Does Caffeine have any positive health effects? Everyone either agrees or disagrees. Well, believe it or not, but caffeine actually does have some health effects. For one, caffeine can improve your physical performance by 11-12%. The reason why for this is because caffeine gives you adrenaline. Caffeine will also break down body fat, which then its used as fuel.

Did you know caffeine can make you smarter? Well guess what, it can! Caffeine has the power to increase norepinephrine and dopamine levels, which enhances the neurons in your brain. This can also lead to: a better mood, vigilance, energy levels, reaction times, general cognitive function and memory.

Believe it or not, but caffeine can also prevent type 2 diabetes? Studies towards this has revealed that people who drink coffee (which by the way has caffeine) has less of a chance in getting type 2 diabetes. It has also been shown that caffeine can also help to prevent: [melanoma](http://jnci.oxfordjournals.org/content/107/2/dju421.full.pdf%2Bhtml), [heart disease](http://heart.bmj.com/content/early/2015/02/06/heartjnl-2014-306663), [multiple sclerosis](http://jnnp.bmj.com/content/87/5/454), [liver disease](http://www.gastrojournal.org/article/S0016-5085%2805%2901774-9/abstract?referrer=http://www.ncbi.nlm.nih.gov/pubmed/16344061), [prostate cancer](http://www.fredhutch.org/en/news/releases/2013/08/coffee-keep-prostate-cancer-away.html), [Alzheimer's](http://iospress.metapress.com/content/d885346618q57103/?genre=article&issn=1387-2877&volume=16&issue=1&spage=85), [computer-related back pain](http://www.biomedcentral.com/content/pdf/1756-0500-5-480.pdf) and more. Now, people still can get these disease, but it helps the prevention of it.

Overall, caffeine has positive health effects, although, it also has its detriments. Caffeine is something that shouldn't be consumed 3 times (or over) per day. Caffeine is still being tested, studied, and surveyed for multiple reasons. It mostly depends on a person's opinion that makes caffeine good, or bad for you.

Citations:

Gunnars, Kris. “13 Health Benefits of Coffee, Based on Science.” *Healthline*, Healthline Media, 15 June 2018, [www.healthline.com/nutrition/top-13-evidence-based-health-benefits-of-coffee](http://www.healthline.com/nutrition/top-13-evidence-based-health-benefits-of-coffee).

LaMotte, Sandee. “Where Do We Stand on Coffee?” *CNN*, Cable News Network, 31 Jan. 2018, www.cnn.com/2015/08/14/health/coffee-health/index.html.