

# Caffeine

Lorrie Klosterman

The World of Caffeine Bennett Alan Weinberg, Bonnie K. Bealer, 2004-11-23 Caffeine is the world's most popular drug! Almost all of us start our day with a jolt of caffeine from coffee, tea or cola. And many of us crave chocolate when we're stressed or depressed. Without it we're lethargic, head-achy and miserable. Why? Why do we crave caffeine? How much do we really know about our number one drug of choice? Here is the first natural, cultural, and artistic history of our favorite mood enhancer--how it was discovered, its early uses, and the unexpected parts it has played in medicine, religion, painting, poetry, learning, and love. Weinberg and Bealer tell an intriguing story of a remarkable substance that has figured prominently in the exchanges of trade and intelligence among nations and whose most common sources, coffee, tea, and chocolate, have been both promoted as productive of health and creativity and banned as corrupters of the body and mind or subverters of social order. Some Highlights From the World of Caffeine Balzac's addiction to caffeine drove him to eat coffee, as some schizophrenic patients are observed to do today, and may have killed him Mary Tuke breaks the male monopoly on tea in England in 1725 The ways caffeine functions as a smart pill Goethe's responsibility for the discovery of caffeine Did a mini Ice Age help bring coffee, tea and chocolate to popularity in Europe? What is the mystery of coffee's origin? As good as gold: the stories of how caffeine, in its various forms, was used as cash in China, Africa, Central America and Egypt What does the civet cat have to do with the most costly coffee on earth today? The World of Caffeine is a captivating tale of art and society -- from India to Balzac to cybercafes -- and the ultimate caffeine resource.

The Facts about Caffeine Lorrie Klosterman, 2007-01-30 Explores the history and effects of caffeine.

**The Truth about Caffeine** Marina Kushner, 2015-03-04 The Truth about Caffeine exposes caffeine's darker side that scientists know but that the beverage, confectionery and pharmaceutical industries have tried to suppress. Caffeine is a highly addictive drug, does not offer any nutritional value and has not been proven safe. Epidemiological, clinical and laboratory studies link caffeine to heart disease, pancreas cancer, bladder cancer, hypoglycemia and central nervous system disorders.

*Caffeinated* Murray Carpenter, 2015-01-27 "You'll never think the same way about your morning cup of coffee."—Mark McClusky, editor in chief of Wired.com and author of *Faster, Higher, Stronger* Journalist Murray Carpenter has been under the influence of a drug for nearly three decades. And he's in good company, because chances are you're hooked, too. Humans have used caffeine for thousands of years. A bitter white powder in its most essential form, a tablespoon of it would kill even the most habituated user. This addictive, largely unregulated substance is everywhere—in places you'd expect (like coffee and chocolate) and places you wouldn't (like chewing gum and fruit juice), and Carpenter reveals its impact on soldiers, athletes, and even children. It can make you stronger, faster, and more alert, but it's not perfect, and its role in health concerns like obesity and anxiety will surprise you. Making stops at the coffee farms of central Guatemala, a synthetic caffeine factory in China, and an energy shot bottler in New Jersey, among numerous other locales around the globe, *Caffeinated* exposes the high-stakes but murky world of caffeine, drawing on cutting-edge science and larger-than-life characters to offer an unprecedented understanding of America's favorite drug.

Caffeine Victor R Preedy, 2015-10-09 Caffeine is known to stimulate the central nervous system but what other functions does it have? This book covers the latest scientific knowledge in a uniquely structured format and is specifically designed to link chemistry with health and nutrition to provide a broad, appealing book. Coverage begins with caffeine in relation to nutrition focussing on beverages, then concentrates on chemistry, crystal structures of complexes in caffeine and biochemistry. In the analysis chapters, assays are conducted by LC-MS, capillary electrophoresis, automated flow methods and immunoassay methods. The effects of caffeine on the brain, cognitive performance, sleep, oxidative damage, exercise and pulmonary function are all considered in the closing section of the book. Delivering high quality information, this book will be of benefit to anyone researching this area of health and nutritional science. It will bridge scientific disciplines so that the information is more meaningful and applicable to health in general. Part of a series of books, it is specifically designed for chemists, analytical scientists, forensic scientists, food scientists, dieticians and health care workers, nutritionists, toxicologists and research academics. Due to its interdisciplinary nature it could also be suitable for lecturers and teachers in food and nutritional sciences and as a college or university library reference guide.

**Caffeine** Valerie DeBenedette, 2001-09 Author Valerie DeBenedette explores the physical, emotional, historical, and societal effects of caffeine, the most commonly used drug in the United States. The popularity today of coffee houses, soft drinks, and flavored iced teas increases the potential for abuse of caffeine. This fact-filled book includes questions for discussion, and real-life situations to help readers learn more about this drug whose abuse will not prove fatal, yet may be cause for concern.

*Caffeine* Gene A. Spiller, 2019-04-23 Caffeine-found in tea, coffee, mate, cola beverages, cocoa, and chocolate products-is an integral part of the diet of many people. Caffeine answers questions for a broad range of readers interested in the effects beverages and foods containing this dietary methylxanthine have on human health, nutrition, and physiological functioning. The composition, processing, consumption, health effects, and epidemiological correlations of caffeine are examined in detail. It is often said that too much caffeine is bad for you. How much is too much? Get the facts on consumption of caffeine-containing products with this authoritative text. Chapters 1 and 2 offer an introductory, concise overview of the chemistry and analysis of methylxanthines. In Chapters 3 through 8, each natural product-tea, coffee, mate, and cocoa and chocolate products-is described in terms of botany, cultivation, processing, composition, and consumption patterns. Consumption of caffeine is also examined in detail in Chapter 9. Chapter 10 provides an easy-to-read overview of the basic physiology and biochemistry of caffeine. The ergogenic, cognitive, and emotional effects of caffeine are discussed in Chapters 11 and 12. Chapters 13 through 16 deal with specific health effects-serum cholesterol, cancer and fibrocystic breast disease, calcium and bone health, and human reproduction. For physicians, nutritionists, other health professionals, food scientists, and everyone interested in the effects of caffeine on the human body, Caffeine is a convenient, single-source reference.

Caffeine for the Sustainment of Mental Task Performance Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, 2002-01-07 This report from the Committee on Military Nutrition Research reviews the history of caffeine usage, the metabolism of caffeine, and its physiological effects. The effects of caffeine on physical performance, cognitive function and alertness, and alleviation of sleep deprivation impairments are discussed in light of recent scientific

literature. The impact of caffeine consumption on various aspects of health, including cardiovascular disease, reproduction, bone mineral density, and fluid homeostasis are reviewed. The behavioral effects of caffeine are also discussed, including the effect of caffeine on reaction to stress, withdrawal effects, and detrimental effects of high intakes. The amounts of caffeine found to enhance vigilance and reaction time consistently are reviewed and recommendations are made with respect to amounts of caffeine appropriate for maintaining alertness of military personnel during field operations. Recommendations are also provided on the need for appropriate labeling of caffeine-containing supplements, and education of military personnel on the use of these supplements. A brief review of some alternatives to caffeine is also provided.

*Caffeine, the Most Popular Stimulant* Richard M. Gilbert,1986 Examines the nature and effects, both harmful and beneficial, of the use and abuse of this popular stimulant.

Caffeine and Energy Drinks Christine Petersen,2014-01-01 This book provides information on the dangers of caffeine and energy drinks, both stimulant drugs that affect the central nervous system. Middle-school students will learn the lowdown on the consequences of drug-use, describing the symptoms of addiction, including the physical, emotional, and social damage that can arise from substance abuse. Alarming facts and statistics share how prevalent drug abuse can be among teens. Personal stories of teens who used drugs and the realities they faced unfold along with advice on how to deal with peer pressure when choosing to say no.

**Caffeine and Behavior: Current Views & Research Trends** B.S. Gupta,Uma Gupta,2020-03-05 The psychobehavioral effects of caffeine on humans is analyzed in this book from an experimental approach. Caffeine and Behavior: Current Views and Research Trends is unique in its emphasis on empirical research and its inclusion of articles concerning the addictive potential of caffeine. Topics covered include addiction, neurotransmission

**Caffeine Blues** Stephen Cherniske,2008-11-15 One of the most accomplished nutritional biochemists and medical writers in his field reveals the truth about caffeine and helps you kick the habit forever. Nearly 80% of all Americans are hooked on caffeine, this country's #1 addiction. A natural component of coffee, tea and chocolate, and added to drugs, soft drinks, candy and many other products, the truth about caffeine is that it can affect brain function, hormone balance, and sleep patterns, while increasing your risk of osteoporosis, diabetes, ulcers, PMS, stroke, heart disease and certain types of cancer. Discover a step-by-step, clinically-proven program that reduces your caffeine intake, and effective ways to boost your energy with nutrients, healthy beverages, better sleep and high-energy habits.

Caffeine and Nicotine Heather Hasan,2009-01-15 Describes the dangers of using caffeine and nicotine, discussing the various effects they have on the human body and their impact on society.

*Caffeine* Amy Francis,2016-01-07 Caffeine consumption has become commonplace amongst young adults in recent years, with many teens, up to 80 percent, eagerly reaching for coffee or energy drinks on a regular basis. Caffeinated substances are legal, widely used by society, and often touted as having health benefits, yet many teenagers fail to realize that caffeine is also a drug. When misused it can lead to dependency or abuse. This informative anthology examines the various degrees of caffeine use, outlining a variety of perspectives on topics such as caffeine and cognitive performance, caffeine as an addictive substance, and the complexities of caffeine regulation.

Caffeine in Food and Dietary Supplements Leslie A. Pray,Institute of Medicine,Ann L. Yaktine,Food and Nutrition Board,Board on Health Sciences Policy,Diana E. Pankevich,Planning Committee for a Workshop on Potential Health Hazards Associated with Consumption of Caffeine in Food and Dietary Supplements,2014 Caffeine in Food and Dietary Supplements is the summary of a workshop convened by the Institute of Medicine in August 2013 to review the available science on safe levels of caffeine consumption in foods, beverages, and dietary supplements and to identify data gaps. Scientists with expertise in food safety, nutrition, pharmacology, psychology, toxicology, and related disciplines; medical professionals with pediatric and adult patient experience in cardiology, neurology, and psychiatry; public health professionals; food industry representatives; regulatory experts; and consumer advocates discussed the safety of caffeine in food and dietary supplements, including, but not limited to, caffeinated beverage products, and identified data gaps. Caffeine, a central nervous stimulant, is arguably the most frequently ingested pharmacologically active substance in the world. Occurring naturally in more than 60 plants, including coffee beans, tea leaves, cola nuts and cocoa pods, caffeine has been part of innumerable cultures for centuries. But the caffeine-in-food landscape is changing. There are an array of new caffeine-containing energy products, from waffles to sunflower seeds, jelly beans to syrup, even bottled water, entering the marketplace. Years of scientific research have shown that moderate consumption by healthy adults of products containing naturally-occurring caffeine is not associated with adverse health effects. The changing caffeine landscape raises concerns about safety and whether any of these new products might be targeting populations not normally associated with caffeine consumption, namely children and adolescents, and whether caffeine poses a greater health risk to those populations than it does for healthy adults. This report delineates vulnerable populations who may be at risk from caffeine exposure; describes caffeine exposure and risk of cardiovascular and other health effects on vulnerable populations, including additive effects with other ingredients and effects related to pre-existing conditions; explores safe caffeine exposure levels for general and vulnerable populations; and identifies data gaps on caffeine stimulant effects.

**Caffeine** P. B. Dews,2012-12-06 Before the late 1970s, interest in caffeine among both the general public and the scientific community was at a relatively low level for many years, even though it was recognized that caffeine was an almost universal component of the diet. The National Coffee Association was supporting a continuing program of research, some research was being conducted by a few of the largest companies selling coffee, and an occasional university researcher became interested in caffeine and conducted experiments, often on effects of caffeine in very high concentration in vitro on skeletal muscle fibres or on dividing cells. Since 1978, however, there has been a mighty up surge in both public and scientific interest in caffeine. It is interesting to note that this was prompted not by discovery of hitherto unknown effects or hazards of caffeine, but by the actions of a regulatory agency, the Food & Drug Administration (FDA) of the U. S. Public Health Service. The U. S. Congress passed new laws on foods and drugs in 1958. One of the provisions was for testing of food additives to assess risk to health. As it was clearly impracticable to require immediate testing of all additives already in use, a list was drawn up of some hundreds of additives that were generally

recognized as safe (GRAS).

**Caffeine** Celicia Scott,2014-11-17 People around the world consume coffee, tea, energy drinks, soda, and pills that contain caffeine, without a thought for the consequences the caffeine may have on their lives. For young adults, these consequences are even more serious. With a vast industry targeting its marketing at young people, educating yourself is the essential first step to counter caffeine's possible effects on your life, from sleep problems to addiction. Discover the true effects of caffeine on your body. Learn about the downside of caffeine!

*The Caffeine Book* Frances Sheridan Goulart,1984 Abstract: A guide for the public provides information about caffeine in many products, examines caffeine-related illnesses, provides charts and quizzes for assessing personal caffeine intake, and presents a 10-step program for breaking the caffeine habit and a 10-step caffeine-free maintenance program. Suggestions for adhering to a caffeine-free life style are included. Chapters address coffee, tea, soft drinks, chocolate, and over-the-counter drugs. Diseases discussed include gastrointestinal, coronary, kidney, cancer, hyperactivity, and psychiatric problems. (wz).

**Risk Assessment of Caffeine Among Children and Adolescents in the Nordic Countries** Nordic Council of Ministers,2008

**Buzz** Stephen Braun,1996 Alcohol and caffeine are deeply woven into the fabric of life for most of the world's population. Laced with anecdotes and lore, this book explains the effect of caffeine and alcohol, debunking old myths and misconceptions.

Unveiling the Magic of Words: A Report on "Caffeine"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "Caffeine," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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