



Caffei-Nation

Can't seem to start the day without a cup of coffee?

Caffeine, the stimulant that gets you going, is one of the world's most widely used drugs. It has been a part of our diet for centuries. Coffee is the chief source of caffeine, but soft drinks run a very close second.

Here are some facts about caffeine:

- Contrary to popular belief, a cup of coffee cannot help sober up a person who has been drinking.
- Non-colas aren't necessarily caffeine free. Be sure to read the label if you're trying to cut down.
- Caffeine is an ingredient in more than 1,000 over-the-counter drugs and prescription drugs.

For most people moderate amounts of caffeine cause no physical harm. But for some, excessive caffeine can cause anxiety, insomnia, headaches or stomach irritation. If you're experiencing any of these symptoms and you think caffeine may be the culprit, contact your doctor or a registered dietitian.

Effect on Bone Density

A recent study at Creighton University looked at caffeine intake in women from 60 to 70 years old, and found that nearly three cups of coffee a day can lead to spinal bone loss. The study followed women for a period of three years.

Researchers believe that older women are less able to offset the natural calcium loss that caffeine causes, resulting in increased bone thinning.

Moderate your caffeine intake and focus on consuming at least 1,200 mg. of calcium every day. Foods that provide significant amounts of calcium include dairy products, deep-green leafy vegetables and fish with edible bones.

Sneaky, sneaky

If you're looking to limit your caffeine consumption, keep in mind that it is contained in a growing number of foods. Along with coffee, tea and colas, caffeine is also found in:

- non-cola soft drinks like root beer and orange soda
- energy drinks
- hot cocoa
- chocolate and coffee-flavored candy.
- Hot cocoa and chocolate have very small units of caffeine when compared to coffee.

Make the switch to less caffeine by recognizing how much you consume, slowly tapering down your intake and drinking water in place of some of the coffee.

Coffee with a Side of Health Risks?

Research shows coffee is the most popular food consumed at breakfast in the United States. With millions of us jump-starting our day with coffee, are there any health risks to drinking caffeinated beverages?

Caffeine acts as a mild stimulant to the central nervous system and both regular and decaf coffee can irritate the stomach. Caffeine can also act as an analgesic and may help protect against gallstones, cavities, type 2 diabetes and Parkinson's disease, but more research is needed before caffeine can be proclaimed a "disease preventer."

How much coffee is too much? Your caffeine sensitivity depends on the amount you drink, the frequency, your weight, physical condition and other factors. For most healthy adults, 200 to 300 milligrams of caffeine per day – about two to three cups of coffee – pose no physical problems.

WellnessProposals.com

To continue receiving valuable articles, email subscribe@wellnessproposals.com