

5 Reasons to Drink Coffee

Coffee Perks Beyond the Caffeine

The immediate benefits of coffee include improved productivity, alertness, and mood. But what about the not-so-obvious perks? Here's a look at five reasons coffee is good for your overall health.

1. Full of Antioxidants and Vitamins

Just one cup of high-quality coffee has antioxidants like B5, B2, B1, potassium and manganese

2. Reduces Heart Attack Risk

One study showed that coffee drinkers consuming 2+ cups of coffee daily after a heart attack had the least risk of dying of a cardiac event

3. Cuts down Post-Workout Muscle Pain

Drinking just two cups can alleviate sore muscles after an intense workout

4. Can Fight Depression

Women who drink 4 or more cups daily are 20% less likely to have depression

5. Reduces Alzheimer's Risk

Research shows that drinking coffee may reduce the onset of neurodegenerative disorders

TOTALWELLNESS

Note: While delicious, loading up your coffee with artificial sweeteners and creamers can cancel out all the positive effects of coffee.

