

Caffeine dangerous to health



The following information is from the book, “Caffeine Blues” by Stephen Cherniske, M.S. and specifically from Chapter 5, “Specific Health Disorders: The Caffeine Connection” and chapter 6 “Caffeine and Women’s Health”

Habitual caffeine intake is linked to:

- Cardiovascular disease (heart attacks, stroke)
- Gastrointestinal disease (Irritable Bowel Syndrome, ulcers, etc.)
- Migraine headache
- Diabetes
- Osteoporosis
- Anemia
- Premenstrual Syndrome
- Fibrocystic Breast Disease
- Breast cancer
- Birth defects
- Adrenal dysfunction disorders such as allergies, asthma, fibromyalgia, chronic fatigue syndrome and autoimmune disease
- Urinary and prostate problems
- Gout

“Compared to men, research shows that caffeine is much more damaging to women, producing adverse effects at lower intake.” –
From Caffeine Blues Chapter 6 p. 225

Also see:

http://www.naturalnews.com/012352_caffeine_coffee.html

[Is Coffee The Most Caffeinated Drink?](#)