

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

What's so wrong with a little caffeine? You should know that caffeine triggers the fight-flight reaction in the body. This reaction is programmed in our body for survival to events happening only occasionally (such as a lion chasing you). With the help of caffeine (and stress), we can put our body into a fight-flight reaction every day continuously! While the caffeine response will not be as extreme as the lion chasing you, this response a little at a time can have devastating effects because the body never gets to reset.

In a fight-flight reaction, sugar, cholesterol and fat get dumped into the bloodstream. The sugar creates more stress, anxiety and inflammation. The fat/cholesterol clogs the arteries. The digestive system slows or shuts down. Heart rate and blood pressure rise. Understand that these are normal and even healthy reactions if you are being chased by a lion, but it's killing us in real life! The caffeine in a single cup of coffee can reduce iron absorption as much as 75% and it also depletes your supplies of many B-vitamins, calcium, magnesium, potassium, and zinc.

Most people drink caffeine because they believe it will provide energy. In reality, caffeine stimulates your nervous system and adrenal glands. That's not energy, that's stress. This type of unhealthy stress is a major factor in disorders such as anxiety, insomnia, fatigue, depression, ulcers, arthritis, headaches, hypoglycemia, asthma, hypertension and heart disease. Research, however, illustrates as little as 100 milligrams of caffeine (one cup of coffee, two cups of cola) can cause a significant decrease in recall and reasoning! If you're craving energy, a recent Harvard study showed you get more energy from an apple in the morning than a cup of coffee!

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