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## Coffee: What Is It Good For?

Coffee has been a favorite morning kick for generations. Some enjoy a steaming cup of coffee on their front porch as they listen to the gentle chirps of the birds. Others chat with their regular baristas as they ask for the double shot of espresso. As something that is incorporated into many daily lives, what are the benefits of it? Other than the boosts of energy before a long day, coffee has many health benefits that go deeper than the “addiction.”

John Hopkins Medicine nutrition experts list their top three benefits of coffee as: you could live longer, you may process glucose better, and you’re less likely to develop heart failure. Risks of certain diseases can decrease as well such as, Parkinson’s disease, colon cancer, type 2 diabetes, and Alzheimer’s disease. Multiple studies also have found coffee to be an effective source of antioxidants.

While physical benefits are still being studied, mental health experts are studying the benefits brought to the brain, as well as the issues coffee can provide. Experts from National Institutes of Health and American Medical Association found caffeine to increase alertness, focus, and decrease depression. However, they urge patients to be aware of the anxiety and jitters that comes with too much coffee.

Amelia Hadzima, a barista of \_\_\_\_ years has worked at many different shops around Wisconsin, but she always finds a group of people who bond over the love for coffee.

“The relationships I have formed with not only my coworkers but also the customers are so important to me,” the Marquette University nursing major said, “to have people light up when they see me even at six in the morning make my day.” Along with coffee, meaningful connections are also proven to increase mood and happiness, allowing for the two to go together.

Hadzima then went on to say, “as a nursing major, I have been exposed to the physical and mental aspects that comes with caffeine, and most of my experiences have been positive.”

Fellow laker, Sophia Sarmiento says, “of course there are mean and unhappy customers, but I have stayed at my job *because* of the connections I have made. I don’t know if it’s the coffee or common interest, but I have never made these types of connections at any other job.”

Not only has coffee proved the benefits of health, but it has also given jobs to approximately 850 thousand in 2022 according to Statista. With more studies being done for the case of caffeine and health, people can rest knowing their next cup will be beneficial, and even more rewarding.

