

Facts on caffeine and soft drinks

[Food & Diet](#)



Caffeine Addiction 1 -trimethylxanthine, also known as caffeine, is considered the most commonly used psychoactive drug in the world (Caffeine). Caffeine stimulates the central nervous system, eases fatigue, increases energy, and improves concentration and focus (StafO. " When purified, caffeine produces an intensely bitter white powder that provides a distinctive taste in soft drinks" (Caffeine). An addiction, is when a person ingests a substance, or engages in an activity that can be pleasurable, but allows it to become compulsive and interfere with ordinary life (Hartney).

A caffeine addiction is he uncontrollable urge to consume caffeine for the desirable effects, and allowing it to become an everyday activity, leaving the consumer with undesirable after effects. Over 60 plants worldwide contain caffeine, most commonly found in leaves, beans, and fruits. The most common sources of caffeine in our diet, is found in tea leaves, cocoa beans, cola, energy drinks, and of course coffee (caffeine). " A government study shows that at least 68 million Americans drink three cups of coffee or more everyday.

At least 30 million drinks five cups a day or more. And some 21 million rink six or more cups of coffee per day'(Awareness). Americans ingest drinks containing caffeine because it has been shown to affect mood, increase energy, and allow one to concentrate. After ingesting caffeine, it takes about 30 minutes to feel the effects and diminishes within three hours (caffeine). Many Americans are addicted because of how easy it is to get coffee. Most people own a coffee pot in their homes, and know the newest invention, the Keurig.

It seems as though every mile there is a Dunkin' Donuts. Diners, coffee shops, and restaurants all serve coffee and offer free refills. The ease of getting coffee increases each year. Kids are now starting to drink coffee at a shocking age. They are more susceptible to caffeine addiction. It is not healthy, especially in the long run, if use is continued. The prices of coffee are now going sky high because of the demand and people are willingly paying over four or five dollars for a cup of coffee. Dunkin' Donuts slogan is "America Runs on Dunkins," and it is true.

Everyone depends on caffeine for that quick burst of energy to get through the day, and mornings especially. Having the 'jitters' is the best way to describe the feeling of a caffeine high. Where one's body would feel hyper, a little shaky, and sometimes even extreme feelings of nervousness, due to overthinking and focusing too much. Caffeine is considered a stimulant, which is why it causes such uplifting reactions. It speeds up your central nervous system making you feel more alert and awake (Nall). These jitters may prevent sleep and cause an anxious feeling as an after effect.

Although caffeine can have several different effects on people, it generally affects people's neurotransmitters which normally keep the vessels slightly closed causing arteries to widen, making blood flow easier. As the blood flows faster it allows more oxygen to the brain making you feel more awake (Nall). The increase in adrenaline makes you more likely to experience the jitters. The easiest way to test caffeine tolerance is by "taking your blood pressure to get a baseline measurement. Drink or eat caffeine-containing food, and wait 30 minutes, then take your blood pressure again.

If it increases you may be especially sensitive to caffeine's effects" (Nall). Caffeine and pregnancy do not mix. Studies show that women are half as likely to become pregnant if they drink coffee compared to women that rarely, to ever, drink coffee or any substance containing caffeine (Awareness). For those women that did get pregnant, their newborn child had an almost 20% higher chance of dying from sudden infant death, SIDS. High caffeine levels " could alter the fetal respiratory center, leaving the infant after birth suddenly deprived of caffeine, with an inadequate respiratory drive" (Awareness).

Many women do risk their child's lives due to caffeine addiction. Three out of four caffeine consumers are addicted to it and may not even realize. Telltale signs such as mood swings and insomnia, often go unnoticed, but are really indicators of caffeine addiction. Having too much of a caffeine intake can cause " irregular heart beats, panic and anxiety disorders, muscle twitching, incoherent speech, excessive urination, flushed skin, and depression" sometimes even fatal, if too much is consumed at once (Awareness).

Approximately 90% of adults consume caffeine on a daily basis (Caffeine).

Withdrawal can be just as bad as the addiction. It can cause severe side effects just like any other drug. These symptoms may include headaches, irritability, fatigue, and the urge to drink more products containing caffeine. The headaches can even last for over a week (Awareness). Caffeine is not the only bad ingredient in coffee. One other major ingredient is Tannic Acid. This damages the body's defenses. " Tannic Acids can affect the secretion of gastric juices, irritate the membrane of the stomach, and cause indigestion and constipation" (Awareness).

<https://assignbuster.com/facts-on-caffeine-and-soft-drinks/>

For those who suffer from acid reflux disease tend to find that tannic-rich coffee and tea can make matters worse, by irritating the preexisting conditions. Everyone knows that coffee stains teeth, and the reason is due to the Tannic Acids (Awareness). White teeth can start turning brown almost instantly after drinking coffee. These acids are " at work etching grooves into your teeth enamel to really produce a stunning discolor patina" (Awareness). Decaffeinated coffee poses no health risks, so people would assume, this isn't true. " A study sponsored by the U. S.

Nation Institutes of Health suggest that drinking decaffeinated coffee could lead to a rise in harmful cholesterol levels, which increase your risk of heart disease". Drinking 'decaf' coffee can raise fatty acids, in blood, over 18%, which drives the production of bad cholesterol (Awareness). " Researches have also found that decaf coffee prevents the body from absorbing arious minerals, such as iron, calcium, and magnesium". And like regular coffee, it can cause acid reflux and heartburn. A common mistake for people to make is assuming that decaf coffee does not contain caffeine.