THE SIDE EFFECTS OF CAFFEINE

Remember when you use to talk about problems over a cup of coffee? Well, now coffee is the problem. Rather than getting the edge, we've found coffee makes us edgy. Some people drink three cups of coffee a day, a few Colas, and take a couple of Excedrin all in the course of a morning. That amounts to over 500 mg of caffeine. Is it any wonder the use of tranquilizers is one of the most prevalent drugs prescribed in America? In fact, one in seven adult Americans take some sort of tranquilizers to calm their nerves. Taking stimulants and tranquilizers is like driving with one foot on the gas and the other on the brakes at the same time. It's an easy mistake for doctors to misdiagnose a case of out-and out CAFFEINISM as "anxiety neurosis" caused by emotional factors.

Coffee is the number one drink in America; with six out of 10 adults drinking in every day. Caffeine is probably the most widely used drug in America and it has absolutely no nutritional value. With this wonder drug people think they can get the jump on others. Teenagers love cola which accounts for 25% of the total caffeine consumption. It is estimated 30% of America take between 500-600 mg of caffeine a day while 10% use more than 1000 mg a day. The average person, including children, consumes 200 mg a day. One cup of coffee contains 100-150 mg. One to two cups exceeds the level the brain can be adversely affected.

HABITUATION IS CAFFEINE'S SECRET OF SUCCESS
Caffeine enters all organs and tissues of the body within a few minutes of ingestion. Ninety percent is metabolized and only 10% is excreted unchanged in the urine. Caffeine's effects may be subtle and obscured by the multifaceted nature of many chronic disease states.

Some may be thinking, hey, everybody drinking coffee, tea or Coke...can it be that bad? Understanding some of the side effects of caffeine, it may be well to discontinue consuming anything with caffeine. How caffeine affects all the systems of the body can be categorized for better understanding.

WHAT'S CAFFEINE'S EFFECTS ON THE NERVOUS SYSTEM?

- In children it may cause (damage to the brain and central nervous system development. A survey revealed even pregnant women consume an average of 193 mg of caffeine a day. And 13% (or over 400,000) pregnant woman drinks five or more cups of coffee a day causing thousands of birth defects.

- Caffeine is a powerful central nervous system stimulant. Large doses may impair motor function, where delicate coordination is required. It increases reaction to sensory stimuli, but the post stimulation produces a "resulting in fatigue, lethargy, and depression.

- High doses can produces symptoms indistinguishable from anxiety neurosis.

- Caffeine can cause nervousness, irritability, jittering, muscle tension and trembling.

- It can cause headaches, shaky hands, and even hallucinations.

- Caffeine is the principle cause of "restless leg syndrome". This results in insomnia and an uncomfortable feeling caused by involuntary movement of the legs.

- Children have increase hyperactivity and insomnia from cocoa and cob drinks. Too many parents can't figure why they can't sleep when the reason maybe the caffeine consumption.

- Caffeine has significant effects on muscle contractions-relaxing smooth muscles and increasing the contraction of skeletal muscles.

- Caffeine may mask mental and physical fatigue. This may be dangerous if used while driving. It is not a substitute for normal rest or sleep.

- Caffeine interact with other drugs. It decreases barbital-induced sleeping time.
V Caffeine is habit-forming and addictive.

V Thiamine (vitamin B1) is destroyed by both coffee and tea. Any heavy coffee drinker is likely to be deficient in B1, which is crucial to mental health and tranquility. It is called the morale vitamin. Lack of thiamine causes nervous exhaustion, fatigue, loss of appetite, loss of memory, depression, constipation, inability to concentrate, feelings of inadequacy, lethargy, and intense drowsiness.

V Caffeine could trigger psychosis through its action on a set of chemicals in the brain called neurotransmitters. They convey information across microscopic gaps, called synapses, between nerves cells in the brain. Caffeine causes significant changes in these different transmitter systems. Caffeine takes in ordinary doses is a threat to your mental health.

V The American Pharmaceutical Association's "Handbook on Non-Prescription Drugs" says: "Doses larger than 250 mg often cause insomnia, restlessness, irritability nervousness, tremor, headache, and in rare cases, a form of delirium manifested as perceived noises and flashes of light." (5th edition, 1977) It takes just two cups of strong black coffee to deliver 300 mg of caffeine. The latest survey by the International Coffee Organization found that Americans age 10 and over are drinking coffee at a rate greater than two cups a day.

V All mental and physical stimulation ceases when consuming more than two cups at a time. After two cups, coffee acts to slow reaction time and impair thinking.

V Caffeine could well be one of the most frequent causes of chronic recurrent headaches. Caffeine withdrawal also results in headaches.

V Ten grams (40 cups) may cause grand mal seizure, respiratory failure and death.

**WHAT'S CAFFEINE'S EFFECT ON THE HEART AND CIRCULATORY SYSTEM**

1. Coffee increases the free fatty acids causing an increase in blood fats and cholesterol associated with heart attack and other cardiovascular diseases.

2. Caffeine can cause heart palpitations and lightheadedness.

3. It can cause flushing as it dilates the blood vessels.

4. Caffeine can cause tachycardia (rapid heartbeat), arrhythmias (irregular heartbeat), as caffeine stimulates the cardiac muscle.

5. Caffeine can cause coronary disease, heart disease and high blood pressure.

6. There is an increase in myocardial infarction (lack of blood supply to the heart) among coffee, tea and cola drinkers.

7. There is a 60% increase in heart attacks associated with consumption of 1-5 cups a day and 120% increase with more than 5 cups per day. Yet, some coronary care Units still serve coffee, tea, and cola drinks.

8. Heart specialists have recognized coffee as a mild poison.
WHAT'S CAFFEINE'S EFFECTS ON THE GASTRO INTESTINAL SYSTEM?

1. Coffee increase the amount of hydrochloric acid in the stomach causing hyperacidity. This accounts for the "burning" sensation reported by ulcer patients. There is a 72% greater chance of developing ulcers in coffee drinkers compared to non-users. Caffeine aggravates the symptoms of peptic ulcer.

2. Coffee drinkers are twice as likely to develop cancer of the pancreas in the U.S., according to Harvard researchers. This deadly form of cancer takes the lives of 20,000 Americans annually. One to two cups per day doubles the risk; three or more tripled the risk. Cancer of the pancreas is one of the deadliest forms of cancer. Fewer than 1% survive more than five years.

3. Caffeine affects how your body absorbs iron, leading to anemia. Strong coffee prevents twice as much iron from being absorbed, and using cream worsens the effect. The tannic acid in tea also combines with the iron to form a non-digestible complex that is passed out of the body.

4. Caffeine accumulates in the body in liver disease.

5. Caffeine is a possible stimulating factor in cancer of the stomach.

6. Caffeine stimulates the secretions of the small intestine.

7. Caffeine stimulates water secretion and can cause nausea and loose stools.

8. Caffeine causes a hypoglycemic response in the presence of glucose, and it elevates blood glucose.

9. Caffeine alters the metabolic status of human being and can increase your metabolic rate by 10–25% with 500 mg of caffeine.

What's Caffeine's effect on the respiratory system?

1. Caffeine causes rapid breathing and shortness of breath.

2. Only 150–50 mg of caffeine stimulates the respiratory center by sensitizing it to carbon dioxide.

3. Caffeine aggravates many other health conditions especially if other factors like cigarette smoking are present.

What's Caffeine's effects on the kidneys, bladder, and prostate?

1. A study at Harvard showed a correlation between coffee and cancer of the bladder. Cola drinkers have a significant increase in bladder cancer.

2. Fluid retention which persisted for 10 years was caused by daily ingestion of 18 cups of coffee a day by patient who complained of being a nervous wreck. All symptoms disappeared when she quit coffee.

3. Under conditions of stress from dehydration, temperature changes, and decreased food intake, caffeine is even more toxic.

4. Alcohol and caffeine have been shown to be physiological antagonists. Alcohol consumption is increased when caffeine is added to the diet.

5. Caffeine is a diuretic. It causes frequent urination.
WHAT ABOUT BIRTH DEFECTS AND CONGENITAL MALFORMATIONS?

1. FDA scientists are advising pregnant women to avoid caffeine-containing foods and drugs. They are considering putting a warning on coffee to pregnant women due to the risk of fetal malformations.

2. Caffeine crosses the placenta to the baby and even gets into the breast milk.

3. Birth defects may include cleft palate, digital defects, absence of a jaw, unusual smallness of lower jaw, blood tumors, club feet and delayed skeletal development.

4. In England, Ectrodactyly (a congenital absence of all or part of the fingers or toes) has been connected to heavy caffeine consumption during pregnancy.

5. In large doses, it has been shown to be a mutagen in animals, plants and bacteria.

6. Caffeine may also cause abortion.

ANY MISCELLANEOUS SIDE EFFECTS?

1. Caffeine is a stimulant of thyroid hormone secretion.

2. Caffeine has immunosuppressant properties (it decreases the body's resistance to infection).

3. Caffeine predisposes women to fibrocystic breast disease which involves lumps, thickening, and nodules in the breasts, and it increases the risk of breast cancer.

WHAT ABOUT WITHDRAWAL SYMPTOMS OF CAFFEINE?

HOW CAN YOU RECOGNIZE THAT YOU ARE ADDICTED TO CAFFEINE?

Stop using it for two to three days, the following symptoms may appear:

1. Headaches - about 18 hours after your last consumption
2. Drowsiness and almost overwhelming malaise
3. Lethargy
4. Runny nose and nausea
5. Cotton mouth
6. Nervousness and irritability
7. Trembling with a chill
8. Insomnia
9. Depression and inability to work effectively

These withdrawal symptoms can last up to two weeks or more depending on how great the addiction. The most obvious question is "If I can't drink coffee, tea, alcohol, soft drinks, or chocolate cocoa, what else is there to drink?"

First, is the obvious: fresh spring water. Everyone should drink 8-10 glasses of water each day to provide the body with needed fluids. After strenuous exercise on a hot day, nothing quenches your thirst like water. The juice of fresh lemon in a glass of hot water is a good way to start the day and will also help weight loss. Next, try sugar-free fruit and vegetable juices. A healthy investment could be a VITA MIX to produce fresh juice. Nothing tastes better or is healthier for you than freshly juiced fruits and vegetables. Another excellent option is to put a drop or two of Young Living’s essential oils of peppermint, lemon, fennel, cinnamon or spearmint in the bottom of a cup, pour in hot water and ENJOY.

WHAT ABOUT CAFFEINE-FREE COFFEE AND SOFT DRINKS?

A chemical used in making decaffeinated coffee (TCE-trichloroethylene) has been known to cause liver cancer. The National Cancer Institute also warned against using three possible substitutes for TCE. Replacing a chemical with carcinogenic risk with another chemical of unknown risk may result in a more hazardous alternative. In other words, all the side effects of the chemical used in decaffeinated coffee are still unknown. Caffeine-free soft drinks
and sugar-free soft drinks still have substitutes and chemicals. It's best striving to develop a taste for healthy beverages. Think of how much beverage is consumed during a lifetime! It's the fluid your body used to trigger every chemical reaction and enzyme activity in the body. If a few chemical in the beverage we drink don't make any difference in how people feel, try putting one percent water in a gas tank and see how well a car runs!

REFERENCES:

Coffee Consumption as a Factor in Iron Deficiency Anemia among pregnant woman and their infants in Costa Rica, AMERICAN JOURNAL OF CLINICAL NUTRITION 1988,

CAFFEINE CONSUMPTION RELATED TO FERTILITY INSIGHT FEB 18,1989

Fizzy Caffeine U.S. NEWS AND WORLD REPORT MAY 23,1988

CNC 1991 – 39TH ST. N. Fargo, ND 59107

Caffeine - The Hidden Addiction. B. GARY NULL BESTWA YS MAY 1983

PRE-EXERCISE CAFFEINE ~ M0BILIZES FATTY ACIDS, Lan Barbes, A.S. ANABOLIC FOUNDATION, INC. IRVINE, CAL 92714

Docs Caffeine Cause Heart Arrhythmia, STEPHEN F. SCHALL, M.D., TI-IE NUTRITIO:" NEWS DIGEST, March 1983.

KICKING THE CAFFEINE HABIT By Syble Beck, BESTWA YS NOV, 1983

NERVOUS TE~SION CAN BE TRACED TO CAFFEINE OVERDOSE, NUTRI-NEWS, A~ABOLIC FOODS, June 1975


CAFFEINE ITS EFFECTS. USED AND ABUSED, BY SANFORD BOLTON, Ph.D., GAR Y NULL,M.S. and ALAN H.PRESSMAN, M.S, D.C., DA,C.B.N.THE AMERICAN CHIROPRACTIC SEPT.OCT.19S1

COFFEE HEAD - John Yates, PREVENTION MARCH 1979

COFFEE, TEA OR POLYSTIRENE! PREVENTION MARCH 1980

I KICKED THE CAFFEINE HABIT, BY EDITH FLOWERS KILGO PREVENTION JANUARY 1981

COFFEE BURNS UP YOUR B VITAMINS AND SCALDS YOUR 1't'ERVES, By Marianne Ruche, PREVENTION January 19