

Things We See And Hear

Caffeinated Beverages - Part Three

Caffeine lowers stress thresholds so that normal everyday events become insurmountable. Caffeine also reduces the brain's ability for problem-solving. Caffeine sends the body into a constant emergency-alert mode. This can be equated to a nation's perpetual state of alert following a terrorist's attack.

During this time, the pupils dilate so as to increase visual acuity -- looking for a place to run.

The muscles tense, ready for flight. The heart rate and blood pressure increase to supply fuel to the muscles. The airway dilates to increase availability for oxygen. Circulation is reduced to the digestive tract in order to make more blood available to the muscles. The liver releases sugars and fats into the bloodstream to fuel the survival support systems. Small blood vessels in the extremities constrict also making more blood available to the muscles.

This perpetual rearrangement of bodily systems inevitably have a long-term effect on health.

As we have recently seen during the threat of attack, financial drains are placed on governing bodies. Eventually, reserves are depleted, with no way of replenishing them without considerable effort.

The physical body is in the same situation. It cannot recover unless the threat, such as caffeine, is removed. The body that has run out of reserves will have to face the consequences in the form of diseases and disorders.

For instance, the dumping of fats and sugars into the bloodstream clog the arteries. Diverted blood flow affects circulation, especially in the brain and the digestive system. Foods waiting to be digested sit and ferment, creating a putrid mess void of any nutrients. In addition, an increased harmful bacteria level has developed by the time food is allowed to resume passage.

Studies have shown conclusively that caffeine causes anxiety, irritability, panic attacks, depression, and anger. With high levels of caffeine in the blood, even minor annoyances produce monumental reactions. Ironically, when people feel so stressed, they reach for more caffeine.

DHEA (dehydroepiandrosterone) is the "vitality" hormone produced by the adrenal glands. In youth, it creates energy, optimism, and sex drive. By the age of twenty-five, levels begin to drop because of a reduced ability to repair and rebuild tissues caused by poor diets -- and caffeine use is but one cause.

Caffeine elevates cortisol levels. Cortisol is also manufactured by the adrenal glands; but it inhibits DHEA production, causing a deficiency of the very hormone so sought after today. When DHEA production drops, ageing escalates.

Melatonin is a vital hormone produced only at night during sleep. It is essential for the immune system and also plays a part in the sleep/wake cycle. It also appears to have anti-cancer abilities, and is an excellent scavenger of free radicals.

Women are also chronically anemic, yet few look at the possibility of caffeine robbing their systems of the much needed iron.

Sleep patterns are dramatically disrupted with the use of caffeine, causing the immune system to suffer. Sleep disturbances have been seen in all age groups exposed to caffeine use. Some newborns are inconsolable because of caffeine withdrawal after birth.

Pregnant and nursing mothers who use caffeinated beverages pass this along to their infants. Because the infant cannot sleep, neither can the mother, who then resorts to more caffeine to stay awake; and the cycle begins.

Hyperactive children who start on caffeinated products at a young age become wild and uncontrollable and, without it, end up having to resort to stronger stimulants.

It has also been found that these same youngsters usually have to sedate themselves later on with alcohol or other drugs.

A huge study was done, showing that

homocysteine levels in the blood dramatically increase with the use of caffeine.

This finding was not popular among members of the coffee-drinking medical profession.

Homocysteine damages blood vessel walls. When substances are sent to repair that damage, caffeine prevents it taking place. These substances -- proteins, calcium, and cholesterol -- build up over time and clog the arteries. Homocysteine affects the blood vessels ability to dilate.

With each heartbeat, the vessels expand to allow for the increased pressure of the blood passing through. When the vessel can no longer accommodate this passage, blood pressure increases to force the blood through. With rigid and clogged blood vessels, attacks soon follow.

Magnesium is an important mineral for normal heart function, but caffeine depletes stores and prevents any future uptake.

Women who consumed the greatest amount of caffeine had three times the risk of heart attacks than those who drank only one cup of coffee a day.

In the US alone, 235,000 women die each year from heart disease, with another 44,000 succumbing to breast cancer. Caffeine has been shown to play a significant role in the formation of each. Women are also chronically anemic, yet few look at the possibility of caffeine robbing their systems of the much needed iron.

Osteoporosis is another disease peculiar to women. Again, the consumption of caffeine is rarely given as a cause of the bones being robbed of calcium. Caffeine also plays a significant role in menopausal symptoms, depression, PMS, fibrocystic diseases, miscarriages, spontaneous abortions, and malformed fetuses.

Caffeine causes deficiencies in other nutrients, including the B vitamins (needed for stress), calcium (needed for bones), iron (needed to prevent anemia), as well as magnesium, potassium, and zinc.

In addition, since caffeine affects the digestive process, B12 cannot be manufactured. Caffeine neutralizes HCl, contributing to a number of other digestive disorders as well. Without these nutrients, diseases and disorders soon develop.

Part Four Final Next Month