



Top 10 Caffeine-Related Health Problems

If you're interested in having more naturally energy all day, without caffeine or other harmful stimulants, No sugars, No calories and No energy crashes, then please visit www.MoreNaturalEnergy.com and change your life forever...

NOTE: Caffeine also goes under different names, such as "Guarana" & "Yerba Mate" It's found in coffee, teas, energy drinks, weight loss and energy pills.

Because caffeine is the #1 used (*or abused*) DRUG in the world and is part of everyone's daily life-style, it has gone unnoticed as a potentially harmful substance to most people's health – especially if you're over the age of 35 and you're worried about heart disease, joint pain and/or diabetes.

Caffeine from *natural* sources such as organic coffee beans and tea, is fine for **occasional usage**. About 1 cup, 3-4x weekly is okay. But daily usage, let alone multiple cups, as well as higher dosed caffeinated products such as Espresso's, Energy Drinks, and Weight Loss + Energy pills – have **NUMEROUS long-term negative effects because caffeine build up**.

Below are the top 10 caffeine related problems. Please read them carefully and see if you can make improvements in your own life.

If you are a person that regular ingests caffeine and caffeinated products – please go ahead and do your own research and not simply take my word for it. But I can assure you, what you find in your research regarding the negatives of caffeine will make you think twice about using it.... Or at the very least, you'll want to **REDUCE** your intake and take a natural "energy boosting" product that has NO caffeine – such as More Natural Energy.

Warmest Regards,

A handwritten signature in black ink that reads 'Sam Robbins'.

Dr. Sam Robbins

<http://www.HFLsolutions.com>



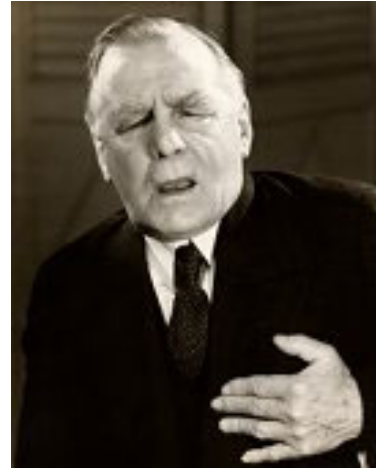
1. Cardiovascular Problems *(heart disease, strokes and blood pressure)*

Caffeine increases your heart rate, elevates your blood pressure, and can contribute to the development of heart disease. This means ***an increase chance of heart attacks and strokes.***

Both decaf and regular coffee **increase your cholesterol and homocysteine**, the biochemical indicators that is linked to increased risk for heart attacks. Caffeine is also linked to **coronary vasospasms**, the cause for 20% of all fatal heart attacks, which kill otherwise perfectly healthy people.

This is even **WORSE** if you are **over the age of 35 and/or have a family history** of heart disease, heart attacks, strokes and/or high blood pressure because you are much more prone to the sensitivity of caffeine.

NOTE: If you'd like to lower your cholesterol naturally and/or prevent heart disease, please visit www.CholesLo.com for tips, videos and articles.



2. Stress *(physical, emotional and a rise in stress hormones such as cortisol)*

Caffeine **stimulates and increases the excretion of stress hormones**, such as **Cortisol** and other **negative adrenal hormones**. This produces increased levels of anxiety, irritability, muscular tension and pain, indigestion, insomnia, and decreased immune function *(leading to sickness)*.



Increased levels of stress from caffeine can keep you from being able to make healthy responses to the normal daily stress everyone is subjected to in their lives. Hence, you're NOT able to deal with stress as well.

Additionally, caffeine also **increases the acidity levels** in your body *(see #5 below)* – coupled with the extra induced stress – this tends to be a **primary cause of sickness**, such as the common cold and flu.

3. Emotional Disturbances (*anxiety, panic attacks, and irritability*)

Anxiety and irritability are primary mood disturbances associated with caffeine consumption, but equally important is **depression and attention disorders**.

Depression may occur as part of the let down (*withdrawals*) after the stimulant effects of caffeine wears off. This tends to happen through out the day due to caffeine's short half life. Hence, why you drink multiple cups of coffee or caffeinated beverages through out the day. *Your body "needs" the caffeine boost in order to survive and feel "normal"*.



Additionally, the depression may also appear during the recovery period after quitting caffeine while the brain's chemistry is readjusted (*this usually takes 3-10 days before your body "normalizes" and feels "human" again*).

Caffeine, rather than increasing mental activity actually **decreases blood flow to the brain by as much as 30% and negatively effects memory and mental performance**.

Just like any drug, caffeine has negative withdrawals when you attempt to get off or even reduce your consumption. The above mentioned emotional disturbances, coupled with physical weakness and fatigue – adding to it horrible headaches – is one reason many people never stay off caffeine. It's just too difficult to quit and because it's readily available and acceptable for daily use, no one tries to quit.

NOTE: Your best solution is to **slowly lower your dosages** and consumption for a few weeks and then stay off. Additionally, taking natural herbs for anxiety, depression and panic attacks – such as those found in www.ProVanax.com will greatly help to minimize caffeine's negative withdrawals.

4. Blood Sugar & Insulin Problems (*hypoglycemia, high insulin, etc.*)

Diabetics and people who tend to have low-blood sugar (*hypoglycemia*) should avoid caffeine because it stimulates a temporary surge in blood sugar, which is then followed by an **overproduction of insulin that causes a blood sugar crash within hours.**



This low blood sugar makes you feel tired, fatigued and **crave carbohydrates and sugary type of foods.**

If you're trying to loose weight, this rollercoaster will actually **cause weight gain**, since insulin's message to the body is to **store excess sugar and food as body fat** (*around the legs, stomach, etc.*).

The other problem is if you're diabetic and/or have a family history of it – caffeine makes things MUCH worse and you have to adjust your medication accordingly – on a day to day basis due to all the fluctuations and “rollercoaster” problems with your blood sugar because of the caffeine.

Additionally, almost all caffeinated beverages contain calories and sugars – this again adds to the problem and **makes many people gain fat** (*yes, even diet “no calorie” sodas have this effect!*)

NOTE: Other than drinking water, you may want to give natural, caffeine free herbal teas a try. Additionally, **if you're trying to lose weight** and help to also normalize blood sugar levels and eliminate food cravings, take a quick look at www.LeanOptimizer.com -- watch the free video & get the free newsletter too!

5. Gastrointestinal Problems (*stomach, heart burn, acid reflux, indigestion*)

Many people experience a burning sensation in their stomach after drinking coffee because coffee increases the secretion of **hydrochloric acid leading to an increased risk for ulcers**. Granted, it's mild, goes unnoticed and people simply get use to this "mild discomfort" over the years and think it's normal.



Coffee, *including decaf*, reduces the pressure on the valve between the esophagus and the stomach, so that the highly acidic contents of the stomach pass up to the esophagus **leading to heartburn and gastro-esophageal reflux disease**.

With America's high consumption of coffee, its no wonder the best selling over-the-counter drugs are the so-called *antacids*.

NOTE: This is a **BIG problem** with coffee. But, **caffeine itself** (*not just coffee*) **causes a rise in acids as well**. Now, what makes it worse is that almost all caffeinated beverages and energy drinks (including sodas) have **phosphoric ACID** added to the water and sugar as a preservative.

The PH of these drinks are very low – around 2, which is very **acidic**. In time, your stomach and esophagus become thin and very sensitive to anything acidic – including spicy foods.

All of this **eventually leads to indigestion, ulcers, heart burn, acid-reflux and can eventually even lead to stomach cancer**. Add to it the daily acid-causing stresses of life and you're asking for major stomach problems in your future.

6. Nutritional Deficiencies (*vitamins, minerals, etc.*)

Caffeine inhibits the absorption of some nutrients and causes the urinary excretion of calcium, magnesium, potassium, iron and trace minerals, all essential elements necessary for good health – *especially your bones*.



This is one major reason for people having **osteoporosis, joint problems and getting shorter as we age** – *less calcium absorption!*

NOTE: Make sure you take a good multi-vitamin and extra calcium and magnesium every day, even higher amounts if you continue consuming caffeine.

7. Male Health Problems (*urinary, prostate, BPH*)

Even though caffeine acts as a diuretic, it causes inflammation of the prostate – leading to **urinary problems and prostate growth (PBH)**.



Hence, if you are getting up to pee a few times a night, cutting out the caffeine will definitely help your prostate and you'll sleep better too!

NOTE: Every man over the age of 35 should take herbs to help reduce prostate growth and prevent prostate cancer. Below are some great herbs and ingredients:

Saw Palmetto Extract, Zinc, Magnesium, Pygeum, Stinging Nettle and Fish Oils.

8. Female Problems (*PMS, cysts, osteoporosis, etc.*)

Fibrocystic breast disease, PMS, osteoporosis, infertility problems, miscarriage, low birth weight infants, and menopausal problems such as hot flashes are all exacerbated by caffeine consumption.



Women on birth control pills are particularly at risk because they have a decreased ability to detoxify caffeine. Additionally, caffeine has been shown to cause **cysts in breast tissue**.

As discussed in #6 above, caffeine prevents the absorption of certain nutrients – two main ones being **calcium and magnesium**.

BOTH of these minerals are extremely important for maintaining healthy bones and teeth, while preventing osteoporosis (*especially in women and more so if you're post menopausal*).

NOTE: Here are some daily herbs, vitamins and minerals women should take:

Fish Oils, Evening Primrose Oil, Zinc, Magnesium, Calcium, Vitamin D, and Diindolylmethane (DIM)

9. Adrenal Exhaustion *(fatigue, muscle weakness, sleepy)*

Caffeine consumption leads to eventual adrenal exhaustion, which can leave you vulnerable to a variety of health disorders related to **inflammation, autoimmunity, colds and flues, and fatigue.**



Basically, your adrenal glands help create “adrenal”, in addition to a numerous other very important **anti-aging hormones**. When we are under stress (*physical and/or emotional*), our adrenal glands work over time to help us cope with life’s stresses.

But, **when you are using caffeine, your adrenal glands are already depleted.** In fact, caffeine has REPLACED some of the adrenal’s functions. Similar to a car running on an empty gas tank.

Hence, because of this adrenal exhaustion due to caffeine – your body is in a “weak” state and any additional pressures and stresses affect you much quicker. **Irritability, muscle fatigue, anger, fat again are all related to adrenal exhaustion and the caffeine is making it worse!**

NOTE: Another way caffeine negatively affects your adrenal glands is that it **prevents you from having a deep, and restful sleep.** One of the best ways to replenish your adrenal glands is to rest and sleep 8-10 hours nightly.

People who regularly consume caffeine, tend to have sleeping problems, insomnia and wake up multiple times through out the night. They also wake up fatigued.

www.MoreNaturalEnergy.com will show you **how to have all day energy, WITHOUT** adrenal burnout, caffeine or negative energy crashes.

www.ProVanax.com will **help you get a very, deep and restful sleep** – without any grogginess feeling in the morning. ProVanax helps your body naturally relax.

10. Accelerated Aging (*dehydration, skin elasticity, wrinkles, loss of hormones*)

Many people over the age of 35 and definitely in their 40's, find that they can no longer tolerate the same level of caffeine consumption, as they could in their twenties and early thirties.



The production of DHEA, melatonin, and other hormones start to decline and **caffeine accelerates that downhill drop & makes you age faster.**

As discussed earlier, caffeine is also a diuretic. **It dehydrates the body of water and contributes to the aging of the skin and kidneys.** It has been shown to inhibit DNA repair and slow the ability of the liver to detoxify foreign toxins.

The kidneys and liver are **very important organs** needed for your longevity, detoxification, regeneration of cells, creation of hormones, metabolism of foods and nutrients and so many other vital duties.

NOTE: Taking herbs that help detoxify the kidney and liver is very important. Here are four **very good herbs for liver detoxification:**

Milk Thistle, NAC (N-Acetyl L-Cysteine), Turmeric, and Alpha Lipoic Acid (ALA),

Well, there you have it – 10 important reasons to AVOID caffeine and caffeinated products, pills and beverages. Yes, **ONCE in a while, a small cup of organic coffee or tea is fine.** But daily use, let alone multiple times a day is NOT good for your physical or emotional health – especially long-term usage.

If you tend to “abuse” caffeine and are a bit addicted (*hence, **daily usage, multiple times***), my suggestion is to **slowly cycle off.** For example, if you are having 4 cups of coffee daily, slowly lower it by HALF a cup each week until you are eventually completely off.

Additionally, make sure you take natural herbs, vitamins and minerals help repair your adrenal glands and naturally create energy in your body. You can take a look at www.MoreNaturalEnergy.com for FREE helpful suggestions, tips and ideas!

Warmest Regards,



Dr. Sam Robbins

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