

Some beverages can be key to healthy longevity

Our mental health area of focus this week centers around what we drink – this time in a good way.

We know the importance of drinking water to our physical health, and in turn how taking care of ourselves physically has a positive effect on our mental state as well. But other beverages have been shown by research on the longest-lived people in the world to have a positive impact on our health, happiness and wellbeing as well.

They include green tea, black tea, coffee and red wine – in moderation, of course. From research on the so-called Blue Zones on earth where people live the longest, these beverages have a strong correlation with increasing both the quality and length of our lives.

You can [learn more](#) about these beverages and their effect on your health.

