

# THE HEALTH BENEFITS AND CHALLENGES OF CAFFEINE

*The lifestyle Change Essentials*

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Healthy Airways



Caffeine

## Introduction

Caffeine is a natural stimulant that is commonly found in tea, coffee, and cocoa plants. The stimulant works by stimulating the brain and the central nervous system. As such, caffeine makes one to stay alert and prevents the onset of tiredness. The first tea to be brewed can be traced back to as early as 2737 B.C.

However, coffee was discovered many years later in Ethiopia by a shepherd who noticed that the plant gave his goats extra energy. The discovery saw the emergence of caffeinated soft drinks in the late 1800s with energy drinks following soon. Today, 80 percent of the world population consumes a caffeinated product every single day (Farah, 2019).

## Health Benefits of Drinking Tea and Coffee

- helps people maintain alertness for a longer time.
- help in removing free radicals and decrease cell damage in the body
- decreasing the risk of cardiovascular disease including stroke
- help in improving insulin sensitivity
- helps in improving insulin sensitivity in the body
- mitigating type-2 diabetes for the long term
- provide protection against retinal damage
- help in the maintenance of ocular health by preventing retinal degeneration
- ability to cure diseases
- help in keeping the heart healthy
- can help protect teeth
- maintaining a healthy body weight

## Process of Caffeine intake in the body

From the bloodstream, caffeine travels to the liver where it is broken down into compounds that can affect the function of various organs.

Principally, caffeine's main effect is on the brain. Essentially, the stimulant functions by blocking the effects of adenosine.

Adenosine is a neurotransmitter that relaxes the brain, making one to feel tired. Normally, adenosine levels build up over the course of the day, making an individual to feel tired and want to sleep.

Caffeine connects to the adenosine receptors in the brain and makes one to stay awake. Additionally, the stimulant causes increase in blood adrenaline levels and increases brain activity.

Caffeine has also been shown to reduce the risk of brain disease.

Coffee and tea contain other bioactive compounds apart from caffeine that maybe beneficial to one's health.

## Dietary Tips

- Drink either non-caffeinated drinks of water at a rate of 6-8 glasses per day. Water has a dual purpose of hydrating your body and keeping the mucus thin, making it easier to remove. However, you may adjust to your water drinking routine, provided that you reach the goal of 6-8 glasses per day.
- Avoid food which leads to bloating.
- Eat small meals, 4-6 times every day.
- Have a rest before eating.

## Negative Side Effects of Caffeine in Tea and Coffee

The caffeine found in tea and coffee is generally known to increase alertness by blocking the effects of adenosine. It is important to realize that caffeine's main effect is on the brain where all body functions are coordinated.

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Caffeine connects to the adenosine receptors in the brain and makes one to stay awake.

Additionally, the stimulant causes increase in blood adrenaline levels and increases brain activity. As such, the stimulant promotes a state of constant arousal, focus, and alertness.

Research has shown that people who ingest 37.5 -450 mg of caffeine tend to have improved alertness, short-term recall, and reaction time.

Caffeine has also been shown to reduce the risk of brain disease. Essentially, coffee and tea contain other bioactive compounds apart from caffeine that maybe beneficial to one's health.

At the same time, caffeine triggers the release of adrenaline which is associated with increased energy.

However, higher amounts of caffeine may cause anxiety and nervousness.

## Conclusion

Caffeine is generally found in tea, coffee, and cocoa plants. The stimulant has been found to have a number of health benefits. The main effect of caffeine is on the brain.

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## Important to Note

Despite the various health benefits of caffeine ingestion, it has been found to cause a number of health challenges which include high blood pressure, addiction, and muscle breakdown.

Therefore, it is important to focus on the various benefits of caffeine while trying to mitigate the various health risks associated with increased used of the drug.

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Essentially, coffee and tea contain other bioactive compounds apart from caffeine that maybe beneficial to one's health.

Some of the health benefits of drinking and coffee include improving mood and brain function, boosting metabolism and fat burning, prevention of type 2 diabetes, and strong teeth.

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