

## THE EFFECT OF CAFFEINE ON THE BODY

Many of us rely on a morning cup of coffee or a jolt of caffeine in the afternoon to help us to get through the day. But knowing the symptoms of caffeine and its long-term effects on your body may make you think twice about having that fourth cup of coffee.

**Positive Effects** Because coffee and other caffeinated beverages are so popular these days, it is natural to start wondering what effect caffeine has on our body. [1] Caffeine is a stimulant of the central nervous system. It can increase the speed of reasoning and attention. Many scientists suggest that caffeine reduces the risk of suffering from certain types of cancer, including skin, endometrial, breast, neck, mouth, and throat cancers.

Caffeine is known to reduce the risk of developing kidney stones. Regular coffee consumption is linked to a lower risk of cardiovascular disease. It is able to suppress appetite for certain periods of time, which may become a helping factor when it comes to weight loss; to modify different brain dysfunctions, including depression.

**Negative Effects** Now, no matter how many positive effects coffee and caffeinated drinks have on our body and brain, some bad effects are possible. Coffee increases the amount of acid in the stomach, which can lead to acid reflux or heartburn. Caffeine can increase one's blood pressure. It may still cause some discomfort, including increased heart rate. Also caffeine can mess up our sleep cycles.

**Other Sources of Caffeine** If you are serious about your caffeine intake, you need to know that this substance can be hiding in other beverages and foods. Tea is known to be rich in caffeine. Tea leaves actually have more caffeine than coffee beans. Cocoa is another natural source of caffeine, which means hot cocoa, chocolate, candy, and even chocolate ice-cream can give you a caffeine boost. Energy drinks, soft beverages and soda may also contain hidden caffeine. Decaf coffee isn't 100% caffeine-free. It may contain up to 12 mg of caffeine.

Medication, especially painkillers, often contain caffeine. [1]

## REFERENCES

1. The Real Effects of Caffeine on Students [Electronic resource]. – Mode of access: <https://coffeegeeklab.com>. – Date of access: 21.03.2020.