

The relevance of consuming caffeine in regard to health

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Most users of the stimulant do not take into consideration the side effects and the future impact of the stimulant. You will concur with me that the majority of the population uses caffeine from the fact that brought up drinking it to the extent that it became a routine in life. Therefore, it becomes comparatively common that the majority of the users fail to analyze the stimulant they use and consider if it is worth the benefits derived (Romano & Russo, 2012).

What are some of the benefits of caffeine? The stimulant is beneficial in the sense that it enables the body to be alert and awake at the same time. Caffeine has shown to increase the attention spans of its users. The stimulant, therefore, treasured for people driving long distances and those engaged in tasks that are more tedious. In accord, you will agree with me that staying alert while driving a car will ultimately contribute to your well-being. More important, caffeine contains antioxidants that have cancer prevention potentials. Therefore, its users can argue that caffeine is beneficial to them by considering the above-presented facts (Romano & Russo, 2012). Although, does the benefits outweigh the adverse effects associated with the stimulant?

Let us now consider the other side of the coin. The negative impact of caffeine occasionally presents them with the onset of the abuse of the stimulant. An imperative question to ask yourself is, how much do you consume caffeine? When consumed in rather small quantities like a cup of coffee or a soda daily, the stimulant tends to increase your heart rate. Such may practically occur by one urinating more often. The adverse effect, therefore, is that with occasional urination, one may end up dehydrated and

hence prompt the digestive system to create more acid. A larger amount of stimulant causes headache, restlessness, and one become very nervous. It may also make one unable to sleep and at times may lead to hallucinations. More often, ingesting more than 600mg in a day may make one have depression and ingestion issues (Romano & Russo, 2012).

As we conclude, the question to ask ourselves is taking caffeine considerably relevant to my health, and if so, to what extent should I take it. The decision is entirely on a personal case. Nevertheless, for those who may be experiencing some health complications, allergic reactions, or any disease of any sort, it is extensively important to consult with your doctor on your consumption of caffeine (Romano & Russo, 2012).