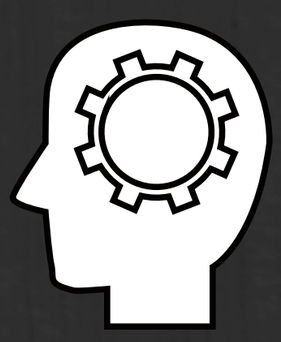
5 REASONS

to drink coffee

has impressive benefits
for brain health



improves energy levels

can help you burn fat

reduces heart desease

it tastes really good

So al long as there is coffee in the world,
how bad could things really be?