Facts:

Caffeine causes increased neuron firing in the brain and increased adrenaline in the body, which can make getting to sleep difficult and decrease the quality of sleep.

Article #1: **Does coffee offer health benefits?**

Author: [Donald Hensrud, M.D.](https://www.mayoclinic.org/expert-biographies/donald-hensrud-m-d/bio-20025126)

Published: Uknown

Summary

In the article, “**Does coffee offer health benefits?,” written by Donald Hensrud, a medical doctor presents the effects of drinking coffee, from a natural point of view.** cHe talks about the health benefits and the health risks that arises from drinking caffeine. His idea is that consumption of caffeine has more benefits that risks and as long as it is maintained under 2 cups per day, it should not pose health issue to the user. Hensrud also talks that people who have a slow metabolism are in greater risk of experiencing diseases because they can not break down coffee. Hensrud talks about research studies that have found risks associated with drinking such as increase in heart disease and physical inactivity. Hensrud does not explain the correlation between physical inactivity and coffee. Drinking coffee has its side effects on the body and if drinking is maintained under 2 cups, it can offer optimum health benefits.

2 Supporting Facts

Studies have shown that coffee may have health benefits, including protecting against Parkinson's disease, type 2 diabetes and liver disease, including liver cancer. Coffee also appears to improve cognitive function and decrease the risk of depression.

In addition, some studies found that two or more cups of coffee a day can increase the risk of heart disease in people.

Article #2: How Coffee Consumption Can Affect Your Health

Author: Unknown

Published: Uknown

In the article, “How Coffee Consumption Can Affect Your Health,” written by Katom Company which are restaurant supply. Katom seem to be expert on caffeine issue as they may supply caffeine to different commercial places and resturants. The article is well written as it starts with introducing the reasons people like to drink coffee and some of these are to get more energy and stay awake throughout the day. Due to the consumption rate, they indicate that the coffee market is grown to an “18 billion industry”. The article then addresses the debate over the cons and pros of the drinking coffee. The article states that more “ Over 19,000 studies on the effects of caffeine have been conducted resulting in varying recommendations on how much is healthy to consume”. The article emphasizes this statical point because there is a conflict over how much caffeine consumption is recommended in order to not face any health problems. One of the cons they bring the to the table is experiencing insomnia due to caffeine. The can be managed by managed by limiting the intake amount. The article also covers other negative side effects including an increase in blood pressure. The article not only talks about cons but it gives many pros. The article discusses that caffeine has enhancing properties of reliving pain and augmenting the effect of pain relief medications. Another benefits article talks that is that it dramatically helps to reduce encountering diabetes type 2. The health benefits of caffeine consumption that can return to users exceed the side effects.

2 Supporting Facts

People who drink one to three cups of coffee a day are 9 percent less likely to contract Type 2 Diabetes. Results of a study found that men who drink six or more cups a day are 54 percent less likely to have the disease, and women who drink the same amount are 30 percent less likely to have it.

Caffeine causes increased neuron firing in the brain and increased adrenaline in the body, which can make getting to sleep difficult and decrease the quality of sleep.

Article #3: Is Caffeine Affecting Your Study Habits?

Author: California College San Diego Staff Writer

Published: July 27, 2017

The article, “Is Caffeine Affecting Your Study Habits?” address the the impact of caffeine on studying. It firs explains the mechanism of caffeine. The brain neurotransmitters such as Adenosine and Dopamine can be mimicked by caffeine increase cell activity. The article also brings the downside of caffeine. Some of the drawbacks that the article indicates is that it can lowe bone density and raise the amount of acid in stock and causing heartburn’s. Another downside that article brings is that it can interfere with absorption of food. However, the article also highlights benefits of caffeine in studying, such as enhancing the memory. Caffeine helps in retaining information for at least 24 hours. The article explicitly says that caffeine can help you succeed in college. Caffine can increase health risks but it can improve thinking and reading abilities, therefore helping students.

2 Supporting Facts

Regular consumption of coffee could lower bone density

John Hopking researchers have found that caffeine also contains properties that can enhance memory.

Article #4: **Caffeine and Heart Disease**

Author:  American Heart Association

Published: Unknown

The article, “**Caffeine and Heart Disease,”** give some insight about the effect of caffeine and the research results. It talks that the metabolic effect stimulates the CNS. According to the association, whether caffeine causes heart diseases is not clear and still in research. The article highlights that many studies have been performed but the results are in conflict. It also talks about some of withdraw asymptotes of caffeine such as headaches, feeling anxiety, fatigue and depression.

2 Supporting Facts

It stimulates the central nervous system. It affects the kidneys, increasing urination, which can lead to dehydration.

<http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Caffeine-and-Heart-Disease_UCM_305888_Article.jsp#>

Article #5: The Effects of Caffeine on Your Body

Author:  [Natalie Olsen, RD, LD, ACSM EP-C](https://www.healthline.com/health/medical-board)

Published: August 7, 2017

The “The Effects of Caffeine on Your Body,” addresses the effect of caffeine on the body with an explanation of the biological aspects. While taking caffeine can increase alertness, overdose of caffeine can cause confusion, hallucination and vomiting. Consuming large amount of caffeine can also cause death. Some of the Circulatory and respiratory symptoms that a user can experience are blood pressure and an irregular hear rhythms. The In the skeletal and muscular system, caffeine can cause bone thinning. The article discusses the amount which is between up to 400 milligrams of caffeine is considered safe.

Supporting Facts

Studies have also found that people who drink coffee regularly have a lower risk of developing [Alzheimer’s](https://www.healthline.com/health/alzheimers-disease) and [dementia](https://www.healthline.com/health/dementia), and cut suicide risk by [45 percent](https://www.tandfonline.com/doi/abs/10.3109/15622975.2013.795243).

An overdose of caffeine may cause rapid or irregular heartbeat and breathing trouble.

Article #6: **8 Pros And Cons About Caffeine”**

Author:  **Ariana Fathers**

Published: July 26, 2017

I chose article, “**8 Pros And Cons About Caffeine”** particularly to see what others have to say about coffee. One of the pros Fathers mention is that it boost energy. It helps makes them awake and give the energy needed to maximize their performance. whether that is the workplace or during exercise. It increases their energy and due to their well performance and it has positive health effect.

<http://www.activebeat.com/your-health/7-surprising-facts-about-caffeine/>

Article #7: **Health benefits and risks associated with caffeine**

Author:   [**Kris Swartzendruber**](http://msue.anr.msu.edu/experts/kristina_swartzendruber)

Published: **March 13, 2013**

This article talks about the health benefits and risks with caffeine. It indicates that caffeine has prove to provide health benefits such as protecting brain cells, reduces inflammation and prevent illnesses. However the article discusses the negative sides on the body, which decrease bone mineral, cause dehydration, insomnia and fatigue.

Article #8: **Caffeine**

Author:  MedlinePlus

Published: unknown

I, the U.S National Library of Medicine presents comprehensive platform about caffeine. It defines coffee, give some of the basics and show some reattach and clinical data. Most people drink caffeine to improve their physical and mental performance. The article also talks about the health side effects. It includes the effect of energy drinks that contain caffeine. The article has listed some beverages and the the amount of caffeine they contain.

* An 8-ounce cup of coffee: 95-200 mg
* A 12-ounce can of cola: 35-45 mg
* An 8-ounce energy drink: 70-100 mg
* An 8-ounce cup of tea: 14-60 mg

The article explains that energy drinks are considered more adverse in effect than coffee drinks because they may contain larger amount of sugar and caffeine with the addition of vitamins, supplements. The article offers some tips on who should avoid caffeine. For example, a pregnant since the drink passes to the baby. Also, individuals who have sleep disorders, chronic headaches, insomnia, high blood pressure or take certain medications.

Supporting facts

May interfere with the absorption of calcium in the body

It increases the release of acid in your stomach, sometimes leading to an upset stomach or heartburn

My view

Caffeine is a very powerful drug particular when it is concentrated. I personally have experienced all the symptoms of caffeine and sometimes had negative side effects that I had to stop drinking it. It severely impacted my health. To make a rational judgment, we need first to understand how caffeine works with the body to make when does it becomes effective or harmful. As we saw from the article, it does increase alertness and performance but has its side effect. We need to remember that caffeine is a stimulant and has the ability to get overdoses like any other drugs so its side effects can be severe. There are many conflicting studies that are inconclusive about caffeine. Many articles stresses moderation which is an effective method to regulate how many cups a user should consume. The final question is coffee safe in term of health? According to the research we do not know, but the best way to utilize caffeine is to not overdose it.

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