



The Spinal Column

Caffeine: The World's Most Popular Drug

By Dr. Alfin Mitha, Hons. B.Sc., D.C.



Every working day, a Star buck's opens 4 new locations worldwide. 80 to 90 percent of adults in North America report regular use of caffeine. The average daily intake of caffeine by users in North America is one to two mugs of coffee a day or three to five bottles of soft drinks. We are in a caffeine epidemic that fuels itself as the days get shorter and the work doubles and the final outcome can only be poorer health.

Caffeine occurs naturally in the leaves, seeds, and fruit of tea, coffee, cacao kola trees and more than 60 other plants. It is the world's most utilized mood altering drug. We spend over 50 billion dollars on caffeinated soda a year. The drug is used extensively in diet pills and yes even pain relievers.

Clinical studies show pain relievers fortified with caffeine have proven to be more effective than pain relievers alone. Caffeine is the only habit forming psychoactive drug we routinely serve to our children in the form of soda, chocolate bars, and other candy. It can also be found in most fetus/embryo's and babies in trace amounts as caffeine is transferred from the umbilical cord and breast milk via consumption by mother of Snapple (yes, Snapple, the fruit beverage or latte), coffee, pop, or tea.

Caffeine works by blocking a natural sleeping pill our body produces called Adenosine. Since our bodies can not

produce this, we tend stay awake. However, there is a down side that must be paid for this extra time awake. The human body works at its optimal level with 8 hours sleep on a physical, mental and emotional level. We as a nation, are sleep deprived, which can lead to all sorts of illnesses. Now we use caffeine to make up for sleep deficit that is largely the result of using caffeine in the first place. Does that not sound absurdly ludicrous to you?

When a coffee drinker that drinks about 3 cups a day stops for a day; scientists have found a persons vision and hearing in the brain decrease dramatically. Caffeine has been found to raise blood pressure and thus increases the risk of heart disease. Studies also show caffeine consumption increases your chances of kidney and bladder cancer, fibrocystic breast disease, pancreatic cancer, and osteoporosis. One cup can induce tension, anxiety, and panic attacks. Caffeine has also been found to reduce insulin sensitivity and thus play a serious role in diabetes and Rheumatoid Arthritis. Cigarette smoking nearly doubles the rate at which your body metabolizes caffeine so caffeine is taken out of the body twice as fast in smokers than non-smokers. This is not to say if you drink coffee start smoking as there are more serious concerns that amplify your health risks when these two vices are combined. However, caffeine stays in the body twice as long in women taking oral contraceptives such as the pill.

Now caffeine affects the fetus more profoundly than adults. This is because of caffeine's ready passage through the placenta, its presence in breast milk, and its increasing half-life during pregnancy (up to 11 hours late in pregnancy) and in infants (up to 100 hours), the smaller body mass of fetuses and infants, and the inability of the fetus and neonate to detoxify caffeine. Changes in fetal heart rate and breathing patterns have been noticed even when maternal intake of caffeine is moderate and when it has no apparent effects on the mother.

If you try and stop your consumption of caffeine withdrawal symptoms tend to disappear in two to four days but can last up to a week. A more holistic approach with regular Chiropractic adjustments has been shown to help patients sleep better, sleep longer and feel well rested. Do your body a favor and take care of your health, your spine and your nervous system by getting chiropractic adjustments. If you must drink the stuff then please do so in moderation; your children, your children's children and our health care system

will thank-you in the long run.

Special points of interest:

- Did you know that drug makers have to label the amount of caffeine in their product but food and beverage companies do not.
- Hershey's milk Chocolate: 25mg Caffeine: Espresso: 1-oz shot: 40 mg: Brewed tea: 50 mg: Coca Cola: 57 mg: Excedrin pain reliever 2 tabs: 130mg: Brewed coffee: 200 mg: Mountain dew Double big Gulp): 294 mg
- Did you know the Robusta coffee beans used in less expensive brands contain 2 X as much caffeine as Arabica beans favoured by connoisseurs.
- Going without caffeine for a day and a half increases blood flow in the brain which may explain why people get headaches when they first give it up.

- Did You know Caffeine is being developed as a pesticide for slugs and snails.
- Did you know caffeine can help relieve pain, ease migraine head aches, reduce asthma symptoms, and elevate mood. It can increase alertness, cognition, and reaction speed, improves performance in driving, flying, and solving simple math problems.
- Did you know dark chocolate packs three times the caffeine of milk chocolate, but you would have to eat more than half a pound to get that in one cup of coffee.
- Did you know caffeine is woven into panty hose called "Coffee tights" to supposedly shrink thighs.
- Did you know cigarette smoking nearly doubles the rate at which your body metabolizes caffeine.
- Did you know women taking oral contraceptives take twice as long to remove caffeine from their bodies.

About the Author:



As a life-long resident of Brampton (34 years), Dr. Alfin Mitha endeavors to provide this city with reliable, informative Chiropractic care. He lives here with his 2 kids, Aura and Zen, and his wife Rupī. Having completed his Bachelor of Science degree in both Biology and Pharmacology at McMaster University, Dr. Mitha had the opportunity to work with Eli Lilly pharmaceuticals in their Research and Development of Non-Small Cell Lung Cancer and Prozac. Deciding that the private sector in medicine was not for him, Dr. Mitha then took one year off to work in Ixtapa, Mexico as a land sports G.O for Club Med. Having considered Chiropractic in the past, it was only confirmed while having the chance to meet many Chiropractors during his time in Ixtapa.

The next part of his journey took him to the Canadian Memorial Chiropractic College in Toronto, Ontario. During his education, he still maintained an active physical lifestyle while working as a personal trainer. His internship year provided him the opportunity to work at 2 very different and unique places. The first part of his internship was at Anishnawbe Health and Native Wellness Center which serviced much of Toronto's aboriginal and homeless community. The second part of his internship allowed him the chance to treat players of the Canadian National Soccer Team, and other elite Canadian athletes. Both of these placements allowed Dr. Mitha to understand many aspects of illness, injury and health. A focus which remains in his clinic; In GoodHands.

Having returned back to Brampton (a resident of 34 years, he has since become an active member of the Rotary Club, Brampton Tennis Club, Brampton Volleyball League, Yoga instructor and more recently the Health Practitioner Advisory Committee for the city. Dr. Mitha wishes to become a more integral part of Brampton's community. "It is imperative that we take care of our body and mind, it is our most valuable asset. The first step is education and if anything else, we provide that for our patients".

Main and Franchise Clinics:



In GoodHands Rehabilitation & Wellness Centre
Bramalea City Centre – Inside GoodLife Fitness
Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5
Phone: (905) 453-5858 Fax: (905) 453-8995
Email: info@ingoodhandswellness.com

Services:

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Naturopathic Medicine
- Orthotics
- Physiotherapy

Products:

- Athletic Braces & Splints
- Compression Stockings
- Memory Foam Pillows
- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. and Wed.: 9:30 am - 8:30 pm
Tues. and Thurs.: 10:00 am - 9:00 pm
Fri.: 9:30 am - 7:00 pm
Sat.: 9:30 am - 2:30 pm
Sun.: Closed

In GreatHands Chiropractic & Wellness Centre

Inside Oshawa Centre Mall
C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5
Phone: (905) 433-9520 Fax: (905) 433-8144
Email: oshawa@ingreathands.com

Services:

- Chiropractic Care
- Dry Blood Analysis
- Hair Analysis
- Irridology
- Massage Therapy
- Nutritional Urinalysis
- Orthotics
- Psychology
- Reflexology
- Rehabilitation
- X-Rays

Products:

- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. - Thurs.: 9:00 am - 7:30 pm
Fri.: 9:00 am - 7:00 pm
Sat.: 9:00 am - 5:00 pm
Sun.: Closed