

PICK YOUR POISON!

After I found that we are drinking regular coffee on Sunday mornings, I have been researching and comparing regular and decaf coffee. We all know caffeine is a strong stimulant and therefore is not good for you especially in large amounts; having an adverse effect on your heart rate and blood pressure. Caffeine can cause you sleepless night and loss of sleep can have a cumulative effect on your body. It also contains caffeol and caffeo-tannic acid which are irritating to the stomach and intestinal lining and destroys the pepsin in the gastric juice needed to digest protein. Coffee, chocolate, cigarettes, and soda all have caffeine in them. As we grow older and have problems with blood pressure, heart and stroke possibilities we should be cutting back on our caffeine intake. Do you know that caffeine can cause a 15% increase in your heart rate? Also if you are taking medications for bronchial conditions they may add to the stimulant effect on your body. People with atrial fibrillation or other heart conditions should watch their caffeine intake very closely. If you take in a lot of caffeine you can't just quit cold turkey; or you will have withdrawal effects.

DECAF: Contains all the chemicals as coffee without the caffeine. Coffee is decaffeinated mostly by using methylene chloride or ethyl acetate. Methylene chloride is a chemical used to bind to the caffeine; then rinsed away. Methylene chloride is said but not proven to be a carcinogen (cancer causing). Ethyl acetate is a naturally occurring chemical in fruits and is used to bind to the caffeine; then rinsed. This method (ethyl acetate) is called "Naturally Decaffeination" and is what we should be looking for when we buy decaf. Now, here is a chart with caffeine content listings—PICK YOUR OWN POISON!!!!

Generic coffee—95-200	Black Tea	40-120	Root Beer	23
Dunkin Donuts—143-206	Decaf Tea	2 -10	Cherry Coke	35
Decaf-- 2-12	Prem. Green	26	Diet coke	47
Starbuck Exp 58-75	Iced tea	15-27	Dr Pepper	42-44
Stbks Van Latte 150	IT/decaf	1	Pepsi	36-38
	Nestea	26	Tab	47

So, here you are with all the measurements. You may make your choice. I hope it's a healthy one. How about water????????????????

Information from Mayo Clinic and Healthfinders