

- [That's Fit Blog](#)
- [Wellness](#)

10 Reasons To Stop Drinking Coffee

By VICKI SALEMI

Sure, it's one of the most popular beverages in the country. Millions of people begin their day by coffee. A recent forecast has predicted 6.7 million metric tons of coffee will be produced in 2010 alone. This brew does have several negative health effects and addictive qualities. Heavy drinkers can start craving coffee in excess.

Liver damage

If you don't think coffee is doing damage to your liver, think again. Zartarian explains, "Caffeine stimulates liver enzymes. The more these enzymes are involved in breaking down caffeine, the less available they are in the bloodstream. Excessive caffeine use, therefore, causes the liver to work less efficiently at its job each day. What seems normal, anything above that amount may seem excessive. Experts recommend replacing coffee with water."

Hallucinations

According to a recent study reported by the BBC, people who drink too much coffee could start seeing things. The study who drank more than seven cups of instant coffee each day were three times more likely to experience hallucinations. "Drinking coffee, such as seven cups a day, will stimulate hallucinations," Dr. Zartarian says.

Pregnancy issues

The effect of caffeine on fertility and pregnancy has become a hot topic in research the past two years. A study from the Division of Research] found that consuming more than 200 mg, or two cups, of drip coffee a day could lead to a lower birth weight for the baby, which can be a marker for future health issues for the child. A study published in the British Medical Journal in November 2008 found that more than one cup or more of coffee a day resulted in a lower birth weight for the baby, which can be a marker for future health issues for the child.

Sleep disruption

"We should get eight hours of sleep every night," says Edward F. Group III, D.C., N.D., DACBN. "When you have stress, anxiety and coffee, the eight hours start dwindling and become easily interrupted. "Put coffee up during the night, wake up too early in the morning and experience insomnia." Dr. Group mentions that coffee may disrupt this normal cycle.

Plus, a morning cup of java may interrupt your bodily cycle for the day. Zartarian explains, "When we get out of bed and perform our daily tasks. However, if you are drinking coffee all day, then the stress and adrenaline levels may interrupt a restful night of sleep."

Addictive qualities

"When used at more than 12 ounces a day for energy, it becomes an energy 'loan shark,' crashing your system." Jacob Teitelbaum, M.D. and Medical Director of the national Fibromyalgia and Fatigue Centers. "Coffee is addictive when it's not done in moderation and exceeds two cups each day."

Plus, excessive coffee intake in someone who already tends to have anxiety may trigger other pro irritability, then rebound fatigue, depression and sleepiness once the effects of the caffeine wear off. Zartarian.

Dehydration

Consider this: Caffeine is a mild diuretic, so while many people start their day with a cup of joe, ten glasses of water we need to stay hydrated each day. Drinking excess amounts of coffee, which has a diuretic syndrome. Plus, Zartarian notes it disrupts the minerals in your body. "Caffeine also promotes potassium mineral balance in your body is disrupted."

Adrenal exhaustion

Feeling fatigued lately? It's no surprise: Coffee releases the "stress hormone" cortisol and adrenal glands provide us with energy and vitality throughout the day. "Heavy coffee drinkers secrete more cortisol which may ultimately result in fatigue of the adrenal gland. Adrenal fatigue is one of the most common fatigue and exhaustion present in our friends, colleagues and family," says Zartarian.

Yellow teeth

If you'd like your pearly whites to stay that way, stop drinking coffee, or at least cut back. According to Research Coordinator at Long Island College Hospital of Brooklyn, coffee is not friendly to teeth because it is roasted via a biochemical reaction, called the Maillard reaction, causes a stubborn stain -- whether on your teeth or living room rug, so just think of what it is doing to your teeth!"

Got acid?

Zartarian explains that caffeinated beverages like coffee have an acidic and astringent effect on the absorption and assimilation of nutrients and fluids in the digestive tract in particular," she says. In addition, it can cause stomach problems. "Acid can run into the intestine and can cause ulcer problems. Increased acidity is a precursor to degenerative diseases," adds Dr. Group.

Overall health issues

According to a University of Scranton study, while coffee is a top antioxidant in the American diet, it's not just coffee. Although there are positive aspects of drinking java, to prevent the health issues associated with the beverage in moderation. Coffee contains volatile oils (seen as a film at the top of each cup), which contain a lot of pesticides, which can cause the body to accumulate too many toxins; it damages the immune system; it depletes calcium levels in the body; and there's an overall increased risk of cardiovascular disease.

"Are you drinking toxic or organic coffee?" asks Dr. Group. The organic, eco-friendly processing (using natural soil conditions) is the better choice. "Most pesticides are chemicals and cancer-causing agents. The best advice? Moderation in coffee consumption is key, but ultimately he recommends good ol' H₂O. "

Must Read?

 [76 %](#)

 [24 %](#)