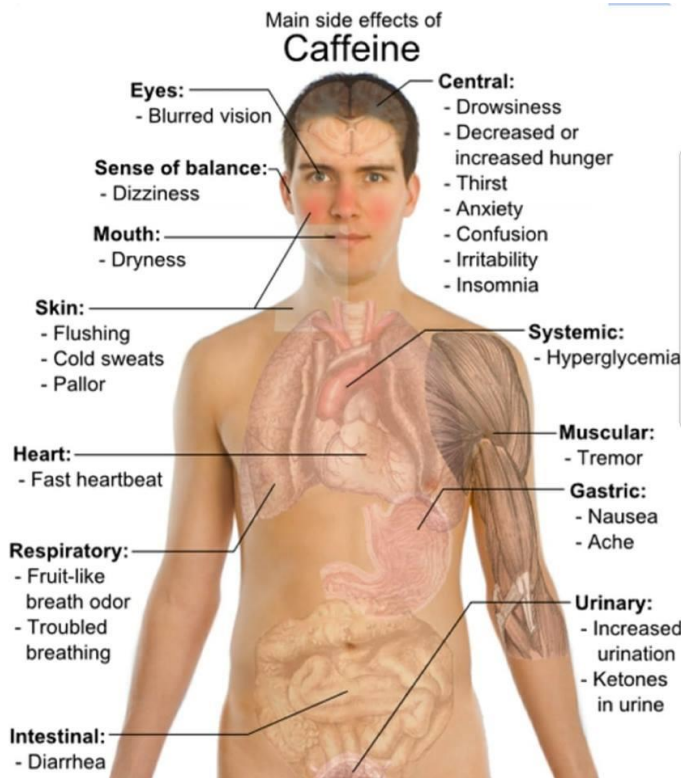


Caffeine



Caffeine is a drug and can affect people differently just like any other substance. It's important that consumers understand how caffeine interacts with their bodies in regards to their personal health histories. Caffeine is a central nervous system stimulant of the methylxanthine class. It is the world's most widely consumed psychoactive drug. Unlike many other psychoactive substances, it is legal and unregulated in nearly all parts of the world. Studies have shown that concluded that caffeine is very dangerous to one's health. Caffeine intake increases the amount of time it takes to fall asleep. It also decreases total sleeping time, especially in the elderly and children. More than 4 cups of coffee linked to early death.

A Mayo Clinic partnered study found that men who drank more than four 8 fl oz. cups of coffee had a 21% increase in all-cause mortality. It have been discovered that those consumed excessive amounts of caffeine were

also more likely to smoke and have poor fitness. Conditions like Digestive Issues, Muscle Breakdown, Addiction, High Blood Pressure, Rapid Heart Rate, Mental Fatigue, headaches, Hallucinations Allergies, indigestion, insomnia, Adrenal fatigue, increased belly fat, Accelerates bone loss, Irregular heartbeat, Fatigue, Tremors, Increased risk of heart attacks among both young and old adults. Caffeine linked to gout attacks. This study showed that people who binge on caffeinated beverages increase their risk for a gout flare-up. Breast Tissue Cysts in Women. One study showed that "Women who consumed 31–250 mg of caffeine/day had a 1.5-fold increase in the odds of developing fibrocystic breast disease and women who drank over 500 mg/day had a 2.3-fold increase in the odds of developing cysts. Caffeine could cause incontinence. A study out of the University of Alabama showed that women who consume a lot of caffeine are 70% more likely to develop incontinence. Caffeine could reduce fertility in women. A study from The University of Nevada School of Medicine showed that caffeine can reduce a woman's chances of becoming pregnant by about 27%.

Caffeine and Miscarriage Risk: In a recent study, both men and women who consumed at least two caffeinated beverages a day during the weeks prior to conception slightly increased the risks of a miscarriage. . A study conducted by the American Diabetes Association showed that caffeine impaired glucose metabolism in those with type 2 diabetes. Caffeine can lead to many adverse symptoms including death, especially in those with underlying medical conditions. Some have a lower tolerance for caffeine than others. Worsen Menopause Symptoms. A recent study published in The Journal of The North American Menopause Society showed that menopausal women who consumed caffeine had a greater degree of vasomotor symptoms. Caffeine consumption can lead to increased anxiety, depression and the need for anxiety medication. Caffeine increases the amount of sugary beverages consumed by people, which contributes to obesity and diabetes. Caffeine inhibits collagen production in the skin. Caffeine helps Impair Hearing Loss Recovery.

Painkillers and some over-the-counter drugs contain caffeine in significant doses. Excedrin (Extra Strength) and Anacin (Maximum Strength) deliver 130 mg and 64 mg per 2 tablets. Several medications for migraine contain caffeine, including: aspirin, aspirin and acetaminophen, Midol—Caffeine, acetaminophen and pyrilamine maleate Wrigley's launch of a new caffeinated gum. The product, called Alert Energy Caffeine Gum, is marketed to adults and contains 40 milligrams of caffeine, the company says. Hershey's Kisses contain about 9 mg of caffeine, the Mayo Clinic says.

PROTEIN BARS, ICE CREAM, YOGURT, CANDY BARS, Vitamin Water, energy drinks, chocolate, coffee, DECAF all contain caffeine. Caffeine won't allow you to lose or gain weight. Caffeine stains your organs that will not allow body to adsorb vital nutrition from healthy foods. It will block h the healing power of herbs and vitamin. I suggest doing a total body caffeine detox. Free to contact Me about this. Any other health issues you might be going through.