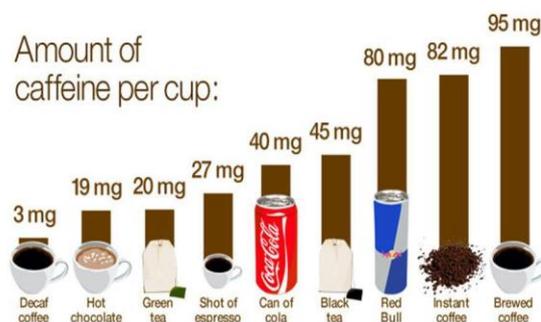


CAFFEINE AND ITS CONSEQUENCES

Caffeine is the most widely consumed behaviourally active substance in the world. Almost all caffeine comes from dietary sources (beverages and food), most of it from coffee and tea. Acute and, especially, chronic caffeine intake appear to have only minor negative consequences on health. For this reason and because few caffeine users report loss of control over their caffeine intake, there are no restrictions on the use of caffeine. Ordinary caffeine use has generally not been considered to be a case of drug abuse. However, some years ago it was pointed out that caffeine may be a potential, and more recently caffeine has been described as “a model drug of abuse” and the possibility that caffeine abuse, dependence, and withdrawal should be added to diagnostic manuals has been seriously considered.



According to Mayo Clinic, it's safe for most healthy adults to consume up to 400 milligrams of caffeine per day. How much caffeine each beverage contains varies a lot, so reading labels is important. There's also a great variation in the amount of caffeine an individual can tolerate without unpleasant side effects. If you consume roughly the same amount of caffeine every day, you can develop a tolerance to it. Your tolerance level is affected by your age, body mass, and any health conditions you may have. Too much caffeine can give you a headache. However, your body develops a tolerance to caffeine. If you normally consume caffeine and stop suddenly, it can cause a headache. Caffeine is used in some over-the-counter and prescription-strength headache and migraine remedies.



Caffeine raises the amount of acid in your stomach and may cause heartburn or upset stomach. It is also a diuretic (triggering your body to get rid of water}. That's why it's not a great thirst quencher. Caffeine can make your blood pressure go up for a short time. In most people, there is no long-term effect on blood pressure. An overdose of caffeine may cause rapid or irregular heartbeat and breathing trouble. In rare cases, caffeine overdose can cause death due to convulsions or irregular heartbeat. Caffeine can also contribute to painful lumps in the breast (fibrocystic disease). According to research, there is some evidence that large amounts of caffeine can interfere with oestrogen production and metabolism, making it harder to get pregnant.