

# The World Of Caffeine The Science And Culture Of

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caffeine is the world's most popular drug almost all of us start our day with a jolt of caffeine from coffee tea or cola and many

of us crave chocolate when we re stressed or depressed without it we re lethargic head achy and miserable why why do we crave caffeine how much do we really know about our number one drug of choice here is the first natural cultural and artistic history of our favorite mood enhancer how it was discovered its early uses and the unexpected parts it has played in medicine religion painting poetry learning and love weinberg and bealer tell an intriguing story of a remarkable substance that has figured prominently in the exchanges of trade and intelligence among nations and whose most common sources coffee tea and chocolate have been both promoted as productive of health and creativity and banned as corrupters of the body and mind or subverters of social order some highlights from the world of caffeine balzac s addiction to caffeine drove him to eat coffee as some schizophrenic patients are observed to do today and may have killed him mary tuke breaks the male monopoly on tea in england in 1725 the ways caffeine functions as a smart pill goethe s responsibility for the discovery of caffeine did a mini ice age help bring coffee tea and chocolate to popularity in europe what is the mystery of coffee s origin as good as gold the stories of how caffeine in its various forms was used as cash in china africa central america and egypt what does the civet cat have to do with the most costly coffee on earth today the world of caffeine is a captivating tale of art and society from india to balzac to cybercafes and the ultimate caffeine resource

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the purpose of this special issue is to provide a thorough and up to date presentation of research investigating the impact of coffee and or caffeine intake on various health outcomes we welcome the submission of original research articles and or systematic reviews meta analyses focusing on several aspects of coffee caffeine intake in relation to human health areas of interest include but are not limited to the following topics human clinical trials of coffee or caffeine use in relation to disease or intermediate phenotypes epidemiological studies of habitual coffee or caffeine intake in relation to human health among the general public as well as among special populations i e children pregnant women diabetics cancer patients hypertensives etc mechanisms of action of nutrients and other bioactive components of coffee caffeine studies integrating genetic or physiological markers of coffee caffeine intake to investigations of coffee and health

the first part of the report deals with occurrence of methylxanthines in foods beverages and medicines and estimates of caffeine

intake in addition a short review of the pharmacological and toxicological actions of caffeine is given the second and main part of the report reviews available information from epidemiological studies on the potential health hazards to the human foetus associated with parental intake during pregnancy of caffeine and related methylxanthines in foods beverages and medicines the studied adverse effects are influence on fertility spontaneous abortion congenital malformation pre term delivery foetal growth retardation foetal behaviour and effects on neonates infants and young children the conclusion of the report demonstrates the need for limiting caffeine exposure during pregnancy the nordic working group on food toxicology and risk evaluation nnt recognizes that the human exposure to caffeine and related compounds causes a spectrum of pharmacological effects for instance cardiovascular renal neurological and behavioural effects the increasing use of caffeine and related methylxanthines in various foods and beverages consumed by children and adolescents cause concern nnt recommends that a full hazard characterization of caffeine and related methylxanthines should be performed with the aim to reach a conclusion about the upper safe level of intake of these compounds

caffeine found in tea coffee mate cola beverages cocoa and chocolate products is an integral part of the diet of many people caffeine answers questions for a broad range of readers interested in the effects beverages and foods containing this dietary methylxanthine have on human health nutrition and physiological functioning the compositio

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