**[Hooray, scientific justification for having a mocha](http://nypost.com/2017/05/25/hooray-scientific-justification-for-having-a-mocha/)**

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May 25, 2017 | 3:03pm

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If you can’t stand the idea of parting with your morning — and mid-morning and post-lunch — cup of joe, you’re in luck.

An analysis [published in this month’s issue of BMJ Open](http://bmjopen.bmj.com/content/7/5/e013739) found that people who drank one cup of coffee every day had a 20 percent lower risk of developing hepatocellular carcinoma (HCC) — the most common form of liver cancer — than those who don’t drink any coffee.

The risk of cancer diminished with each cup of coffee consumed: Those who had two cups of coffee had a 35% decrease, while those who had five cups saw their liver cancer risk cut in half. Drinking decaf coffee was linked to a decreased risk, but to a lesser extent.

The researchers say that increasing consumption of coffee may help prevent HCC, even in cases of pre-existing liver disease.

Like your coffee with a side of chocolate? You’re extra-healthy. A study [published in the journal BMJ Heart](http://heart.bmj.com/content/early/2017/05/01/heartjnl-2016-310357) this week found that people who consumed chocolate in moderation — roughly once a week — were less likely to be diagnosed with atrial fibrillation, or an irregular heartbeat, than those who don’t consume chocolate.

The researchers posit that chocolate’s antioxidants, anti-inflammatory properties and high levels of heart-regulating magnesium may be behind the decreased cardiovascular risk. The study was self-reported, however, and researchers caution that more research is needed to confirm the findings.

Neither study is the first of its kind — coffee has been tied to everything from improved insulin sensitivity to protection against Parkinson’s disease, while chocolate has been shown to help keep the brain in shape and lower the risk of stroke.

Still, more good news is never a bad thing.