

15 Things that Happen to Your Body When you Drink Caffeine

Source: *MSN Lifestyle*



Are you the type who needs that first cup of coffee in the morning before you say a single word? Think about how often you drink caffeine on a weekly basis. It is really helping you or actually hurting you?

Caffeine is considered a stimulant; this could work for you or against you. It has the ability to speed up your central nervous system, increase your alertness and help improve your memory. However, too much caffeine can give you the “jitters,” increase your blood pressure, make you nauseous and cause insomnia.

It is commonly found in beverages including coffee, tea, sodas and energy drinks, and, the truth is, these caffeinated drinks can be addictive. You may feel withdrawal symptoms such as headaches, loss of concentration and drowsiness. It’s important to reduce your intake of caffeine slowly to avoid these symptoms.

Caffeine can promote positive and harmful effects on your body. The key is drinking it in moderation.

1. Your heartbeat increases

Caffeine raises your adrenaline, which in turn increases your heartbeat. Patients who already suffer from abnormal heart rhythms may endure skipped beats and palpitations. Make sure you

drink caffeinated drinks in moderation, consuming too many drinks in a short amount of time may have harmful effects on your heart.

2. Detoxes the liver and cleanses the colon

According to research, about two cups of coffee daily could help sufferers of liver disease. When taken as an enema, caffeine has shown to have effects on cleansing the colon.

3. Increases attention span

Caffeine has been proven to improve alertness, energy, concentration and clear-headedness. According to research, a 75mg serving of caffeine (the amount found in a regular cup of coffee) has been proven to help increase attention. However, higher intakes do not necessarily result in additional increases of alertness.

4. You may get jitters or feel restless

“Jitters” are a nervous and anxious feeling that can prevent you from concentrating and sleeping well. If you get jittery every time you consume caffeine it may be because you are consuming too much of it, you are drinking it too often, or you are drinking it on an empty stomach.

5. Helps improve memory

In Japan researchers have shown that caffeine increases memory. According to a study out of Johns Hopkins University, a 200mg caffeine pill helped boost memory consolidation.

6. May suffer from anxiety

Anxiety is a major issue; it can put you at risk for a variety of health related problems. Similar to the “jitters” mentioned earlier, caffeinated drinks have the ability to put you in a state of short term anxiety. You may experience negative thinking, nervousness and fatigue. For individuals who already suffer from anxiety, consuming caffeine may only make your symptoms worse.

7. Insomnia

According to WebMD, it takes about five to seven hours, on average to eliminate half of your caffeine intake out from your body. After eight to 10 hours, 75% of the caffeine in your body should be gone. That being said, if you drink caffeine too close to your bedtime, it will cause you to have a restless night sleep and may even cause insomnia. *Tip: Don't consume caffeine six hours before bed.

8. May cause addiction

According to research, it is believed that 3 out of 4 regular caffeine users are addicted to the substance. “After addiction, withdrawal from the use of caffeine can cause mood swings and irritability, similar to the symptoms of withdrawing from a narcotic or alcohol.”

9. Wakes you up

“Caffeine can affect some neurotransmitters that normally keep the blood vessels slightly closed. This causes your arteries to remain wider, allowing more blood to flow through them, which brings more oxygen to your brain and tissues to make you feel more awake,” according to livestrong.com.

10. Helps relieve post-workout muscle pain

Research has shown that caffeine has positive effects on relieving muscle pain. The University of Illinois found that there was significant reduction in quadriceps muscle pain after giving individuals caffeine compared to a placebo pill.

11. May help prevent weight gain

Caffeine has been shown to boost weight loss and even prevent weight gain. According to Mayo Clinic, caffeine is an appetite suppressant; it may reduce your desire to eat for a short time. It may also stimulate thermogenesis, which may help burn extra calories throughout the day.

12. Increases blood pressure

For those who are sensitive to caffeine, a rise in blood pressure is common. If you already have high blood pressure, it may be wise to cut out caffeine altogether.

13. Stimulates you fast

Caffeine has the ability to enhance sport and workout performance. It increases alertness which aids in extended periods of exercise. It has been also shown to help athletes train harder and longer.

14. Can prevent headaches

“More than one in 10 Americans, including one in 6 women, have migraines, but many have been told mistakenly that they have a sinus or tension headache,” according to WebMD. Headache triggers include, stress, hormones and even food. Luckily, studies have shown that caffeine may help certain types of headache pain.

15. Pregnancy

“For pregnant women or those attempting pregnancy, the March of Dimes suggests fewer than 200 mg of caffeine per day. That's largely because in limited studies, women consuming higher amounts of caffeine had an increased risk for miscarriage,” according to WebMD.