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Nutrition



**ASSIGN
BUSTER**

As indicated by a current report distributed by the American Foundation of Pediatrics, almost three-fourths (75%) of children, teenagers, and the adolescence devour caffeine, a stimulant drug—in the form of soda, and other caffeinated drinks. Mollifies your body to caffeine—Caffeine addiction is considered to be as bad as nicotine and recreational drugs, and it affects your body the same, causing you to drink more since your beginning dose is not enough anymore. Your body becomes dependent on caffeine, leading to an increased consumption; therefore, if you stop drinking coffee, your body becomes weak and shows several downside effects. Escalates blood pressure — High blood pressure is one of the most common risk factors in coronary heart disease.

Increase in blood pressure is caused by vascular resistance, and not by an increase in your heart rate or blood flow. Indicating that 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 revealed that the roasting of the coffee is most likely accountable for the increased gastric acid release. The acid leads to the formation of holes in the stomach lining (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 experienced by each individual, but most people suffering from IBS, ulcerative colitis, gastritis, peptic ulcers, and Crohn's disease will find that the coffee irritates their digestive system worsen their digestive problems. When you

drink coffee, you increase the production of acid in your stomach. This increase in acid weakens your stomach lining, making it simpler for bacteria (such as the H. pylori bacteria responsible for ulcers) to warren into the stomach tissue.

Coffee can also irritate your small intestines, causing cramps, abdominal spasms, and alternating constipation and diarrhea—a condition known as IBS. Contributes to heartburn/acid reflux — Have you ever felt a burning, stabbing sensation in 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 lower esophageal sphincter, the muscle that prevents food from rising back up to your throat once it reaches your stomach. When the sphincter relaxes, it allows food and acid to come back up the esophagus, and the acid burns the unprotected tissue of your esophagus. Affects brain and central nervous system– Coffee doesn't actually cause your body to produce more energy; instead, it shuts off the part of your brain that registers tiredness.

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

Caffeine also affects your central nervous system, causing one to feel:?
Anxiety? Agitations? Tension? Petulance? Tiredness Limits

nutrient absorption– Coffee essentially interferes with your body's ability to absorb calcium, preventing it from reaching your bones. Excessive caffeine intake can eventually lead to bone thinning and osteoporosis. Stay Away From Caffeine? There are several alternatives to caffeine if you're looking for an energy burst but don't want to get that jittery feeling caffeine sometimes causes. 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% H₂O, 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/](https://www.positivehealthwellness.com/diet-nutrition/the-15-terrible-coffee-side-effects-you-need-to-know-about/)