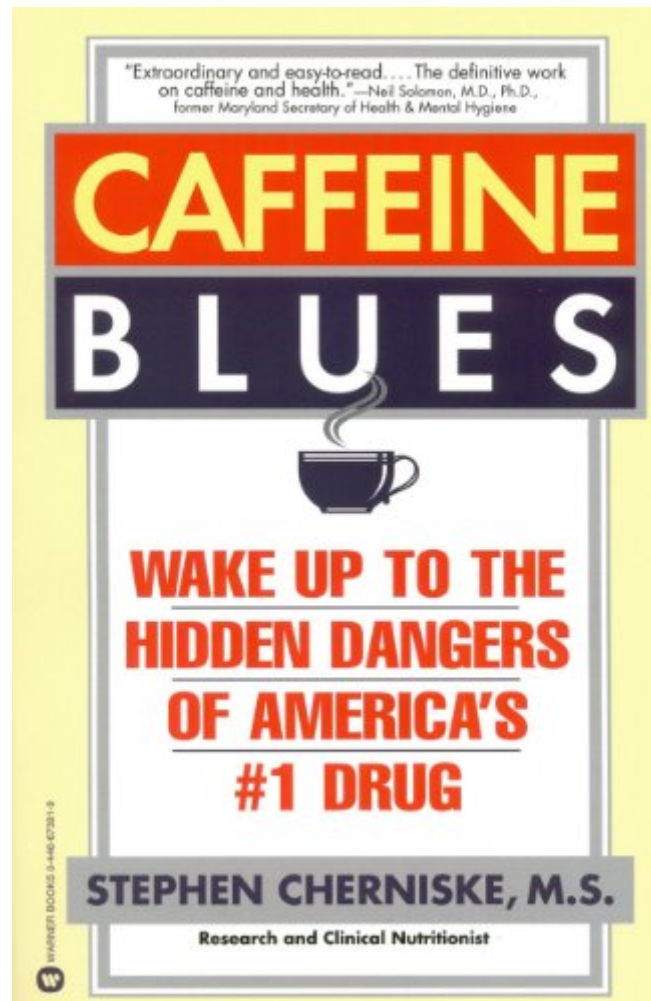


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# Caffeine Blues: Wake Up To The Hidden Dangers Of America's #1 Drug



## Synopsis

Pulls together all the latest research & details the full scope of caffeine's detrimental effect on our physical, mental & emotional well being.

## Book Information

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## Customer Reviews

I thought I would add my two bits to the discussion. I am a senior level medical student and weeks away from graduation. First off, I am not surprised to see some of the asinine, half-witted comments in the "1 star" section as I commonly encounter these same rebuttals both by hospital staff and patients. In fact, during a recent debate with a resident doctor of Internal Medicine in the past week, he made the statements: "you can't trust a dietician" and "caffeine/coffee has NEVER been shown to have any long-term health effects". Wrong, and such a strong statement. While multiple studies do indeed show ambiguity in their results, there are many others which DO unequivocally link caffeine to adverse health outcomes. I have personally done a literature review on caffeine and have discovered many well-built and RECENT studies in the literature to support the author's claims. It is particularly amusing to see people tenaciously defend caffeine and neglect to entertain

any discussion with respect to its negative health effects. It's as though you've insulted their mothers!! embarrassingly admit that I have learned more about caffeine from a single chapter in this intriguing text than during my medical training in its entirety. Furthermore, only negative effects were related to me in med-school, never positives. Despite it's ubiquitous presence in society, the physiologic effects of caffeine on the body are not taught in medical school. This may serve to explain why many physicians neglect to broach the discussion on caffeine with their patients. This brings me to my next thought: The fact that the author is not a doctor/PHD does not preclude the book's credibility. The author is more informed about caffeine than the majority of practicing physicians.

I have loved coffee for much of my life. I have even been heard to utter, in mock appreciation of Socrates, that "the uncaffeinated life is not worth living." One time I quit coffee, felt really good, but during a flat stage, I got back on, more than ever, with the comment that without caffeine, I had lost the "joy of living." I have read this book by Cherniske. I have read all the reviews here. I have laughed hardest at the ones that recommend "The Caffeine Advantage," which supposedly about how great caffeine can make your life. Perhaps this book is over the top in its indictment of coffee and caffeine. But the fact is, that I will not quit the stuff without a little shouting at me to do it. Those reasonable persons who would suggest to have only a cup a day or so, or who only have coffee in the morning, or who can go weeks without it, with no headaches; well, more power to you. But I am not one of you. I am an ADDICT. I cannot drink coffee in moderation. I can only drink it to excess, and it invariably messes up my life. It messes with my sleep patterns, leading me to get less sleep and to then be tired often during the day. It screws up my diet, causing me to binge on sweets to try to counter the feeling of being too hyped up and hungry from caffeine. It messes with my breathing, as I occasionally experience a shortness of breath sensation that I notice when I am drinking lots of caffeine. And most of all, I know all of this in my heart. I know that caffeine is bad for me, that using it is using a powerful drug, and that the only answer for me is to get of it completely. There is no possibility of moderation. I have tried that most earnestly and failed. This book has provided the only successful incentive I have ever had to make a serious effort to get myself off caffeine.

There are a lot of good reviews about this book, and a few negative ones. Too often, the negative reviews blow out of proportion a few details while forgetting the bigger picture. This is pretty much the ONLY book available on the subject of caffeine being bad for you. There are a few books trying to encourage you to drink more coffee, which by now you probably don't need help doing, unless

you absolutely need to hear good news about your bad habits. Now some people are not as sensitive to caffeine as others, therefore Caffeine Blues may seem overly paranoid and even offensive in this day and age. Let's do a reality check first: The entire human race has gotten by just fine without caffeine for over 100,000 years and although this drug may seem indispensable in your world now, you also can remember how as a child, you were perhaps caffeine-free and perfectly healthy. Forget that the author may have another life as a health food nut promoting certain supplements, and focus on the facts themselves. I was a natural health, raw food guy, but somehow the caffeine habit was something I did not manage to get rid of. I realized overtime that caffeine was destroying my life! I had at least 70% of the symptoms mentioned in caffeine blues, and getting off the bean eliminated all of them, although it took over two months to go back to my normal self. I immediately feel the consequences when I get into caffeine again, so I avoid coffee 100%. However, I may have an occasional tea. I've met far too many people who feel like hell all the time and don't realize that their coffee habit is a big part of the problem. Like the author, I wondered how many cases of depression are caused by caffeine and are not "in your head."

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