direct cause and he thinks more controlled studies are needed.

"What I would like to see personally is if you controlled for what specific coffee a group of volunteers ingested and then either through blood or stool, looking at their exact gut microbiome diversification or pattern to see if that improved or how that changed from a robustness and a diversity point of view," he says. "That would be more objective." (:21)