

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 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

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 composition

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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

the truth about caffeine exposes caffeine's darker side that scientists know but that the beverage confectionery and pharmaceutical industries have tried to suppress caffeine is a highly addictive drug does not offer any nutritional value and has not been proven safe epidemiological clinical and laboratory studies link caffeine to heart disease pancreas cancer bladder cancer hypoglycemia and central nervous system disorders

caffeine is known to stimulate the central nervous system but what other functions does it have this book covers the latest scientific knowledge in a uniquely structured format and is specifically designed to link chemistry with health and nutrition to provide a broad appealing book coverage begins with caffeine in relation to nutrition focussing on beverages then concentrates on chemistry crystal structures of complexes in caffeine and biochemistry in the analysis chapters assays are conducted by lc ms capillary electrophoresis automated flow methods and immunoassay methods the effects of caffeine on the brain cognitive performance sleep oxidative damage exercise and pulmonary function are all considered in the closing section of the book delivering high quality information this book will be of benefit to anyone researching this area of health and nutritional science it will bridge scientific disciplines so that the information is more meaningful and applicable to health in general part of a series of books it is specifically designed for chemists analytical scientists forensic scientists food scientists dieticians and health care workers nutritionists toxicologists and research academics due to its interdisciplinary nature it could also be suitable for lecturers and teachers in food and nutritional sciences and as a college or university library reference guide

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