

Pass the coffee and after eight's please!

Research carried out at UCL suggests that cola as well as coffee and chocolate may well be good for us.

The research sought information about the effect of caffeine and theophylline, chemicals which are present in all three products. These chemicals appear to effect a particular enzyme whose action helps control the growth, movement and survival of cells.

The enzyme, called p110delta, also functions to help the body respond to infection. In the research genetic engineering was used to make insect cells produce the enzyme p110delta. In subsequent testing it was found that both caffeine and theophylline blocked key processes in the biochemical functioning of this particular enzyme. Theophylline is already known to possess anti-inflammatory properties and has long been used in the treatment of asthma. This research indicates that alongside advances in cancer treatment caffeine and theophylline based drugs might have a role in the treatment of heart disease and other inflammatory illnesses.

As usual the watchword is caution, all things in moderation – we already know that overdoing on caffeine may be unhealthy - but pass the after eight mints anyway, **eat, drink & be healthy??**