Better Proofreading

The caffeine in coffee could actually help you to spot grammar errors, according to a new study in the Journal of Experimental Psychology. Researchers found that the caffeine helped students to correct errors in subject-verb agreement and verb tense, MSNBC reported. However, the caffeine still didn’t seem to make a difference at identifying misspelled words.

Coffee and Depression in Women

Women who drink a few cups of caffeinated coffee have a lower risk of depression than women who don’t drink any coffee, according to a Harvard study. That research, published in the Archives of Internal Medicine, shows that women who drink two to three cups a coffee a day have a 15% lower risk, while women who drink four or more cups of coffee a day have a 20% lower risk. Study researcher Dr. Albert Ascherio stated, “Caffeine is known to affect the brain because it modulates the release of mood transmitters.”
Defending against Alzheimer’s & Parkinson’s

Coffee could save your brain...maybe. A study in the Journal of Alzheimer’s Disease suggests that there’s something in coffee – though researchers have yet to determine what exactly that “something” is – interacts with caffeine to boost the levels of granulocyte colony stimulating factor (GCSF), a growth factor that seems to be able to fight off Alzheimer’s disease in mice. The amount of coffee needed in the study is equivalent to about four or five cups of coffee for humans. Researchers said GCSF likely has this effect because it causes stem cells in the bone marrow to come into the brain and remove the beta-amyloid plaques associated with Alzheimer’s disease. It also has a role in forming brain cell connections and creating new brain neurons.

Drinking a few cups of coffee a day could lower the risk of developing Parkinson’s disease by as much as 25% as well, according to a study published last year in the Journal of Alzheimer’s Disease. In that review of studies, researchers examined 26 studies that involved 125,000 British people, to find that two or three cups of coffee seemed to have the optimal effect.
Prostate Cancer Prevention

A Harvard School of Public Health study shows that men who drink six cups of coffee a day have a 60% decreased chance of developing a dangerous form of prostate cancer, as well as a 20% decreased chance of developing any other kind of prostate cancer. The study, published in the Journal of the National Cancer Institute, also shows that just drinking some coffee a day – just one to three cups – could still cut prostate cancer risk by 30%.
Warding Off Skin Cancer

New research presented at the American Association for Cancer Research conference shows that coffee could help to ward off basal cell carcinoma, the most common cancer in the world. Researchers from Brigham and Women’s Hospital and Harvard Medical School found that women who drink three or more cups of caffeinated coffee a day have a 20% lower risk of skin cancer, while men had a 9% lower risk. Decaf coffee didn’t seem to have the same protective effect – so “our study shows that the inverse association with BCC appears due to caffeine, not other components in the coffee consumption.” Said study researcher Fengju Song PH.D.
Lowering Chance of Type 2 Diabetes

Drinking coffee is associated with a lower Type 2 Diabetes risk, with more coffee consumption linked to a greater decrease in risk, according to an Archives of Internal Medicine review of studies from 2009. In that review, researchers looked at data from more than 450,000 people in 18 studies, and found that for every extra cup of coffee drank a day, a person’s risk of Type 2 Diabetes decreased by 7%. However, researchers cautioned that “the putative protective effects of these beverages warrant further investigation in randomized trials.”
Workout Recovery

The caffeine in coffee has been shown to have benefits in exercise and conditioning. Coffee can decrease muscle pain during workouts, reports researchers in a 2009 study at the University of Illinois published in the "International Journal of Sport Nutrition and Exercise Metabolism." Caffeine also is known to improve performance in endurance events and may improve performance in brief, short duration events also, according to Dan Bernardot, PhD, author of "Advanced Sports Nutrition."
Much Needed Antioxidants

On average American’s consume more than 8 oz of coffee a day. Though it may not be the best source of them, this is where a majority of American’s get the majority of their antioxidants. "Antioxidants are your army to protect you from the toxic free radicals, which come from breathing oxygen and eating excess sugar, that start chronic diseases," said Dr. Joe Vinson, the chemistry professor who led the coffee study. "Antioxidants help stave off cancer, heart disease, diabetes and stroke."