



9 Surprising Reasons Why Coffee is Really Good for You

By Peter Economy

Have you ever wondered why our society seems so obsessed with that delicious dark liquid called coffee? Coffee appears in almost every movie, billboard, or short commercial break. It's everywhere--and for good reason. It keeps you awake, it's a drink you can sip throughout the day, and it has an enticing aroma that can fill a whole room.

But could it be that coffee is actually better for you than you imagined? You just might be surprised the answer to that question. Read on to find out.

1. You could live a longer life

Despite its innocent appearance, coffee is full of antioxidants, which prevent damaging chemicals from wreaking havoc on our bodies and minds. In people between the ages of 50 to 71, those who included a cup of coffee in their daily routines had a lower risk of death from serious health conditions than those who did not.

2. You could improve your mood

The Harvard School of Public Health reported that women who consumed four cups of coffee a day or more had a 20 percent lower chance of developing depression than those who did not drink any coffee at all.

3. You could reduce your chances of cancer

In a study published by the *Journal of the National Cancer Institute*, people who drank four cups of coffee a day had a decreased risk of developing malignant melanoma, the most serious kind of skin cancer.

4. You could reduce your chance of developing Alzheimer's

The *Journal of Alzheimer's Disease* published a study that found that levels of the protein associated with Alzheimer's are much more reduced in people who drink five cups of coffee a day or more.

5. You could burn more fat

Caffeine is found in almost every over-the-counter fat-burning supplement commercially available today. And for good reason. It's been shown to increase metabolism by 3 to 11 percent, and to increase the burning of fat from 10 to 29 percent, depending on your body type.

6. You could lower your risk of type 2 diabetes

Interestingly enough, people who drink the most coffee have a much more reduced risk of developing type 2 diabetes--a condition represented by elevated blood sugar and insulin levels in the body. A recent study found that coffee drinkers have a 23 to 50 percent lowered chance of getting the disease.

7. You could feel less pain

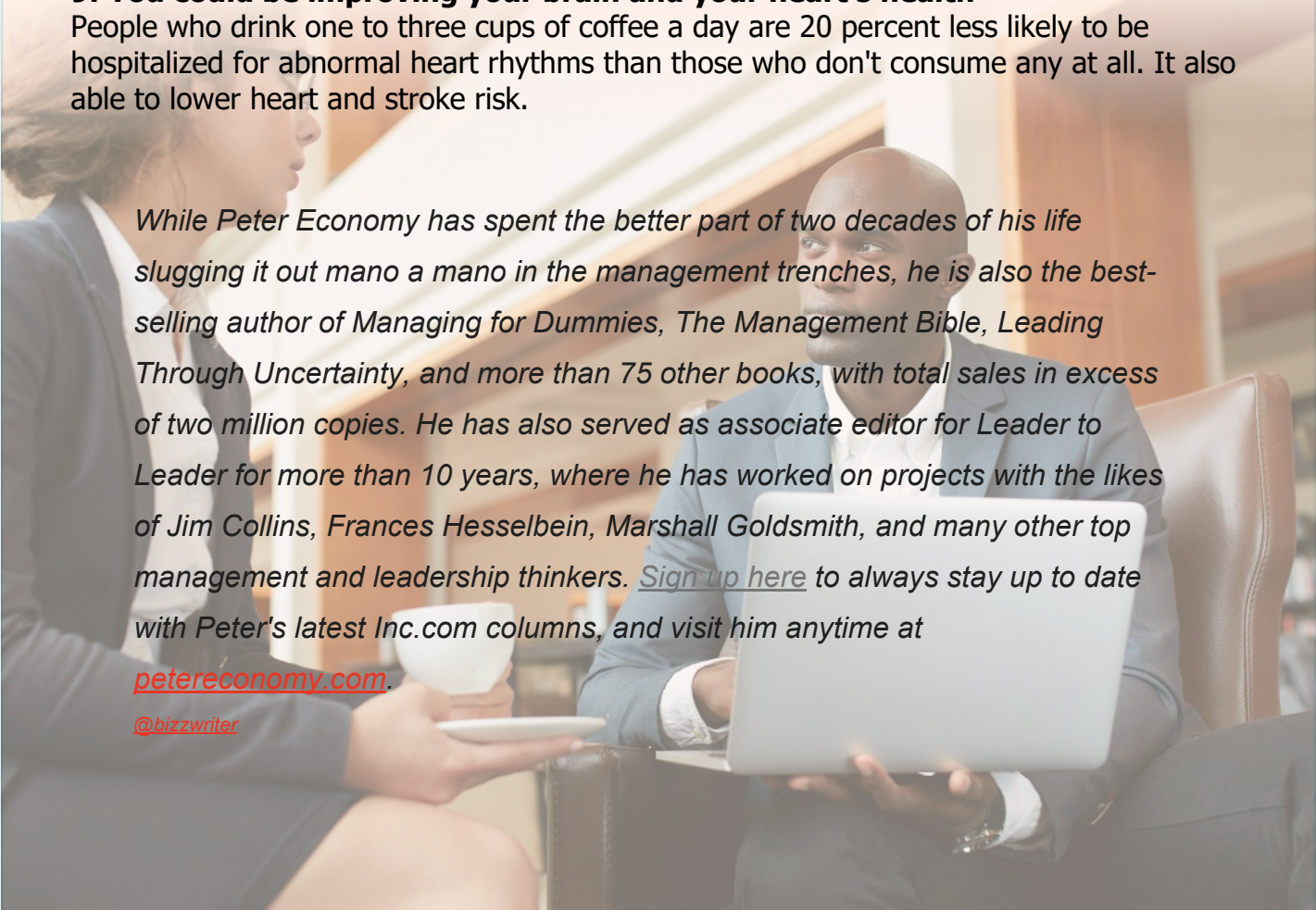
Caffeine has been shown to possess a protein with a mild pain-tranquilizing effect that is similar to that of morphine, according to a study conducted in Brazil. Coffee can even alleviate stress--in addition to making you feel better.

8. You could remember better

Coffee has been proved by researchers to block adenosine receptors in the brain, something that allows for an improved short-term memory.

9. You could be improving your brain and your heart's health

People who drink one to three cups of coffee a day are 20 percent less likely to be hospitalized for abnormal heart rhythms than those who don't consume any at all. It also able to lower heart and stroke risk.



*While Peter Economy has spent the better part of two decades of his life slugging it out mano a mano in the management trenches, he is also the best-selling author of *Managing for Dummies*, *The Management Bible*, *Leading Through Uncertainty*, and more than 75 other books, with total sales in excess of two million copies. He has also served as associate editor for *Leader to Leader* for more than 10 years, where he has worked on projects with the likes of Jim Collins, Frances Hesselbein, Marshall Goldsmith, and many other top management and leadership thinkers. [Sign up here](#) to always stay up to date with Peter's latest Inc.com columns, and visit him anytime at petereconomy.com.*

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