

Coffee: A Healthy Outlier



In the 1950's, Dr. Stewart Wolf completely changed the way the world views health. After a lecture at the University of Oklahoma, Wolf was invited out for a beer with a colleague who had an interesting story to tell. There was a town just outside of Bangor, Pennsylvania known as "Roseto." A small group of Italian immigrants had settled there in the early 1900's and remained almost entirely isolated from the outside world. They spoke nothing but Italian and even the architecture reflected their cultural roots. However, while the degree of mystery surrounding the community was compelling, there was something much more compelling to

talk about. There wasn't a single person in the entire town of Roseto who was dying from heart disease.¹

Heart attacks and cardiovascular disease were at epidemic levels during the 1950's. How could a community simply be excluded from this? Dr. Wolf was fascinated by this idea and began to uncover a groundbreaking idea. There was more to health than simply diet, exercise, or genetics. The people of Roseto were so healthy because of traditional Italian values they held onto. Multiple generations lived under one roof, people stopped and spoke to each other on the streets, and they simply valued their community. As a result, the medical field was forever changed. General health and well-being was no longer linked to just diet and exercise, but every part of our lives.



But, what does this have to do with coffee? What makes coffee an "outlier" and something uniquely beneficial for our health? For a long time, there were quite a few misconceptions about coffee. People believed that it could "stunt your growth," lead to a variety of heart issues, create dependence, and ultimately play a contributing factor to poor overall health. But, this simply isn't true. Research has shown time and time again that coffee provides many health benefits:

¹ "Outliers by Malcolm Gladwell | Hachette Book Group | Little"
<https://www.littlebrown.com/titles/malcolm-gladwell/outliers/9780316040341/>. Accessed 5 Aug. 2020.

- The caffeine found in coffee is one of the few natural substances that can aid in fat burning and boost your metabolic rate. In fact, studies have shown that drinking coffee can increase your fat burning rate by as much as 10%.²
- According to a study of over 50,000 women, depression risk decreased as caffeinated coffee consumption increased³
- Drinking 3 to 4 cups of coffee a day has been linked to a longer lifespan - a reduction of from anywhere between 8 to 15% in the risk of death⁴
- Coffee drinkers may even have a reduced risk of...
 - Cardiovascular disease
 - Type 2 diabetes
 - Parkinson's disease
 - Uterine and liver cancer
 - Cirrhosis
 - Gout
- Regular consumption may slow the onset of Alzheimer's disease and protect against dementia⁵
- In a study of over 130,000 Kaiser Permanente health plan members, people who drank 1 to 3 cups of coffee on a daily basis were 20% less likely to be admitted to the hospital for heart arrhythmias⁶
- Coffee helps make the brain's motivational chemical dopamine work more effectively
- Numerous studies have shown that coffee can even help prevent mild depression⁷

As you can see, there is an extensive list of the benefits of drinking coffee. However, it is important to keep in mind that similar to other areas of our lives, moderation is key. While the benefits of drinking appropriate amounts of caffeine are clear, there is a line. The overconsumption of caffeine may lead to long-term health risks which all people should be wary of. Drinking six or more cups of coffee a day can lead to an increase in the risk of heart disease by up to 22%.⁸

² "13 Health Benefits of Coffee, Based on Science - Healthline." 20 Sep. 2018, <https://www.healthline.com/nutrition/top-13-evidence-based-health-benefits-of-coffee>. Accessed 5 Aug. 2020.

³ "6 Health Benefits of Coffee, According to a Nutritionist | Health" 18 Jun. 2020, <https://www.health.com/food/health-benefits-of-coffee>. Accessed 5 Aug. 2020.

⁴ "The latest scoop on the health benefits of coffee - Harvard" 25 Sep. 2017, <https://www.health.harvard.edu/blog/the-latest-scoop-on-the-health-benefits-of-coffee-2017092512429>. Accessed 5 Aug. 2020.

⁵ "30 Amazing Health Benefits in Every Cup of Coffee - Best Life." 30 Jul. 2020, <https://bestlifeonline.com/coffee-health-benefits/>. Accessed 5 Aug. 2020.

⁶ "Health Benefits of Coffee - WebMD." 29 Aug. 2011, <https://www.webmd.com/food-recipes/features/coffee-new-health-food>. Accessed 5 Aug. 2020.

⁷ "How Does Coffee Help Alleviate Depression? | Psychology" 30 Sep. 2017, <https://www.psychologytoday.com/us/blog/the-superhuman-mind/201709/how-does-coffee-help-alleviate-depression>. Accessed 5 Aug. 2020.

⁸ "How Much Coffee Is Too Much? - WebMD." 31 May. 2019, <https://www.webmd.com/heart-disease/news/20190531/how-much-coffee-is-too-much>. Accessed 5 Aug. 2020.

At Eco-Delight Coffee, we are committed to providing our customers with the finest quality coffee available. Our single origin coffee comes from a variety of exclusive and unique farms from all over the world. Farmers from Ethiopia, Mexico, Guatemala, El Salvador, and Columbia provide us with roasts and flavors that you have never tried before. By using single origin coffee, we are able to create a collection of flavors that combine texture and aroma in unprecedented ways.



If you are interested in learning more about our tradition that dates back six generations, please visit our website today.

<https://www.ecodelightcoffee.com>