



## **The Facts About Caffeine**



I don't know about you, but in our house, we enjoy a good cup of coffee in the morning. But it seems everyone has an opinion about whether caffeine is a good thing or not, so we decided to take a look for ourselves and see where the pros and cons fall.

Caffeine is the most widely consumed stimulant in the United States, 80% of the population consumes caffeine in some capacity. It can be found in coffee, tea, energy drinks, sodas and even chocolate. Caffeine causes stimulation to the central nervous system (the brain, brain stem and spinal cord). Its most noticeable effect in smaller doses is mental alertness. Between 300 mg and 400 mg (200-300 mg in pregnant women) of caffeine is considered safe and tolerable to the body depending on the source. Caffeine is considered a drug and in excess use can cause dependency, which was officially listed as a mental health disorder recently.

### Amounts of caffeine in common sources:

Coffee 8 oz – 95-165mg

Black tea 8 oz – 25-48mg

Green tea 8 oz – 25-29 mg

Soda 8 oz - 24-46mg

Energy drink 8 oz – 27-164 mg

Dark Chocolate 1 oz – 12 mg

### *Pros to Consuming Caffeine (most studies are done utilizing coffee)*

- Coffee drinkers are 4-8 times less likely to develop Parkinson's disease
- Coffee may also reduce the risk of dementia and Alzheimer's by 70%
- Coffee drinkers have a 45% lower risk for committing suicide
- May reduce the risk of oral cancer
- Reduces the risk of stroke in females
- Black coffee reduces the risk of type 2 diabetes (however can cause increase in blood sugar levels in people who already have type 2 diabetes)

### *Cons to Consuming Caffeine*

- Caffeine withdrawal can cause headaches due to interaction with blood vessels in the brain
- Caffeine withdrawal can also cause anxiety, irritability drowsiness and muscle achiness
- Coffee and sugary sodas may increase stomach acid causing heartburn and ulcers
- Caffeine can cause increased urination because excess caffeine is not stored in the body and is filtered through the liver and excreted by the kidneys

- Caffeine may increase blood pressure short term
- Caffeine can cause decreased absorption of calcium and thus osteoporosis especially in post-menopausal women
- Caffeine may also disrupt normal sleep patterns

While this may not provide all of the answers, hopefully this gives you a more educated opinion on exactly what effect that cup of coffee (or tea or soda or even chocolate bar!) can have on your body and whether its right for you or not.

- Dr. Chris



#### **Join us for a Fall Scents Celebration!**

On September 30th, we'll be hosting a Fall Scents Celebration. It's an essential oil make and take party from 1:00-3:00pm. We'll be making a gingerbread moisturizing spray, an orange cinnamon small space gel air freshener and an apple cider foaming hand soap. The cost for each item is \$6 and if you make all three, we'll give you a pumpkin spice lip balm for free!

We're asking everyone to RSVP at the front desk by September 20th so we have enough supplies on hand. We'll also have our zyto scan up and running if anyone wants to scan. Don't know what the zyto scan is? Just ask!

#### **Labor Day Hours Update**

Labor Day is Monday and we just wanted to give our patients a reminder that we will be closed on the actual holiday, but business as usual on Tuesday, September 4th. We hope you and your family have a safe, happy holiday weekend!

\*also, while we're talking hours, Kristin Garcia with Relaxing Restorations Massage Therapy is now offering [online booking](#) for any of our patients interested in booking that way!



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