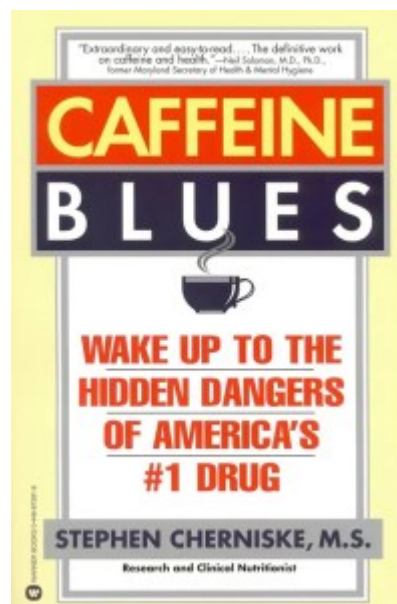


# Caffeine Blues – the Health Benefits of Quitting Caffeinated Drinks



I first posted this article on June 17, 2015 about the dangers of caffeine input. It didn't take me long to backslide after that and go back to drinking coffee. But since my illness from September 4th, I've totally stopped drinking coffee again. I thought it would be a good time to stop and see if lack of caffeine is a benefit at all. Now two weeks later I noticed I can empty my bladder easier, praise God.

Maybe this can be a blessing to someone who needs it.

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On April 26, 2013 I posted [Overcoming caffeine addiction](#) on this website after reading a book, "Caffeine Blues" by Stephen Cherniske. I totally quit drinking coffee for a little more than a year afterwards, but by and by I again succumbed to temptation to drink an "energy booster." It started out with just a cup of coffee once in a while, then once a day in the morning, and finally several cups a day. In the past few weeks I noticed that I needed more sleep than I needed before in order to function the next day. And I would take longer naps when at home. I began to "wake up" that the reason why my energy levels were going down was because I was exhausting my adrenal glands due to caffeine consumption! I decided again to go cold turkey and stop caffeine.

Another reason I was inspired to quit drinking beverages with caffeine (especially coffee) is because of the connection with disease which Stephen Cherniske in Caffeine Blues writes about extensively. In June 2014 when I told a friend what I learned about dangers of caffeine consumption, he disregarded the idea as nonsense from the Internet. "Don't believe everything you read on the Internet!" he told me. My friend was healthy at the time but a few months later was diagnosed with chordoma, a type of bone cancer, and is

today incapacitated! Was caffeine consumption the reason for his illness? I cannot say positively it is, but I do know (according to Cherniske's book) that caffeine consumption harms the immune system which could have prevented the cancer.

The article below is taken from <http://www.youngagain.org/c27.html> It's short, sweet, and gives me conviction to stay away from the caffeine drug.

***Caffeine is the most widely consumed psychoactive drug in the world.***

Chemically it is 1,3,7 trimethylxanthine. Surprisingly, it wasn't even discovered until about 1000 AD. The more evidence you see, the worse it gets. Half of all American adults drink at least one cup of coffee a day. 80% of Americans drink caffeine in coffee or tea every day. 90% of Americans drink caffeine daily in coffee, tea, or soft drinks. 400 million cups of coffee daily, plus all the other sources. That does not include the multi billion dollar epidemic of energy drinks. ***Caffeine is the most popular drug on earth.*** It is cheap, legal, effective, ubiquitous (it's everywhere), and socially acceptable. This is why it is the most popular drug of all. In 1989 the FDA limited each serving of food or drink to 200 mg. 120 mg will jangle the nerves of a full grown 180 pound man. This doesn't stop people from often ingesting 1,000 mg or more in a day. Ten grams (10,000 mg) is deadly. **The real problem is that caffeine is so highly addictive.**

Just one daily single cup of coffee, or an energy drink, can ruin your health. Just one. Be clear about this... just one cup of coffee, or one energy drink, a day will ruin your health over time. This caffeine jolt will upset your insulin/blood sugar system and wear out your pancreas and adrenal glands. This includes guarana and yerba mate. They are not "health tonics". Yes, you can have one cup a week and not have any consequences, but that's it. We cannot in good conscience sell either. Regular use of caffeine will completely upset your insulin and blood sugar balance. Hyperglycemia and insulin resistance are well known effects. ***You must keep your blood sugar under 85 mg/dl.*** People with blood sugar over 85 die earlier, and get more diseases generally. Caffeine in any form will raise this dramatically, as well as raise your insulin levels and make your insulin receptors less effective. All this is a prelude to overall sickness, early mortality, metabolic syndrome, hyperglycemia, and outright diabetes. The daily stimulation wears out your pancreas and adrenal glands. Once your pancreas can no longer produce enough insulin there is no repairing or rejuvenating it. Pancreas and beta cell transplants just don't work. Hypertension is the most common medical condition in the world. About one third of American adults have clinically high blood pressure. One reason for this pandemic is caffeine consumption. At Queen's University in Canada (*Diabetes Care* 2004) the doctors found people given small amounts of caffeine had higher blood sugar levels and reduced insulin sensitivity in only 90 days. This was true, despite all other factors such as obesity, exercise or diabetes. You will see supposed "studies" claiming that drinking a lot of coffee (3-4 cups a day or more) "protects" you from diabetes. This is just paid propaganda from the coffee growers and producers.

Just some of the commonly known side medical effects include hypertension, headache, anxiety, agitation, tremors, confusion, outright psychosis(!),

seizures, nausea, ketosis (high ketone bodies in the blood), vomiting, anorexia, diarrhea, aggravation of PMS, dehydration, renal hyperstimulation, abdominal pain, panic attacks, emotional fatigue, and heart and blood pressure conditions. Every year just in the U.S. thousands of people are admitted to emergency room for caffeine poisoning. People actually end up in emergency rooms! This includes over a thousand children under 6 years old for some reason. About 30% of Americans now have elevated blood pressure levels. Hypertension is the most common medical condition of all. This is an insidiously addictive drug very comparable to the addictiveness of other drugs such as alcohol, cocaine, and nicotine. It may take years for the damage from caffeine to actually manifest itself. If you use caffeine please stop using it. It will be more arduous than you think. The fact it is legal, cheap and socially acceptable makes it all the more difficult.

We all know people who do not drink, smoke tobacco, smoke marijuana, use cocaine, avoid all recreational drugs, or even take sleeping pills, but are completely addicted to coffee or energy drinks. Coffee is served at church socials, hospitals, prisons, in the military, mental wards, Alcoholics Anonymous meetings, and drug addiction centers! Young people now are addicted to energy drinks which are full of sugar (or Sucralose which is even worse). It's ironic to see people who claim to have no interest in any drug on earth become helpless addicted to caffeine. Make no mistake, **this is a powerful, highly addictive stimulant drug**. The energy drink business alone is now over a billion dollars a year.

Often you will see propaganda for coffee published in top medical journals posing as science. When you read the full text study, however, there is nearly always a legal disclaimer that this has been bought and paid for by the American Coffee Council or some other group. These pseudo-studies claim that coffee has many "health benefits", is full of powerful antioxidants, and other such nonsense. .

You'll see newsletter doctors like JulianWhitaker and William Douglass promote coffee as a health tonic!!! Julian runs the Whitaker Wellness Institute, where they serve endless hot coffee every day to their patients. Can you believe that? "Coffee is not harmful. On the contrary, I consider it to be a health food, and hundreds of studies bear this out" he says. Read the article about him, *Dr. Julian Whitaker*. Go to [www.youngagain.org](http://www.youngagain.org) and read my 10 books and scan all the 300 articles.

You'll find caffeine not only in coffee and tea, but also in bancha tea, green tea (except decaf), many soft drinks, yerba mate, and guarana. Stay away from caffeine and protect your health. This is an insidious addiction.

Please also see [How Much Caffeine in Coffee | All You Need To Know](#)

The following information is from the book, "Caffeine Blues" by Stephen Cherniske, M.S. and specifically from Chapter 5, "Specific Health Disorders: The Caffeine Connection" and chapter 6 "Caffeine and Women's Health"

## Habitual caffeine intake is linked to:

- Cardiovascular disease (heart attacks, stroke)
- Gastrointestinal disease (Irritable Bowel Syndrome, ulcers, etc.)
- Migraine headache
- Diabetes
- Osteoporosis
- Anemia
- Premenstrual Syndrome
- Fibrocystic Breast Disease
- Breast cancer
- Birth defects
- Adrenal dysfunction disorders such as allergies, asthma, fibromyalgia, chronic fatigue syndrome and autoimmune disease
- Urinary and prostate problems
- Gout

“Compared to men, research shows that caffeine is much more damaging to women, producing adverse effects at lower intake.” –  
From Caffeine Blues Chapter 6 p. 225

**Also see:**

[Is Coffee The Most Caffeinated Drink?](#)