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The Truth About Caffeine : How Companies That Promote It Deceive Us And What We Can Do About It



Synopsis

"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. New & Updated 3rd Edition --This text refers to an alternate Paperback edition.

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Customer Reviews

good book, good info. Besides caffeine it gets into other Ingredients in the high energy drinks and why they are banned in many places (most colleges/Olympic events)or carry a one can limit warning (16 OZ) on monster drinks in smarter places like Australia. The book also gets into accepted unsafe caffeine levels and how easy it is to exceed them with today's over consumption habits. . When working in my high pressure communications job I did this myself and always had a 24 ounce coffee in hand.... I may be paying for that now... caffeine kills your magnesium levels opening the door to hundreds of avoidable modern illnesses... but with a good supplement routine(including magnesium) I find I don't need or want the effects of coffee.Books by Dr Blaylock (brain surgeon) and Dr Carolyn Dean (also a nutritionist) are also good places to find/confirm information about caffeine and what deficiencies it and related substances can cause dumb or unknowing people who consume them.

This well-researched book is spot on and frankly, alarming. Most of us know some of the risks

surrounding excess or prolonged caffeine intake, but *The Truth about Caffeine* takes it one step further and clarifies how dangerous our 'addiction' really is. (Most people drink 3.5 cups of coffee a day!) As a woman whose doctor told her twenty years ago that caffeine was causing painful breast lumps, I was not surprised at all to hear the bitter truth. While I felt that anecdotes would have helped make the message more palatable, the sheer amount of evidence enumerating the amount of medical problems stemming from caffeine use is truly mind-boggling. This audio-book was paced perfectly and the reader's voice was pleasant and clear. This is a great non-fiction book that truly makes one wish to go 'cold turkey' and stop this insane addiction.

Fascinating read on the dangers and risks of the overuse of caffeine. I personally developed a "panic attack" after drinking too much coffee way back in the mid 1980's and as a result chose to had stop drinking coffee and any beverage with caffeine in it. I am not sure whether or not caffeine was being added to foods where you least expected it back in the day. For a period of 18 months thereafter I totally abstained. When I started law school at night while I was working full time and drive 120 miles a day, I had to go back to drinking caffeine as I could not maintain sufficient focus in the night classes without it. Now I drink maybe two cups a day and then some iced tea. I think that's where the difficult thing comes in when living in the modern world, yes too much caffeine can be harmful to one's health, but with all the demands on our time it's hard to stay focused for the time needed to do what we need to do with all the demands on our time. The good thing about the book is that it makes one think of the risks one may be taking with one's health, explains how much is too much at least at the high ends of usage patterns the book even has some suggestions about how to stop using caffeine all together. Whether or not you chose to give up caffeine is up to you, but I beleive we should have knowledge of what the risks are and suggestions on how to get off caffeine if one so chooses.

Great information about coffee. I had no idea that it caused all the problems that it causes. The vitamins and minerals that it pulls from your body. Wow! very good knowledge and very well written. I find the melatonin right on. My husband has issues with sleeping and he drinks a lot of coffee. I am going to ask him to read this book. And nobody wants to age quicker. Very good read.

Dangerous of Caffeine This book is straight to the point. I have never been a fan of caffeine, this book helped reaffirm that dislike. I won't sway anyone in this review, no need. This book will show you the true depths of the hole caffeine creates in you as a person. Get facts, correct

knowledge, and a history that most don't even know about this drug, and yes I mean drug. This book won't convince you to get off the caffeine train; it simply gives you the information to convince yourself.

I never thought of caffeine as a harmful drug though I have heard people call it a drug. But, I never realized it was as addictive as nicotine. If you are someone who must cut the caffeine habit, this book will explain how you can, how you can stop allowing nicotine to upset your nervous system and control you and your life. It is harmful and can damage your body as any other drug though many partake of it each and every morning, some all throughout the day. I highly recommend gaining knowledge about it so you can make the right decision for your life. If you have health risks, caffeine can contribute to them, so this book might prove to be an answer to help you kick the caffeine habit or at least slow down. I used to drink three cups of coffee every morning to start my day. Now, I have cut back to one or two, and I know I can kick the habit if I need to since I used to drink coffee each morning and now days go by when I don't even make it. You can at least cut down on this harmful drug even if you don't kick the habit all at once or altogether. Cutting down will help you as well, though kicking the drug from your system would be the most beneficial. This book helped to explain what caffeine does to the body. latest studies, and why it's so addictive. Loads of practical solutions on how to wean yourself off of it. Makes a great gift for a loved one you know struggles with the caffeine addiction.

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