

# NEGATIVE EFFECTS OF BEING ADDICTED TO COFFEE

## COFFEE ADDICTION IS HARMFUL FOR YOUR HEALTH

Drinking coffee daily can compound the toxic substances in your body that increases the risk of insomnia, stroke and heart diseases



**Anxiety and addiction**



**Fluid loss in your body**



**Stimulation of urination**



**Depleted calcium and iron levels in women**



**Increased vasoconstriction and blood pressure**

