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Today is National Coffee Day, here are 7 scientific reasons to love coffee

Meredith Lepore , Ladders Sep 29, 2018, 8:07 PM



Moderate daily coffee drinkers don't get dehydrated, contrary to popular belief. Shutterstock

- **National Coffee Day is on Saturday, September 29th — many restaurants and cafes will offer free or discounted coffee**
- **Although there have been many health claims for and against coffee throughout the years, recent studies have shown there are a few good reasons to drink it.**
- **To maximize the benefits of caffeine, it may be more advantageous to drink coffee four hours after you wake up, rather than right away.**

It seems like every day there is a new study telling us either that coffee is slowly killing us, making us healthier, making us smarter, making us dumber, helping us grow wings, etc. However, there are a number of studies that have come out recently that reveal some very interesting facts about your daily cup of joe. In honor of National Coffee Day, this Saturday, check out these seven facts about coffee.

It can make everyone you work with so much more appealing

A recent study that appears in the Journal of Psychopharmacology finds that if you have coffee before a conversation it will actually make you focus better and feel better about the people you are talking to. "The study was conducted using people who consume coffee regularly," said study author Vasu Unnava. "For these people, it looks like coffee does make them feel more alert, focuses their thinking on the topic or task at hand, and has them

participate more in group tasks. So, if you are a coffee drinker, it looks like coffee helps you do better in group tasks."

The ideal time to drink coffee is actually four hours after you wake up

Though many of us can only get out of bed on the basis of knowing that a hot cup of coffee will be running through our bloodstreams within the hour, that is not actually when you should drink it if you want to maximize the benefits of caffeine. According to Laura Cipullo, registered dietitian and author of Women's Health Body Clock Diet, you should have your first cup about four hours after you wake up. You are actually naturally alert when you wake up (even though it doesn't feel like it) because your cortisol levels are high. So drinking caffeine on top of that status is just going to make the drop even harder a few hours later.

It will extend your lifespan

In a study of 9 million British male and female adults, coffee drinkers had a slightly lower risk of death over 10 years (10 to 15%) than those who didn't drink it regularly according to study, published in the journal JAMA Internal Medicine. Another study that took place over 10 years found that people who had four cups of coffee per day had a 64% lower risk of dying during the study than those who never drank it.

It won't dehydrate you

Though coffee gets a bad rap, it will not dehydrate you! Caffeine can keep you more hydrated than other liquids because you are usually drinking it with a volume of fluid like iced coffee or tea. A 2014 study found that there was zero evidence of dehydration with moderate daily coffee intake.

It can help you lose weight

According to a study out of the Netherlands, caffeine can increase your metabolic rate by as much as 11% and only three hours after you consume it.

It helps with memory

In addition to making you more alert, it can help you improve your memory according to a French study. But the best way to reap the memory benefits are by drinking it black (no sugar, creamer, etc.,) In addition to helping with memory it also can make you more intelligent, cleanse your gut, help your heart, improve your workouts, etc.

It can fend off diseases

A new study from the Simmons Cancer Center at UT Southwestern Medical Center found that consumption of coffee (both regular and decaf) is associated with a lower risk of developing colon cancer. Another study found that coffee can have some preventative qualities against type 2 diabetes and cardiovascular disease. It can even fight against the onset of Parkinson's.