

Positive effects of caffeine

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According to a secondary research, which I carried on the effects of caffeine on human health, I found out that, Caffeine is the most consumed substance globally, it is commonly found in beverages such as; coffee, tea, soft drinks and also in cocoa contained in various products, it is also found in medical products. Due to the high consumption by the public, many scientists have tried to bring the public to the knowledge of the effects of caffeine on human health.

Positive Effects of Caffeine

Although it is argued that, the intake of a small amount of caffeine does not create adverse effects such as the cardiovascular effects, toxicity and also a change in the personal behavior and effects on male fertility. Coffee is seen as a widely drink globally, carrying various advantages such as; it acts as a stimulator for the human beings' central nervous system whereby it is known that it enhances the production hormones such as adrenalin which is well known for the management of stress by the body.

Caffeine is said to be an increasing agent of intellectual activities when a person is tired, it also speeds up the metabolic activities whose importance is to conserve glycogen and glucose and therefore, maintaining the activity of the brain and reduces hunger in a person. It also acts as a protective agent against the cirrhosis of the liver; it also prevents crystallization of cholesterol and lessens the risk of growth of gallstones. Caffeine also increases the human heart beat temporarily in addition to this, it stimulates the functions of the lungs, and it also allows the manufacture of urine in the body. Urine production; lastly it is best used for relaxing of smooth muscles such as the bronchial muscles.

Negative Effects of Caffeine on Human Health

Despite the said advantages about coffee, people are called upon to learn and have more knowledge on the negative effects of the caffeine this effects include; a high consumption of caffeine results in the reduction of energy in the body, since coffee contains various chemicals such as caffeine, creosote, pyridine, tars and polycyclic aromatic hydrocarbons which are normally produced by the roasting of the coffee beans under a high temperature heat. Each of these chemicals carries its own effect on the health of a person whereby, caffeine is well known to be interfering with adenosine which carries a calming effect in the brain.

The Cortisols are known to be causing high blood pressure diseases by increasing the pumping action of the heart which comes as a result of the blood vessels constriction. According to the research done, on the effects of caffeine on human fertility, reproduction, lactation and development, it was found that it leads to a reduction in the weight of a child during his development, but this comes as result of an excessive intake of coffee, this is because it affects the hematologic factor of the infant though it has no effect on the composition of the maternal milk but it stimulates its production.

Coffee is best found to be containing chemicals that are found causing the stomach lining irritation, whereby it acts as a causing factor of most digestive disorders. Coffee also contains a high amount of vitamin K that is said to be affecting the Coagulability of the blood that is known to be affecting those people who have high risks of various heart diseases such as heart attacks, stroke and blood clots.

Recommendation

Due to this, the expectant mothers are advised to have a limited intake of coffee, this is because caffeine is known to be associated with an increased risks of bone fractures and also, it leads to a reduced mass of the bones coming up as a result of a higher caffeine in the blood which affects the absorption of calcium nutrients, thus enhancing a low calcium intake which ends up weakening the bones. Coffee is also known to be reducing kidney stones whereby, the flow of urine is increased while its concentration is reduced

Therefore, we are advised to carry out the following measures in order to avoid the negative side effects of caffeine, when a woman is pregnant or nursing a baby, therefore she should not be allowed to take coffee, also those people suffering from diseases such as; gall stones, heart diseases and high blood pressure, mental illness and also those suffering from anxiety are also advised not to use caffeine since it is noticed to be increasing the disease condition in the body.

Conclusion

From the research I therefore conclude that, the consumers should use the decaffeinated coffee which is said to have a less effect on the human health. In this case, the research showed that in the past decaffeinated coffee was normally extracted through an industrial method that involved the use of some chemicals benzene, chloroform, trichloroethylene and dichloromethane as a result of environmental pollution, the manufacturers started to apply the following methods which is applied up to date in the manufacture of

decaffeinated coffee; this involves the extraction of water under which the beans of the coffee are soaked in water, after soaking, the water including caffeine and other chemicals are placed into a charcoal that is always activated that is meant to eliminate the caffeine from the coffee.

This water is therefore taken back to the beans and is allowed to evaporate until dry, this evaporation and drying gives the decaffeinated coffee with a good taste which is said to maintain the good scent of coffee thus attracting more consumers.

References

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