



CALAMITY IN A CUP

ARE THE 'PERKS' WORTH THE PRICE?



Startling Facts about; COFFEE; TEA; COLA; CHOCOLATE:

“Caffeine is the world’s most widely used mind-altering drug.” Dr. Roland Griffiths- John Hopkins’s School of Medicine –New York Time 10/5/94

“What we’ve learned is that caffeine interacts with stress and intensifies it.” Dr. James Lane – Duke University Psychiatry Researcher. (Associated Press Interview)

FILLED TO THE RIM...CHART

Everyone knows that coffee contains caffeine. But do you know how much—or where else it is hiding? Take a look at the list below!

COFFEE AND TEA

Brewed coffee (6-0z) – 85-100 mgs

Instant coffee (6-0z) – 65 mgs

Brewed Tea (6-0z) – 40 mgs

Iced tea (12-oz) - 70 mgs

OTHER DRINKS

Sugar-free Mr. Pibb® - 58.8 mg

Mountain Dew® (12-0z) - 54 mg

TAB® (12 -oz) - 46.8 mg

Coke® (12-oz) - 46 mg

Dr. Pepper® (12-0z) - 40 mg

Pepsi® (12-0z) - 38.4 mg

RC Cola® (12-0z) - 36 mg

Diet Rite® - 36 mg

Cocoa Beverage - 6-12 mg

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Chocolate Milk (8-oz.) - 2-7 mg

OVER THE COUNTER ITEMS

Excedrin® (analgesic) – 65 mgs

Vanquish® (analgesic) – 33 mgs

Midol® (analgesic) – 32.4 mgs

Dietac® (weight control) - 200 mgs

Dexatrim® (weight control - 200 mgs

Dristan® (cold/allergy) - 16.2 mgs

Vivarin® (alertness tablet) – 200 mgs

Sources – NEJM 327(16)1160, 1992

Consumer Reports 525,891

JADA 71:240-247,1977

Product Labels



More than 80% of Americans drink coffee, the world's #2 trade commodity, out-sold only by oil in volume. Coffee is touted as a harmless pick-me-up, a "jump-start" for the day. But how many coffee drinkers know that:

“Coffee drinkers, as compared to non-coffee drinkers, have a greater Incidence of over-weight and consume more alcohol and cigarettes...” American Journal of Cardiology 52:1238-42 1983

“Caffeine seems to increase coronary heart disease deaths independent of serum cholesterol levels.” British Medical Journal 300:566-569 1990

Yet despite the Increasing Incriminatory evidence and disturbing discoveries, millions still consume caffeine. If only they knew that...

“Caffeine consumption should be considered a risk factor for Myocardial Infarction. (Heart attack)” Am. J. Epidemiology 138(8)602, 1993

“Rats that ate a refined-food diet (a U.S. teenager-type diet) and were offered 10% alcohol or water, gradually drank increasing amounts of alcohol. When given coffee, their alcohol consumption dramatically increased.” J. Am. Dietetic Assoc 61:159-162;1972

“Coffee drinkers are more prone to use other drugs. Not only do they smoke more, but they more often use minor tranquilizers or sedative-hypnotics.” Comprehensive Psychiatry 22:565-571, 1981

“A dose of 500-600 mgs. (5-6 six ounce cups) of caffeine a day presents a serious health risk.” British Journal of Addiction 78:251-258, 1988

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Why do many people feel their hands are tied when it comes to quitting caffeine? Because it can be very addictive. In fact, in one study:

“People consuming as little as 100 mgs. (1 cup) of caffeine per day had withdrawal symptoms.”
New England Journal of Medicine 327(16)1160. 1992

Such discoveries about caffeine and its “cousins” have led some experts to state that:

“The scientific evidence of coffee and (tea, cola drinks, and chocolate) as they relate to health is at approximately the same place it was on tobacco in the 1940s. One could predict that a few years hence, coffee and similar substances will not only be indicted but judged guilty. (for injuring health).” John Scharffenberg MD. MPH

How can anyone make such a bold claim? Take a few minutes to read this book and you'll know the answer!

“The lethal dose of caffeine is 10 grams, or about 70 cups of coffee. Many people are taking 1/10 the lethal A: Journal of Family Practice 4(6)1183, 1977

“Two cups of coffee may raise blood pressure to levels equal to one cigarette, but it keeps it there for 1-2 hours, vs. just 15 minutes for smoking.” Am. J. of Medicine, 73:348-353,1982

The Medellin Drug Cartel.

The white powders and dried leaves it exports illegally to this country do untold damage to our citizens and cost us millions of dollars every year. This drug ring is feared, even hated. But there's another Colombian drug cartel that could be considered even more dangerous. The black powder and dried leaves it exports legally to this country are not feared and hated, but relished and loved.

This drug is certainly more available and widespread, and its addictive properties more subtle and insidious. It also costs this country millions of dollars every year in increased psychiatric and medical fees, and subsequent lost work. The personal cost to the user is even greater, causing untold damage to many organs of the body. Its use has been implicated in such degenerative diseases as cancer, diabetes, and heart disease.

In case you haven't guessed, we are talking about coffee, and its calamitous cousins, tea, cola, and chocolate.

Caffeine. It is trouble brewing in America's pots! It is the drug of choice for nine out of ten North Americans. 1* But American adults are not the only ones consuming this drug. According to caffeine researcher Dr. Gail Bernstein, 77% of children over 6 months old ingest caffeine regularly.2 * (Footnote references)

As a result, life in the United States seems to be getting more jittery every day. Nerves are frazzled. Tempers are short. And Americans are consuming a mind-boggling 600 tons of sleeping pills each year in a hopeless attempt to wind down after a busy day.

Perhaps a popular cartoon best sums up the stressed-out, wound-up mood of our nation. It shows a woman with bulging eyes, tight lips, and hair standing straight on end. The caption reads: "I only have one nerve left, and you're about to get on it!"

Brewing Some Real Mix-ups!

We seem to have more stress and less coping power with each new day. Could part of the problem be that so many Americans today are trying to perk up by using caffeine, "the world's most widely used mind-altering drug" 3? It produces a surge of energy, only to leave its user tired, cranky, and depleted.

One study concluded that: "Caffeine abuse is so common in our society that its effects are often not addressed as clinical issues" (or medical problems). It also said that "symptoms from this drug (caffeine)" are often misdiagnosed as a mental or physical disease! "4

Caffeinism can resemble serious illnesses like manic episodes, panic disorders, anxiety disorders, and personality disorders. 5

Grounds For Concern!

According to one report, Americans consume 33 million gallons of coffee every day! 6 Using that much of any stimulant causes real grounds for concern! But that figure does not include tea, chocolate, cola, and many over-the-counter drugs consumed daily which also contain caffeine. Caffeinism constitutes a major source of addiction in North America.

Yes, caffeine can be addictive. A regular cup of coffee contains anywhere from 68 to 150 mg. of caffeine per cup. The average daily "dose" of 80% of American adults is 280 mg., or about 2-3 cups of coffee a day. This is considered a "behaviorally active" 7 amount, -that is, it will alter the mood and behavior of the consumer, who will likely experience significant "withdrawal symptoms" when discontinuing its use. 7

Coffee and its calamitous cousins, tea, cola, and chocolate, called the brown drink family, are really chemical relatives. Each contain toxic alkaloid chemicals called methylated xanthenes, or methylxanthines (rhymes with Ethel Francine), which include caffeine, theobromine, and theophylline.

Caffeine is the principal methylxanthine in coffee, while theophylline is the major methylxanthine in tea. The major methylxanthine in chocolate is theobromine, although both tea and chocolate also contain caffeine.

"A cup of coffee reduces iron absorption by 39%, and a cup of tea will reduce it by 64%. Drip coffee will lower iron absorption by 72%, while doubling coffee's strength will reduce it 91%! In comparison, orange juice, with its vitamin C, may increase iron absorption in a meal by 250%!" Am. J. of Clinical Nutrition 37:416-420,1983 ; ibid 32:2484-2489,1979

The Cocaine Connection

Methylxanthines, specifically caffeine, are powerful central nervous system stimulants which can arouse all levels of the brain and skeletal muscles.4

Caffeine is one of a group of drugs related to amphetamines called analeptics.8 It is a member of the same group of addictive alkaloid chemicals as morphine, nicotine, cocaine, and strychnine. Within 30 minutes after ingestion, caffeine peaks in the blood, reaching maximum effect in two hours.

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How do methylxanthines affect the body? As you will see, the list of physiological effects is startling! Methylxanthines, especially caffeine, are capable of damaging chromosomes and certain body systems ⁹. As such evidence emerged, in 1980 the Food and Drug Administration issued a warning to pregnant women against excessive use of caffeine.¹⁰ They also removed caffeine from the Generally Recognized As Safe (GRAS) list.

In spite of the evidence, many consider coffee jitters the only price they pay for the best part of waking up. But as a drink, coffee is literally brimming with trouble.

The Best Part of Waking Up?

Caffeine can be a problem for people with gout because the body converts it into uric acid, which can aggravate an existing gout condition. It also stimulates the brain cortex, and can cause poor balance, racing heart, high pitched voice, insomnia, racing and disconnected thoughts, poor memory, fatigue, restless leg syndrome, hand tremors, anxiety and dread, hostility, sleep disturbances, headaches, reflex hyperexcitability, irritability, agitation, anxiety, dehydration, and general discomfort! ¹¹ If that's the list of perks one gets for waking up, perhaps a coffee-drinker would be better off staying asleep!

After observing that caffeine is capable of inducing acute psychotic symptoms, a state hospital staff eliminated caffeinated beverages from the diet of all inpatients. Almost immediately the patients were quieter and suffered less from insomnia and nervous agitation. ¹² Physical assaults on both people and property decreased significantly, too.

Studies show that people with psychiatric problems consume nearly twice as much caffeine as the general population. ¹³ But even "normal" people given caffeine were shown on psychiatric tests to have elevated levels of anxiety, depression and hostility. ¹⁴ Amazingly, the doses of caffeine given in this test were much less than the average coffee drinker consumes each day!
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Although caffeine temporarily stimulates the nerves, it leaves a hangover effect in which mental efficiency falls below normal. ¹⁵ Studies show that caffeine use on the job does not help work performance, but actually intensifies the harmful effects associated with the stresses of everyday life, by exaggerating responses to stressful situations in the environment, and decreasing sociability. ¹⁶

"Caffeine does not help someone sober up, but may actually intensify the adverse effects of alcohol." Medical World News 7/5/94, 32A

Going To Pot Under Pressure

Yet when pressures mount at the office, and you're feeling stress, what do you do? You go to pot!—the coffee pot. But Duke University researcher Dr. James Lane says that caffeine interacts with stress and intensifies it. ¹⁷

He found that with two groups under stress, stress-related hormones were considerably higher in people who had ingested 300 mg. of caffeine (3 cups) when compared to those who ingested a placebo. ¹⁷

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In addition to possibly intensifying stress, caffeine also causes the body to produce "an explosive discharge" ¹⁸ of stress hormones called catecholamines. These hormones cause the body to produce large amounts of cyclic AMP ¹⁸, which will be discussed in a moment. Caffeine can increase blood pressure, interfere with normal sleep patterns, and increase body fat stores.¹⁹

CAFFEINE – HEART DISEASE

Can increase the heart rate A

May cause frequent, irregular beats A

Can raise blood cholesterol B

May accelerate blood clotting leading to heart attack C

5 C/day may increase heart disease risk 300% D

A: Primary Cardiology 10184, 104-110

B: Am J of Epidemiology 128:124-136, 1988

C: Biochemical Journal 109 (5)841-849

D: NEJM 315(6)977-982, 1986

Caffeine is hardly a prescription for surviving in the workplace! In fact, caffeine can actually impair memory and increase restlessness, which negatively affects job performance. ²⁰ As a result, those who use caffeine may have impaired job performance and find professional advancement more difficult. ²¹

The truth is, in studies with rats, "motor nerve conduction velocity showed a significant decrease in caffeine-treated animals." ²² In other words, your muscles move slower!

Caffeine's report card is dismal in the classroom, too! Not only does it slow muscle function, but just 250 mg. (2 to 2 1/2 cups) causes a 30% decrease in brain blood flow. ²³ This can cause changes in psychomotor coordination, mood, behavior, and concentration. Caffeine may also cause rambling flow of thought and speech. ^{24,25} and impair memory! ²⁰

The Great Brain Drain

Why? Caffeine jams the circuits in the brain and nervous system. Acetylcholine, which carries nerve cell messages, runs wild, because the braking chemical, acetylcholinesterase, is inhibited by caffeine. ²⁶ Hence, nerve messages are prolonged and magnified, which could explain the jitters, tremors, agitation, and even disconnected thoughts associated with caffeinism. (See box, page 22.)

This nerve interference also makes children feel temporarily less sluggish and perform better on tests of attention, ²⁷ yet it leaves them feeling more anxious ²⁷ and adversely affects their behavior. ²⁸

Have you ever wondered how all that miraculous, quick energy comes from something that has no food value? Well, it isn't free. There is a definite metabolic price tag attached.

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In short, caffeine manipulates your body's stored energy—at the expense of future needs. Caffeine, and other methylxanthines, cause an increased cellular accumulation of cyclic AMP (adenosine monophosphate), which is essential to energy production in the body. Because of this accumulation, coffee drinkers feel a burst of energy.

The accumulation occurs because caffeine inhibits the normal activity of another chemical, phosphodiesterase (pde), which normally breaks down cyclic AMP and stops energy production. 29 What's the result? High blood sugar and over-production of insulin, which can result in hypoglycemia and more problems with diabetes. 30 (See box, page 33.)

But cyclic AMP also stimulates cellular growth in glandular tissues, like breast tissues. Through caffeine's interference with pde activity, the excess cyclic AMP may produce cell growth beyond normal boundaries. This can lead to fibrocystic disease (lumpy breasts) which may increase the risk of breast cancer. 31 Caffeine also blocks pde from doing another important job: shutting down the release of free fatty acids from body stores of fat, 29 thus increasing fats in the blood. This, combined with high blood sugars, is associated with greater risk of coronary heart attack.

Instant...And Slow Brewed!

But these are only the short-term effects. Is there a long-term price to pay? Caffeine use has been shown to produce long-term memory impairment. 32

In concentrated amounts, methylxanthines can actually alter the protoplasm of cells which could cause future problems! Caffeine and its cousins may cause mutagenic, or genealtering changes in chromosomes, 33 which can be seen in offspring, possibly to the second generation. 34 Human, hamster, and fruit fly cells grown in test tubes show injuries to chromosomes, and an inability to repair injuries, when exposed to caffeine. 35

Simply put: Caffeine's effects are not only instant, but also slow-brewed, possibly effecting even your grandchildren. (See box on pages 21, 24-25.)

Such possibilities led one medical author to write: "Although many questions remain unanswered, the clinician should err on the side of caution. Given the widespread consumption of caffeine, any adverse consequences, even if small, would have important public health consequences." 36

Is De-caff De-answer?

Hey, no problem, some are saying. I drink coffee without a worry—I drink de-caff! That solves the problem, right?

Wrong! Even decaffeinated coffee has hundreds of potentially harmful chemical components. One class of these compounds is caffeols. Caffeols are coffee oils, which are very irritating to the gastrointestinal tract. In addition, many other chemicals which have been linked to cancer and heart disease are still present, as are other central nervous system stimulants. 37 The coffee bean's composition is dramatically altered during roasting, resulting in chemical transformations where more than 700 "volatile substances...are formed." 38 Such chemicals as acetaldehyde, ammonia, carbon disulfide, acetic acid, nitrosamines, and others may make coffee a mouthful of trouble! 38 But whether it's decaffeinated or not, just one daily cup of

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coffee increases the risk of bladder cancer three times. 39 And drinking more than two cups a day of caffeinated coffee doubles the risk of fatal bladder cancer. 40

“Young Rats given DECAFFEINATED COFFEE had a significantly retarded growth rate.” Life and Health Sept. 1974, p.5

Brown drink users have an increased risk of STOMACH, KIDNEY, LUNG, PANCREATIC, OVARIAN, AND COLON CANCER. 41,42

Tea, which contains not only caffeine, but theophylline (another methylxantine) and tannin, is associated with increased risk of stomach, kidney, lung, rectal, and esophageal cancer, 43, 44 and has been implicated in formation of kidney stones.45

Caffeine confuses the vascular system because it dilates the blood vessels near the skin while ordering the brain to constrict them. It constricts blood vessels in the brain while dilating them in other organs, which may result in high blood-pressure. One to five cups of coffee a day increases heart attack risk by 60%; six or more increases it 120%! 46

Caffeine also stresses the pancreas and compounds diabetes by raising blood sugar levels and serum fatty acids.

Female caffeine users experience more still-births, fetal deaths, and miscarriages. 47 They also have more fibrocystic disease, which may increase breast cancer risk four times! 48

CAFFEINE AND MOTHERHOOD

“Pregnant women should be cautious about using drugs, and caffeine is certainly a drug.”^A

Caffeine levels in mother's milk are 50% higher than in her blood; drug stays in baby for more than 80 hours vs only 5-6 hours in the mother.^B

A Fetus lacks the enzymes to break down caffeine; it can cause lower birth weight, bone problems, and slower fetal growth.^C

Caffeine can damage chromosomes in humans; increases chance of birth defects.^D

3 cups a day doubles spontaneous abortion risk^E

Women who use caffeine have a harder time becoming pregnant.^F

“While caffeine abusers may feel an increased level of alertness, there may not be increased performance.” Psychological Reports 65-575-587, 1988

CAFFEINE - It Goes A Long Way, Baby!

Most caffeine drinkers feel it is harmless enough. But while it poses threats for everyone, pregnant women may be at greatest risk. Why? Consider these facts:

300 mg. * per day retarded fetal growth. JAMA 270(24)46-47,1993

300 mg. per day during month before pregnancy nearly doubled spontaneous abortion (SAB) risk JAMA 270(24)2940-43.1993

Fetotoxic effect of caffeine stronger in smokers Am J Epid. 137:951-954.1993

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200 mg. decreases placental blood flow J. Reprod. Med. 19:55-63.1977

In primate experiments, caffeine-using mothers had lower fetal birth weights, more still births and more miscarriages Toxicology 8:239, 1988

It increases fetal myocardial (heart) work Pediat. Research 21:391-395.1987

Offspring of caffeine-consuming lab animals showed neurochemical, physical, and behavioral changes, into adulthood Ann of NY Acad. of Sc 56:327-339, 1989

Pre-natal caffeine exposure may cause long-lasting neuro-behavioral effects in activity and learning associated with neuro-chemical changes in the brain cortex and hippocampus - Int. J. Neuroscience 41:15-28. 1988.

Can cause poor neuro-muscular development and greater irritability in neonates. Infant Behav. Dev. Dec. 7:253-265, 1984

*300 mg caffeine in 3 cups of coffee, 6 cups of tea, or 5-6 cans of soft drinks.

In spite of the medical evidence, many women continue to consume caffeine, thinking they'll stop once they learn they are pregnant. One researcher addressed that logic in this way:

"Most women do not realize they are pregnant until the middle to the end of the first trimester and do not receive prenatal care until after the 10th week of gestation when organogenesis (organ development) of the fetus is almost complete and most SABs have occurred. " JAMA 270(24)2974.1993

In other words, by the time she knows she's pregnant, caffeine's damage may already be done! But there's more:

"Just 163 mg./day during the first trimester may double SAB risk JAMA 270(24)2940-43.1993

Infants of caffeine-using mothers have higher rates of apnea (stop breathing for short periods) Am J Ob/Gyn 154:14-20, 1986

May be a triggering factor for insulin-dependent diabetes in childhood Brit Med J 300:642-643,1990

But men should also be concerned because:

Animal studies suggest that caffeine drinking in males can also cause fetal developmental defects. J Dev Physio 10:271-281,1988

The evidence is overwhelming. Caffeine is not the harmless, innocent "pick-me-up" we have thought it to be, not even at the low dose of just one or two cups per day!

"We cannot conclude that lower levels (than 300 mgs. A day) of caffeine are safe....Given the widespread consumption of caffeine, any adverse consequences, even if small, would have important public health considerations." JAMA 270(24)2974.1993

"The caffeine in one cup of coffee will make a person feel more alert and physically active, yet the actual result is more confusion." J of Pharm & Exper.Ther. 149(1)159,1965

THE BARE BONE FACTS

Since we are boning up on some facts, how does caffeine affect our skeletal structure? The link between caffeine use, even in small amounts, and osteoporosis is well established. Each 10 mg. Of caffeine consumed causes a 1 mg. Calcium loss in the bones. 49 This calcium loss is definitely a contributor to bone porosity (weakness) in children as well as adults.49

Dr. Linda Massey, associate professor of human nutrition at Washington State University, showed calcium loss actually doubled in 133 out of 135 subjects who used caffeine. 50 Imagine caffeine's effects on the bones of a young, growing body. A child drinking a 12-ounce caffeinated soda has a caffeine intake, on a body weight basis, equal to that of an adult drinking four cups of instant coffee. 51

Calamity In A Can

But coffee is not the only caffeinated beverage we are drinking! According to the Beverage Marketing Corporation, in 1989 the average American consumed 547 cans of soda. In the west central United States the number was 658, in the southwest, 637, and in the south, an unbelievable 663 cans for every man, woman, and child!

Those bubbles and brightly colored caffeinated-cola cans are hiding other ingredients besides caffeine, however. They also contain either sugar (about 12 tsp.), or artificial sweeteners, and phosphoric acid.

One artificial sweetener, aspartame (Nutrisweet), has been tied to disorders ranging from migraine headaches to brain seizures. 52 It has also been shown to cause memory loss, confusion, dizziness and total or partial blindness. 53 Adverse reactions are more common in women than in men. 53 Another, xylitol, has been linked to tumor growth, and liver, kidney, and brain disturbances. 54

It is well known that phosphoric acid in soft drinks can damage developing bones by taking calcium from them. 55 In fact, one study said "soft drink consumption by girls is a major public health problem" because the calcium loss makes them more prone to fractures. 55

Coffee for Kitty ?!

What's going on in our country, anyway? When a garden looks "thirsty," do we spray it with soda? When Rover is hot and panting, do we fill his bowl with iced tea? When kitty is shivering in the snow bank on the porch, do we rush her warm saucer of java? Why are the plants, gardens, and animals getting all the water while we're drinking potentially damaging substitutes?

The fact is, coffee, tea, cola, and chocolate drinks cannot come close to the beneficial effects of water. Studies have revealed that brown drink users lose body fluid due to the diuretic effect of tea, coffee, and soda. 56 Even though they may consume large amounts of fluids with their beverage, the net effect can be dehydration of body tissue.

Heavy tea drinkers often have vitamin B deficiencies, and tannin, a chemical component of tea, has been shown to interfere with iron absorption. Tea drinkers may feel fatigued and listless as

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a result. Tannin has also been linked to stomach cancer. While all methylxanthines have been implicated in goiter development, tea is highest in theophylline, which is the most damaging to the thyroid. 57

Before discussing the final calamitous cousin, chocolate, here are some other potentially dangerous side effects of caffeine:

It's Shocking, but Caffeine:

- ▷ May promote eating disorders 58
- ▷ Can increase infertility by 50% 59
- ▷ Can aggravate PMS symptoms 60
- ▷ Can elevate cholesterol & triglycerides 61
- ▷ Can cause skin rashes 62
- ▷ Can aggravate eczema and pimples 62
- ▷ Use by pregnant mothers can increase risk of diabetes in newborn 63

“Chlorogenic acid in coffee causes some of the most intense food allergies encountered in medical practice.” JAMA 187(5)380, 1964

The Chocolate-Uncovered Truth

Now for the bitter truth about chocolate. If you have ever bitten into an unsweetened piece of chocolate, you know that it is neither naturally sweet nor scrumptious! The bitter taste comes from the harmful alkaloids and pyrolysates found in chocolate. So, in order to make it edible, manufacturers add large amounts of sugar and fat, both of which can be harmful in the high amounts found in chocolate.

Eating one five-ounce chocolate bar is equivalent in calories to eating 3 pounds of apples! The calories in one small slice of chocolate cake are equal to the calories in seven slices of whole wheat bread.

Bombs Away!

Because the chocolate bar and the refined cake have few vitamins or minerals, and are both low in fiber, they are high calorie, empty-calorie food bombs which add weight, promote food cravings, and may ultimately bring disease and debilitation.

Theobromine, the major methylxanthine in chocolate, has been shown to cause abnormal gland growth, and was twice as toxic as caffeine in causing testicular atrophy and lowered sperm counts in rats .64

Sweet Depression

Chocolate also contains caffeine and theophylline, which can upset the stomach, cause nausea and vomiting, and an enlarged prostate in men. It has also been implicated in certain cancers, which we discussed in the section on tea. One study showed that 92% of those who crave

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sweets and chocolates are women, and that the use of chocolate and sweets is related to depression in women. 65

Cocoa can contain from 6-42 mg. of caffeine per cup. 66 Because of children's smaller frames and metabolic differences, even such seemingly small amounts could be harmful.

Yet hot cocoa and chocolate milk are favorites with kids. But milk's cholesterol and high fat content may cause problems, and its high protein content could promote bone calcium loss. 67 As a result, chocolate milk is far from the ideal drink for growing children. 68

The FDA booklet entitled Food Defect Action Levels lists the level of acceptable contamination allowed for chocolate products. A chocolate bar, the book says, can contain a rodent hair and 16 insect parts, or 120 insect parts per cup. Chocolate powder and pressed cakes can contain 75 insect fragments per 3 tablespoons. Rat droppings are not to exceed 10 mg. lb, and 4% insect infestation is allowed. What a bargain!

(While the FDA allows a certain amount of contamination in almost all harvested foods, the allowable levels for chocolate products are substantially higher.)

Is there life without chocolate? What is a morning without coffee? Is that what you're asking yourself? The truth is, life starts when the use of such stimulating, damaging drugs stops! Cereal beverages such as Postum, Pioneer and Roma provide a nice substitute for the harmful coffee bean.

In addition, there are many delicious herbal teas on the market which are aromatic, naturally sweet, and contain no caffeine.

For a delightful hot chocolaty drink, try a hot carob drink.

Seventy Percent What?

Of course, as a rule, pure water is the fluid the body needs and craves the majority of the time. We're not 70 percent coffee, tea, and soda you know! Such drinks do supply the body with fluid, but they do it at a definite cost to one's health!

What is carob? It is a delicious, naturally sweet, natural alternative to chocolate. Carob grows on the locust tree and supplies dietary protein (8%), is high in natural sugar (46%), rich in fiber, low in fat, contains B vitamins, calcium, magnesium, potassium, iron, manganese, chromium, copper, and nickel.

It is also a rich source of pectin, a fiber which has been shown to lower serum cholesterol levels. 69

Truly, coffee, tea, colas, and chocolate drinks can be correctly named, Calamity In A Cup. It's easy to see why some investigators call caffeine "the most popular stimulant drug used in the world." 70

As America's health deteriorates, stress levels rise, and coping abilities seem frazzled beyond belief, it would do us all well to restudy and re-evaluate this hot topic.

The facts are quite clear. There's another powerful, legal Colombian cartel at work today. Its psychoactive, addictive product is freely available, and it's served in most American homes and

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businesses every day. It is taken in large quantities by many at the office, possibly compromising their performance, yet nothing is said. No urine checks are threatened. No jobs are legally at risk.

It's America's most popular social, "mind-altering" drug, being offered to most every visitor at home and office, yet no one rises in protest. No police raid these "pot" parties—many gladly join in!

Hooked On "Pot" Yes, there's trouble brewing in America today. America is hooked on pot—the coffee pot! But coffee's perks are not worth the price. Is that coffee in your cup really, the best part of waking up? The evidence gives grounds for an instant answer— NO!

Perhaps it's time to enlarge our war on drugs. when offered a methylxanthine-containing substance like coffee, tea, perhaps it's time to —JUST SAY NO!!

YES IT IS A PRETTY WICKED BREW... BUT—

There's hope! While it's not an easy thing to quit using caffeine, it's by no means a mission impossible either. Since caffeine has been called "the bad habit glue,"* we can honestly say that while you're quitting, you may feel like you're coming unglued—and you will be, but in a very helpful, healthy way.

Among other things, caffeine withdrawal can include headaches, jittery nerves, dizziness irritability, and drowsiness. You may experience many symptoms, or just a few.

But don't worry! You don't need to be a Java-Junkie forever. Caffeine is a toxic, addictive drug like morphine. But if you'll follow 11 simple steps, quitting will much be much more "enjoyable" and successful!

*The Physiological Basis of Medical Practice 7th Ed., 1961,p. 1210.

1- Make good use of any daily leisure time. Idleness may encourage self-indulgence and can make bad habits harder to break.

2- Keep a diary in a notebook, recording success or failure on each of these points. Often the very act of writing will give you greater compliance. Don't be discouraged by failures, nor overconfident by success.

3- Control your diet rigidly, since it can be a major factor in overcoming cravings. For, days, carefully follow these instructions:

- o Don't overeat, even good foods
- o Nicotine in tobacco and purines in meat are chemically related to caffeine. Using them will prolong your cravings
- o Vinegar, spices, hot peppers and drinking at meal time irritate the stomach and cause poor digestion, which can cause a lack of self-control
- o Alcohol use greatly reduces self-control
- o Eat mainly complex carbohydrates (fruits, nuts, grains, veggies, legumes) since they tend to produce a calming effect on the nervous system

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4- If you are thirsty at mealtime, eat fruits of the succulent vegetables and your thirst will be satisfied. Drink 2-3 glasses of water 30 minutes before eating.

5 - Caffeine use is often tied to sugar addiction. Avoid ALL sugar for 5 days. (check labels for hidden sugars (any "-tose or -rose" word)

6- If you feel drowsiness (most do), a brush massage followed by a cool shower will help. Take short rotary strokes, or long slow strokes with a fairly stiff brush on the skin. Start at the fingers and toes, and move toward the heart. [It would be a good idea to get some extra rest and sleep as well to allow your body to do the work it needs to do.]

7 -Take a tepid (body temperature) bath, 20 minutes once daily, or when needed, to rid of nervous feelings.

8.- Caffeine users have a deeply ingrained nueromuscular habit of drinking from a nearby cup. So, always have a cup of herb tea or cool water ready. You should drink 8-10 glasses of water a day to avoid dehydration. This will lubricate your tissues, brain, muscles, joints, intestines, and skin, and will help flush out toxins brought in by the coffee.

9- Some of the most annoying symptoms are due to caffeine's altering the chemistry of the forebrain. In caffeine's absence, you may experience dizziness, backache, visual disturbances, and other problems. Don't be alarmed. Don't panic. They'll disappear in a few days. You must persevere to overcome this habit!

10- The most common withdrawal symptom is headache. To combat this, or any withdrawal symptom, keep a cup of any brown drink (coffee, tea, cola, etc.) in the refrigerator and take one tablespoon. Wait 30 minutes, and if symptoms continue, take another tablespoon. Repeat as often as necessary, but only take ONE tablespoon at a time. You can also try deep breathing. Take a long, deep breath and hold for 20 seconds. Breathe out and hold for 10. Repeat up to 50 times if necessary.

11- Trust in Divine power. God loves you and wants you to be freed from this debilitating addiction. He has promised:

"I am the...God of all flesh: is there anything too hard for me?" Jeremiah 32:21 When it comes to kicking a caffeine habit:

"With men this is impossible; but with God all things are possible." Matthew 19:26

God wants you to "prosper and be in health," (3 John 2)

He's concerned about your health and happiness. If you will follow these 11 simple steps, you'll find both!

God says He "is able even to subdue all things unto Himself" (Philip 3:21), and that includes caffeine! If you use caffeine, why not ask Him to subdue it today?

Remember, caffeine is a powerful, addictive, mind-altering stimulant. While these steps will help break the caffeine habit, they will not work without determined effort. Don't omit any step -each one is essential!

FIFTH AVENUE CAROB CREAM PIE

If you're depressed because of the bad news about chocolate, cheer up! Take a few minutes to fix the carob pie recipe. Then, enjoy it with a friend and watch their surprise when you tell them it isn't chocolate! Who said giving up chocolate is no fun?

One taste and you'll know why we call it this!

Blend until very smooth!

1 cup water

½ cup caschews (raw)

1 tsp. Vanilla

½ teaspoon salt

ADD and continue to blend!

1 cup Pitted Dates softened in 1 cup water (Add Both)

3 TBSN corn starch

3 TBSN Carob powder

1 tbsn ROMA or Postum (Optional, but adds a full, rich flavour)

Pour into saucepan, and thicken, stirring constantly. When thick, pour into baked Granola Crunch or regular pie crust. Chill and serve. You'll never want chocolate again! It's that good!

The pudding is delicious layered with granola and sliced bananas for a special breakfast treat. It is also great layered with chilled Dreamy Cream Whip in a parfait glass, topped with a strawberry or a few carob chips. For a real taste treat, try a dish of fresh strawberries topped with this versatile pudding.

GOOD To The Last Drop ?

How good is caffeine? All the facts are not in yet, but here are a few more studies that seem to support the growing concern over caffeine's safety:

Pregnancy

"A relatively small amount of caffeine consumed during pregnancy and lactation causes central nervous system impairment in laboratory animals." *Biology of the neonate* 49:277-283, 1986

"Caffeine use may promote abnormal fetal nervous system development." *JOGN Nursing* Jan/Feb, 1983

BLADDER

"Coffee drinking may be related to cancer of the lower urinary tract, including the bladder. These cancer rates are very high in those who drink more than 3 cups per day." *J of Nat'l Cancer Inst.* 54(3) 587, 1975

Calamity in a Cup

HEART

"More than 3 cups/day increases cholesterol levels & heart disease risk." JAMA. 251(10)1407-1411, 1985

"Those who consume coffee have a more rapid heart beat under mental stress than those who do not drink coffee." Psychosomatic Medicine 54:344-353, 1992

PMS

"PMS sufferers may see some Improvement if they stop using caffeine products" Am J of Public Health 80 (9) 1106-10, 1990

THE LAST SCOOP

A few final words about caffeine from those who know it best—clinicians and Researchers.

Anyone who drinks two or more servings of caffeinated beverages per day is at risk for possible withdrawal effects." NEJ Med. 327(16)1161, 1992

"A craving for chocolate may be linked to hysteroid dyspnoic syndrome [depression]." J Nerve & Mental Disease 175(8)491 1987

"Physicians need to consider the possibility of caffeine withdrawal in patients who have headaches, depression, fatigue, and drowsiness." NEJ Med. 327(16) 1161, 1992

"The daily ingestion of even this amount [1 cup] of a potent alkaloid [coffee] is bound, to exert some pharmacological action." Pharmecological Basis of Therapeutics 4th ed. P. 360

Caffeine can produce a clinical dependence syndrome similar to...other psychoactive drugs." American Medical News 10/10/94 p. 23

What we found is that caffeine interacts with stress and intensifies it." Dr.James Lane Psychiatry Researcher.

Women who really want to play it safe, should avoid caffeine use altogether" Richard B. Johnson MD. March of Dimes Medical Director.

If caffeine were up for approval [before the FDA] today, it probably could only be obtained by prescription." Dr. Jere E. Goyan FDA, 1987

Exposure to caffeine at the time of brain development results in retarded {brain growth} of 90% of [rat] embryos." (Human fetal brain growth begins at week 3-5 of pregnancy) Teratogenesis Carcinogenesis Mutagenesis 14:205-211, 1994

Depression!

Ask almost anyone what would happen if they stopped drinking coffee, and they may say: "I'd feel so depressed!" The truth is, coffee drinking may be a significant cause of depression.

Studies show that arousal-producing agents such as stimulants, or severe stress, can actually damage the delicate nerves deep within the brain.

Calamity in a Cup

It is here that corticotropin-raising hormone (CRH) is produced. CRH is the hormone that, through a chain of reactions, prompts the adrenals to produce cortisol.

As stress or stimulants like caffeine block normal mechanism that shuts off CRH production, hypersecretions of both CRH and cortisol are the result. And that spells trouble-perhaps permanent damage! A-for those delicate nerves that control CRH release. Consider that:

“The most consistent finding in biologic psychiatry is that patients with major depression often have Hypercortisolism (too much cortisol)...B

This suggests that even if one stops using caffeine products, he or she may battle with a tendency toward depression for the rest of his or her life B as a result of this nerve damage and destruction.

A: Endocrinology 114:287-292, 1984

B: The New England Journal of Medicine 319(7)413-420,1988

Caffeine & Hypertension (high b/p)

1. -Can render anti-hypertensive medication ineffective because it raises B/P A
2. -May effect both diagnosis & treatment of disease; authors suggest abstinence. B
3. 2-3 C. raises diastolic Blood Pressure for 3 hours. B
4. 2 C/day can raise B/P 20% C
5. Borderline hypertensives who face daily stress should avoid caffeine. D

A, Psychosomatic Medicine 45:447-451,1983

B, Am J of Hypertension 7:755-58, 1994

C, Psychosomatic Medicine 52:320-336, 1990

D, Psychosomatic Medicine 56:147-180, 1994

HOW SWEET IT ISN'T!

How does all that sugar in chocolate and added to your coffee affect your body? The truth isn't too sweet!

Teaspoons of sugar eaten at one time	# of bacteria destroyed by 1 white blood cell	% decrease in ability to destroy bacteria *
0	14	0
6	10	25
12	5.5	60
18	2	85
24	1	92

Calamity in a Cup

*Effect lasts up to 12 hours --Sweet Talk p.18

Each white blood cell should kill 14 "bugs" in its lifetime. As you can see, sugar greatly hinders them in their work. The fewer "bugs" killed, the greater your chance of sickness. Look at what 6 teaspoons of sugar in 2 cups of coffee will do. One can of soda has an average of 12 teaspoons of sugar! The typical American eats 52 teaspoons per day. But there's more sour news about sugar. Several recent studies found that:

REGULARLY USING 1 TEASPOON OF SUGAR IN COFFEE INCREASED COLON CANCER RISK BY 40%. AND 3 TEASPOONS DOUBLED IT! A –

That, the researchers said, MAKES SUGAR AS GREAT A RISK FACTOR FOR COLORECTAL CANCER AS ANIMAL FAT AND RED MEAT. A

A: Int'l J Epidemiology 22(2)207-214, 1993 Journal of Nutrition 124(4)517-523, 1994 Atlanta Journal Constitution 4/10/94

CAFFEINE and DIABETES

Two cups of coffee significantly raises blood sugar, thus leading to high incidence of functional hypoglycemia in coffee drinkers A

Caffeine can be considered a risk factor in the production of diabetes B

Caffeine makes diabetes much worse in mouse experiments C

Coffee may trigger dangerous false blood sugar values D

A: Lancet 1:627-529 3/11/67

B: JAMA 231:965, 1975

C: Medical World New 33, 2/19/65

D: Annals Int. Medicine 119(8)799-804, 1993

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