

Title: Caffeine Gone Digital

Intro Paragraph: Last year, approximately 27 million people in the United States consumed an excess of five cups of caffeine daily. This year, get your adrenaline rush through music and receive an added perk of improving your immune system and brain! (source: <https://www.statista.com/statistics/250230/americans-daily-coffee-consumption/>)

Speaking Points

- **Caffeine: Problem: Energy Drinks:** FDA cites 400 milligrams a day considered normal. However, over 21 million Americans drink six or more cups of coffee every day. (Food and Chemical Toxicology “Beverage Caffeine Intakes in the US”). For Energy drinks, there’s no enforcement on labeling requirements or sales restrictions to minors (so levels of caffeine consumption may not be apparent).
- **Caffeine: Coffee Problem: Mental Health:** The results on the relationship between daily coffee intake and suicidal ideation revealed that suicide risk was high in both men and women who consume four or more cups of coffee a day.
- **Physical Benefits of singing:** one hour of singing can strengthen the immune system by reducing your stress
- **Emotional Benefits of singing:** Singing is a natural antidepressant. Singing is known to release endorphins, the feel-

good brain chemical that makes you feel uplifted and happy.
singing can simply take your mind off the day's troubles to boost
your mood.



