

# [As (such as the h. pylori bacteria](https://assignbuster.com/as-such-as-the-h-pylori-bacteria/)

[Nutrition](https://assignbuster.com/essay-subjects/nutrition/)

Asindicated by a current report distributed by the American Foundation ofPediatrics, almost three-fourths (75%) of children, teenagers, and the adolescencedevour caffeine, a stimulant drug—in the form of soda, and other caffeinateddrinks.  Mollifies your body tocaffeine–Caffeine addiction isconsidered to be as bad as nicotine and recreational drugs, and it affects yourbody the same, causing you to drink more since your beginning dose is notenough anymore. Your body becomes dependent on caffeine, leading to anincreased consumption; therefore, if you stop drinking coffee, your bodybecomes weak and shows several downside effects. Escalates blood pressure — Highblood pressure isone of the most common risk factors in coronary heart disease.

Increase in bloodpressure is caused by vascular resistance, and not by an increase in your heartrate or blood flow. Indicatingthat caffeine makes your heart work harder to pump blood through your body.  Increases acid production — Particularly hydrochloric and gastric acids. Both of these acids are essential to break down the food in your stomach. However, too much acid can cause complications in your stomach.

Researches revealedthat the roasting of the coffee is most likely accountable for the increasedgastric acid release. The acid leads to the formation of holes in the stomachlining (causing ulcers), or it may increase your risk of acid reflux, especially if consumed on an empty stomach. Causes stomach/digestive troubles — Digestive problems are not necessarily experience by each individual, but most people sufferingfrom IBS, ulcerative colitis, gastritis, pepticulcers, and Crohn’s disease will find that the coffee irritates their digestivesystem worsen their digestive problems.    When you drink coffee, you increase theproduction of acid in your stomach. This increase in acid weakens your stomachlining, making it simpler for bacteria (such as the H. pylori bacteriaresponsible for ulcers) to warren into the stomach tissue.

Coffee can alsoirritate your small intestines, causing cramps, abdominal spasms, andalternating constipation and diarrhea–a condition known as IBS.   Contributes to heartburn/acid reflux — Have you ever felt a burning, stabbing sensationin your chest or stomach after consuming a caffeinated drink, such as coffee? If so, coffee may be causing acid reflux or heartburn. Caffeine eases the loweresophageal sphincter, the muscle that prevents food from rising back up to yourthroat once it reaches your stomach. When the sphincterrelaxes, it allows food and acid to come back upthe esophagus, and the acid burns the unprotected tissue of your esophagus. Affects brain and centralnervous system– Coffee doesn’t actuallycause your body to produce more energy; instead, it shuts off the part of yourbrain that registers tiredness.

Coffee provokes the receptors in your brainthat recognize adenosine, the chemical that signals fatigue. By shutting downor blocking these adenosine receptors, coffee tricks your brain into thinkingthat you are more alert, awake, and focused than you really are. Because thesereceptors have been shut off, they become more sensitive when the caffeinestops blocking them. Hence, you feel the “ coffee crash”.

Caffeinealso affects your central nervous system, causing one to feel:?   Anxiety?   Agitations?   Tension?   Petulance?   Tiredness Limits nutrientabsorption– Coffee essentiallyinterferes with your body’s ability to absorb calcium, preventing it fromreaching your bones. Excessivecaffeine intake can eventually lead to bone thinning and osteoporosis.    Stay Away From Caffeine? There are several alternatives to caffeine if you’re looking foran energy burst but don’t want to get that jittery feeling caffeine sometimescauses. Getting enough sleep each night is very essential to rejuvenate your body and its functions.  Stick to more than 2 meals a day. When you don’t eat, your glucose levels drop, making you feel drained.   Drink enough water.

Since our bodies consist of mainly 70% H20, we need at least 64 ounces of water a day.  Motion! Working out or taking a short walk has been proven to increase health. If you’re feeling drained in the middle of the day, it helps to move around.       (Reed, 2016) (Reed, 2016) Works Cited Reed, K. (2016, 3 3). The 15 Terrible Coffee Side Effects You Need to Know About. Retrieved 1 9, 2018, from positivehealthwellness: https://www. positivehealthwellness. com/diet-nutrition/the-15-terrible-coffee-side-effects-you-need-to-know-about/