

The Benefits of Coffee

By Emma Graff

When you think of popular drinks in the USA, you think of Coca-Cola, Pepsi, Dr. Pepper, ice tea and probably one of the most popular drinks, coffee. Coffee could be the cornerstone of America. With coffee being the cornerstone of America, you hear a lot of the effects that coffee can have on you: That it can stunt your growth, that you can become sleep deprived, get anxiety, and other things. There are all these bad sides, but what are the good sides to coffee? As a matter of fact, there are plenty of positive sides to coffee. According to hopkinsmedicine.org, there are at least nine reasons why coffee is good for you. I have confirmed with Mrs. Sarah Hoyt that at least two of the facts are correct.

Starting off with the first fact in this article, they claim that coffee makes people live longer. Now this can sound a bit misleading because it makes it sound like if you drink coffee you will just live an extra ten years. That is not true but it is true at the same time. Coffee helps decrease your chances of getting certain diseases. The article that helped me with this article gave me nine facts about coffee. All those facts were basically about the same thing except for Fact number seven. For the 7th fact they claim that your DNA will be stronger. They claim that if you drink dark roast coffee, your DNA strands will have less breakage. This also leads back to the first fact because since the dark roast coffee is fixing your DNA strand, you have less of a chance of getting cancer or tumors.

This just goes to show that if you drink coffee, and if you ignore all the negative effects that we have been told all our lives about coffee. That you could stunt your growth, that if you drink coffee for a while and then stop. You will get headaches, and you have a hard time. If you just ignore all those fun little facts then drinking coffee can be pretty good for you.

Reference

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-reasons-why-the-right-amount-of-coffee-is-good-for-you>