

Effects of Caffein(e) on Health

Caffein(e)-the bitter alkaline found in coffee

- Identical to theine, the bitter alkaline found in non-herbal tea
- Caffein(e) derives from the berries and leaves of the coffee plant
- Used as a stimulant and diuretic

Eating and Drinking for the Honour and Glory of God

1 Cor. 10:31

So whether you eat, or drink or whatever you do , do it all for the Glory of God.

Our Bodies as Temples of Holy Spirit

- 1 Cor. 6 : 19,20
- What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?
- For ye are bought with a price: therefore, glorify God in your body and in your spirit, which are God's.

1.- Causes of Headaches

- At every pulsation of the heart the blood should make its way quickly and easily to all parts of the body. Its circulation should not be hindered by tight clothing or bands, or by insufficient clothing of the extremities. Whatever hinders the circulation forces the blood back to the vital organs, producing congestion. Headache, cough, palpitation of the heart, or indigestion is often the result.

The Second Cause of Headaches

- The Ministry of Healing pp.271-2
- 2. - Irritation of the stomach and making the blood feverish and impure is the second major cause of headaches, we are told.

Tea and Coffee

- Tea acts as a stimulant, and, to a certain extent, produces intoxication. The action of coffee and many other popular drinks is similar. The first effect is exhilarating. The nerves of the stomach are excited; these convey irritation to the brain, and this in turn is aroused to impart increased action to the heart and short-lived energy to the entire system. Fatigue is forgotten; the strength seems to be increased. The intellect is aroused, the imagination becomes more vivid.

Ministry of Healing, p. 326

- Because of these results, many suppose that their tea or coffee is doing them great good. But this is a mistake.
- ...
- The continued use of these nerve irritants is followed by headache, wakefulness, palpitation of the heart, indigestion, trembling and many other evils; for they wear away the life forces.

Ministry of Healing pp. 326-7

- Nature needs time to recuperate her exhausted energies. When her forces are goaded on by the use of stimulants, more will be accomplished for a time; but, as the system becomes debilitated by their constant use, it gradually becomes more difficult to rouse the energies to the desired point. The demand for stimulants becomes more difficult to control, until the will is overborne and there seems to be no power to deny the unnatural craving. Stronger and stronger stimulants are called for, until exhausted nature can no longer respond.

Other sources of caffein(e)

- Sugared or artificially sweetened colas and soft drinks, medication, chocolate
 - One cup of Diet coke has 46 mg of caffein(e)
 - 1 TYLENOL 1 has 15 mg of caffein(e)
 - Excedrin Migraine has 65 mg caffein(e)
 - Drugs- Cafergot, Fiorinol, Dristan

Caffeine & Migraines

- robs body of Magnesium (especially in the case of migraines)
- Can expand blood vessels which will trigger and worsen migraines, as well as constricting them (which will lessen migraines)
- May also cause unneeded anxiety, especially if taken in large quantities w/out proper food and rest

Migraine headache defined

- Enlargement of blood vessels - vasodilatation
- Temporal artery – between your skin and your skull in your temple, enlarges and causes the release of chemicals that cause inflammation and pain.
- Nausea sometimes accompanies migraine. Y?
- Sympathetic nervous system responds to stress and pain; causing nausea, vomiting, diarrhea, and sensitivity to light and sound.

Current state of views on caffeine & migraines

- Some studies have a positive view of caffeine
- Some studies have a negative view of caffeine

result: undecided at present

however, beyond dispute that caffeine is addictive - 3 stages of addiction

1. Tolerance for the drug
2. Withdrawal symptoms when removed
3. Craving after being deprived

Migraine Symptoms

- Throbbing headache on one side of the head with severe pain
- Worsening headache with activity
- Nausea or vomiting
- Sensitivity to light
- May switch from one side of head to other
- Some get warnings- auras, seeing spots, or flashing lights, numbness or tingling sensations in the hands, arms, or face.

Caffein(e)'s effects MMHCC P.2-3

- Encourages the body to release ephedrine and norepinephrine- anti-stress hormones
- Temporary rise in blood sugar
- Creates a sense of energy, increased urine output, bowel movements, cold extremities, 1.5 hrs. later comes the fatigue, withdrawal
- Caffein(e) in 1 mug of coffee = 10 milligrams of amphetamine

Is caffein(e) addictive?

- Yes, according to the Department of Health, Education and Welfare.
- Addictive as heroin and nicotine.
- If caffein(e) were a new drug the manufacturer would have great difficulty in getting a license to sell it, and it would no doubt be available only by prescription.
- MMHCC, p. 1

Caffeine and Cancer

- Caffeine implicated in urinary bladder cancer, leukemia, and pancreatic cancer.
- In addition, for men, implicated in cancer of the prostate and intestine
- For women, implicated in cancer of the lung, larynx, breast and ovarian cancer.
- 65% of women who eliminated caffeine from their diet found within six months they no longer had breast cysts.

Caffeine and Heart Disease

- Even two cups of coffee per day changes heart rhythm
- Link between coffee and heart attacks, perhaps because coffee drinkers are more likely to have high blood levels of cholesterol which increases the probability of heart disease

Caffeine & Other Health Problems

- High blood pressure, especially if you are a borderline case
- Peptic ulcers
- Diabetes
- Psychosis
- Birth defects
- Hand tremours
- Eye-hand coordination
- Reduction of efficiency in choice & discrimination- more errors produced after drinking perhaps because the caffeine reduces the brain's glucose supply
- Osteoporosis may result : calcium leaves the bones and is drawn into the blood stream and out through the urine

The question becomes:

- Should we take the risks associated with caffeine,
- Especially given the Biblical and EGW counsels against the use of caffeine
- And the effects it will have on us, even if they are not immediately or completely health-destroying
 - The answer is No, I suggest.

3 John: 2

- Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.