

The World Of Caffeine The Science And Culture Of

“You’ll never think the same way about your morning cup of coffee.”—Mark McClusky, editor in chief of Wired.com and author of Faster, Higher, Stronger Journalist Murray Carpenter has been under the influence of a drug for nearly three decades. And he’s in good company, because chances are you’re hooked, too. Humans have used caffeine for thousands of years. A bitter white powder in its most essential form, a tablespoon of it would kill even the most habituated user. This addictive, largely unregulated substance is everywhere—in places you’d expect (like coffee and chocolate) and places you wouldn’t (like chewing gum and fruit juice), and Carpenter reveals its impact on soldiers, athletes, and even children. It can make you stronger, faster, and more alert, but it’s not perfect, and its role in health concerns like obesity and anxiety will surprise you. Making stops at the coffee farms of central Guatemala, a synthetic caffeine factory in China, and an energy shot bottler in New Jersey, among numerous other locales around the globe, Caffeinated exposes the high-stakes but murky world of caffeine, drawing on cutting-edge science and larger-than-life characters to offer an unprecedented understanding of America’s favorite drug. Most people around the world enjoy caffeine. This drug helps people feel awake. It can have some benefits, but it also has risks. Your Body on Caffeine uncovers the nutritional benefits of caffeine, its risks, and how much nutritionists recommend consuming each day. Easy-to-read text, vivid images, and helpful back matter give readers a clear look at this subject. Features include a table of contents, infographics, a glossary, additional resources, and an index. Aligned to Common Core Standards and correlated to state standards. Core Library is an imprint of Abdo Publishing, a division of ABDO. The book that helped make Michael Pollan, the New York Times bestselling author of How to Change Your Mind, Cooked and The Omnivore’s Dilemma, one of the most trusted food experts in America Every schoolchild learns about the mutually beneficial dance of honeybees and flowers: The bee collects nectar and pollen to make honey and, in the process, spreads the flowers’ genes far and wide. In The Botany of Desire, Michael Pollan ingeniously demonstrates how people and domesticated plants have formed a similarly reciprocal relationship. He masterfully links four fundamental human desires—sweetness, beauty, intoxication, and control—with the plants that satisfy them: the apple, the tulip, marijuana, and the potato. In telling the stories of four familiar species, Pollan illustrates how the plants have evolved to satisfy humankind’s most basic yearnings. And just as we’ve benefited from these plants, we have also done well by them. So who is really domesticating whom?

With coffeehouses becoming more prevalent in today’s society, researchers are increasingly concerned about caffeine’s role in panic and other anxiety disorders. Indeed, caffeine’s power has become so well recognized that the American Psychiatric Association has added caffeine-related anxiety as a related disorder. It is a fact that caffeine is the most widely used mood-altering drug in the world and is thought to bring on energy by being the first thing most of us drink in the morning. This book will help you learn to recognize what your pounding hearts and quickened pulses after having a cup of coffee really represent. If you are susceptible to panic attacks and anxiety, then this book is a must read as it talks about most symptoms and the history of this particular disorder.

Starbucked

Killer High

Caffeine Addiction Cure: Overcoming the Caffeine Blues Permanently for a Happy, Healthy Life

Caffeinated and Cocoa Based Beverages

Stuff Every Coffee Lover Should Know

Coffee

An enhanced edition of Food Rules—beautifully illustrated and packed with additional food wisdom Michael Pollan’s Food Rules prompted a national discussion helping to change the way Americans approach eating. This new edition illustrated by celebrated artist Maira Kalman—and expanded with a new introduction and nineteen additional food rules—marks an advance in the national dialogue that Food Rules inspired. Many of the new rules, suggested by readers, underscore the central teachings of the original Food Rules, which are that eating doesn’t have to be so complicated and that food is as much about pleasure and community as it is about nutrition and health. A beautiful book to cherish and share, Food Rules guides us with humor, joy, and common sense toward a happier, healthier relationship to food.

If coffee is the foundation of your food pyramid, then this is your book. Inspired by Ryoko Iwata’s popular Web site, I Love Coffee (en.ilovecoffee.jp), Coffee Gives Me Superpowers is overflowing with infographics and fun, interesting facts about the most awesome beverage on earth written by Ryoko, a Japanese coffee-lover living in Seattle. The book includes the most popular pieces on the site, such as "Your Brain on Beer vs. Coffee," "10 Coffee Myths," "The Best Time of Day to Drink Coffee (According to Science)," and "10 Things You Probably Didn't Know about Caffeine," plus 25 percent new, original material that is available only in this book.

The Craft and Science of Coffee follows the coffee plant from its origins in East Africa to its current role as a global product that influences millions of lives though sustainable development, economics, and consumer desire. For most, coffee is a beloved beverage. However, for some it is also an object of scientifically study, and for others it is approached as a craft, both building on skills and experience. By combining the research and insights of the scientific community and expertise of the crafts people, this unique book brings readers into a sustained and inclusive conversation, one where academic and industrial thought leaders, coffee farmers, and baristas are quoted, each informing and enriching each other. This unusual approach guides the reader on a journey from coffee farmer to roaster, market analyst to barista, in a style that is both rigorous and experience based, universally relevant and personally engaging. From on-farming processes to consumer benefits, the reader is given a deeper appreciation and understanding of coffee’s complexity and is invited to form their own educated opinions on the ever changing situation, including potential routes to further shape the coffee future in a responsible manner. Presents a novel synthesis of coffee research and real-world experience that aids understanding, appreciation, and potential action. Includes contributions from a multitude of experts who address complex subjects with a conversational approach. Provides expert discourse on the coffee calue chain, from agricultural and production practices, sustainability, post-harvest processing, and quality aspects to the economic analysis of the consumer value proposition. Engages with the key challenges of future coffee production and potential solutions.

Outlines a self-help program on how to use caffeine strategically for a range of physical and mental benefits, challenging current misconceptions about caffeine’s detrimental effects.

Coffee For Dummies

How Our Daily Habit Helps, Hurts, and Hooks Us

How We Fell in Love with Caffeine

Local Experiences, Global Connections

Coffee and Caffeine Consumption for Human Health

Caffeinated and Cocoa Based Beverages, Volume Eight in The Science of Beverages series, covers one of the hottest topics in the current beverage industry. This practical reference takes a broad and multidisciplinary approach on the production, processing, and engineering approaches to caffeinated drinks, highlighting their biological impact and health-related interference. The book presents evidence-based examples of the benefits of caffeinated and cocoa-based beverages and analyzes the latest trends in the industry that are essential for researchers in various fields of food and beverage development, including coverage of pharmaceuticals and the biomedical fields. Presents both functional and medicinal perspectives in beverage production Provides potential solutions for sustainable coffee and cocoa industry Includes novel research applications to foster research and product development

This is the tale of the wildfire spread of the consumption of a drink which is embedded in our history and our daily cultural life. The coffee industry worldwide employs more people - 30 million - than any other. It is the lifeblood of many third world countries, either earning them invaluable foreign currency or enslaving them to the monster that is modern global capitalism, depending on how you look at it. From obscure beginnings in East Africa a millennia ago and its early days as an aid to religious devotion, coffee became an integral part of the rise of European mercantilism from the 17th-century onwards. As well as being a valued trading commodity, it was the preferred beverage of the merchants who did the trading. The rise of the coffee house and the City of London were inextricably, perhaps even mysteriously linked.

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.

This pocket-sized handbook is the perfect gift for coffee connoisseurs, those looking to grind and brew their own beans, and anyone who appreciates a cup of coffee with or without caffeine. If you’re like most people, you start every day with a hot cup of joe. But beyond your steaming morning mug, there’s a whole culture of coffee waiting to be discovered. There are dozens of distinct brewing methods and recipes, with bean type, processing method, roast, and preparation working together to create unique tastes, textures, and aromas. Coffee is embedded in the traditions of many cultures around the world and is shared with others through ceremonies that integrate unique customs, foods, and accessories. Within the pages of this guide, coffee lovers of all levels will find useful information, helpful how-tos, and fascinating trivia about their beloved beverage, including · Highlights from Coffee History · Anatomy of the Coffee Cherry · Freshness in Coffee · Caffeine Content 101 · Popular Espresso Drinks · Coffee Cocktails So get ready to read about the world’s best coffee-growing regions, learn how to host a coffee cupping like a pro, get tips for buying ethically sourced beans, and much, much more!

Caffeine

This Is Your Mind on Plants

The Truth about Caffeine

The World of Caffeine

Caffeine for Sports Performance

How to Sharpen Your Mind, Improve Your Physical Performance and Schieve Your Goals

Over 80 per cent of adults in the UK use caffeine every day. But at what point, did they consciously decide to consume it daily and begin to feel uneasy if they didn't? Caffeine is a bitter addictive drug which acts as a natural insecticide. It attacks the central nervous system and makes people jittery. It fools you into thinking you are more alert. Quite simply, it's bad for you with no actual benefits. In The Easy Way to Quit Caffeine, Allen Carr addresses the difficulties coffee-drinkers - and fizzy drink consumers - face in trying to quit caffeine. By explaining why you feel the need for caffeine and with simple step-by-step instructions to set you free from your addiction, Carr shows you how to lead a happier, healthier, more chilled life.

A New York Times Book Review Editors’ Choice “Extremely wide-ranging and well researched . . . In a tradition of protest literature rooted more in William Blake than in Marx.” —Adam Gopnik, The New Yorker The epic story of how coffee connected and divided the modern world Coffee is an indispensable part of daily life for billions of people around the world. But few coffee drinkers know this story. It centers on the volcanic highlands of El Salvador, where James Hill, born in the slums of Manchester, England, founded one of the world’s great coffee dynasties at the turn of the twentieth century. Adapting the innovations of the Industrial Revolution to plantation agriculture, Hill helped turn El Salvador into perhaps the most intensive monoculture in modern history—a place of extraordinary productivity, inequality, and violence. In the process, both El Salvador and the United States earned the nickname “Coffeeland,” but for starkly different reasons, and with consequences that reach into the present. Provoking a reconsideration of what it means to be connected to faraway people and places, Coffeeland tells the hidden and surprising story of one of the most valuable commodities in the history of global capitalism.

Introduction: How drugs made war and war made drugs -- Drunk on the front -- Where there's smoke there's war -- Caffeinated conflict -- Opium, empire, and Geopolitics -- Speed warfare -- Cocaine wars -- Conclusion: The drugged battlefields of the 21st century .

This report from the Committee on Military Nutrition Research reviews the history of caffeine usage, the metabolism of caffeine, and its physiological effects. The effects of caffeine on physical performance, cognitive function and alertness, and alleviation of sleep deprivation impairments are discussed in light of recent scientific literature. The impact of caffeine consumption on various aspects of health, including cardiovascular disease, reproduction, bone mineral density, and fluid homeostasis are reviewed. The behavioral effects of caffeine are also discussed, including the effect of caffeine on reaction to stress, withdrawal effects, and detrimental effects of high intakes. The amounts of caffeine found to enhance vigilance and reaction time consistently are reviewed and recommendations are made with respect to amounts of caffeine appropriate for maintaining alertness of military personnel during field operations. Recommendations are also provided on the need for appropriate labeling of caffeine-containing supplements, and education of military personnel on the use of these supplements. A brief review of some alternatives to caffeine is also provided.

Caffeine for the Sustainment of Mental Task Performance

Unlocking the Power of Sleep and Dreams

The Science and Culture of the World's Most Popular Drug

Volume 8. The Science of Beverages

Coffee, Tea, Chocolate, and the Brain

An Illustrated Book about the Most Awesome Beverage on Earth

Caffeine for Sports Performance is the definitive resource for all your questions regarding caffeine and its impact on sports performance. Based on the most recent research, studies, and guidelines, this guide is ideal for athletes and fitness enthusiasts looking to improve training and competition. Inside you will find these features:

- The history of how caffeine has become the most widely used drug in the world
- The pros and cons of using caffeine, including habitual daily caffeine intake, to boost sports performance
- Personal usage guides that can be applied to various sports or scenarios of caffeine use in training and competition
- Health advice regarding caffeine use
- Performance effects of caffeine use
- Safety considerations and potential risks
- Best and worst sources for caffeine

Caffeine for Sports Performance provides plenty of practical tips for using caffeine. In particular you will find sidebars that feature interviews with top athletes and coaches who have interesting stories to tell regarding their experiences using caffeine. You will also gain new insight into current attitudes towards caffeine and how those attitudes have changed over the years. Caffeine for Sports Performance gives you all you need to understand and use caffeine to get the most out of your sport.

This book is about my hot little friend, COFFEE. If you're a coffee drinker, you'll absolutely love this huge collection of almost 200 hilarious coffee jokes. You'll soon become the beloved coffee comedian with all your family, friends and co-workers. You'll laugh hard at joke after joke, and even learn some important things about coffee, like... No woman ever shot a man when he was getting her a cup of coffee, and that sleep is so great because it's a time-machine to coffee in the morning, and that water is the most essential element of life because without water you can't make coffee. This funny book needs to be on every coffee table in every home, apartment and office. Help us do that. Don't be a cheapskate, buy this book for you and all your friends (who will love you for it), or as Joe Caffeine says, "Buy this book or you're DECAF to me."

Did you know that coffee was recommended as protection against the bubonic plague in the seventeenth century? Or that tea was believed to make men 'unfit to do their business' and blamed for women becoming unattractive? On the other hand, a cup of chocolate was supposed to have exactly the opposite effect on the drinker's sex life and physical appearance. These three beverages arrived in England in the 1650s from faraway, exotic places: tea from China, coffee from the Middle East and chocolate from Mesoamerica. Physicians, diarists and politicians were quick to comment on their supposed benefits and alleged harmfulness, using newspapers, pamphlets and handbills both to promote and denounce their sudden popularity. Others seized the opportunity to serve the growing appetite for these newly discovered drinks by setting up coffee houses or encouraging one-upmanship in increasingly elaborate tea-drinking rituals.How did the rowdy and often comical initial reception of these drinks form the roots of today's enduring caffeine culture? From the tale of the goatherd whose animals became frisky on coffee berries to a duchess with a goblet of poisoned chocolate, this book, illustrated with eighteenth-century satirical cartoons and early advertisements, tells the extraordinary story of our favourite hot drinks.

People around the world consume coffee, tea, energy drinks, soda, and pills that contain caffeine, without a thought for the consequences the caffeine may have on their lives. For young adults, these consequences are even more serious. With a vast industry targeting its marketing at young people, educating yourself is the essential first step to counter caffeine's possible effects on your life, from sleep problems to addiction. Discover the true effects of caffeine on your body. Learn about the downside of caffeine!

Caffeine Blues
Your Body on Caffeine
Coffee Culture
Formulations for Military Operations
Caffeine-Induced Anxiety Disorder

Caffeine in Food and Dietary Supplements: Examining Safety

First published in 2001, Routledge is an imprint of Taylor & Francis, an informa company.

VERY SHORT LIST chose A Secret History of Coffee, Coca & Cola for the #1 Spot on their November 16 Food E-mail A Brain Pickings Favorite Food Book of 2012 and one of their Best Graphic Novels & Graphic Nonfiction of 2012 Featured in Columbia College Today's Bookshelf section "A straight forward and accessible text...Cortés' highly detailed and famous faces as well...In dense passages describing political payments between corporate interests and federal narcotics officials, the reproduction—in Cortés' deft watercolors—of memos, official letters, and newspaper articles serves as an indictment of the rule of law with loopholes for the profit minded. This is an excellent introduction of corrupt rationale invoked in the pursuit of world health, and the need to take a longer view than the immediate to see how substance and substance abuse both share space and operate on different planes. Right and wrong are not black and white but form a gray of varying shades." --Library Journal "If you hate the War on Drugs, Rica --Vice "Astonishingly addictive and intoxicatingly revelatory, ...Coffee, Coca & Cola offers an impressively open-minded history lesson and an incredible look at the dark underbelly of American Capitalism . . . A stunning, hard cover coffee-table book for concerned adults, this captivating chronicle is a true treasure." --Comics Review (UK) "This visual journalism . . . is as thoroughly researched and absorbingly narrated as it is charmingly illustrated." --Brain Pickings "Any food and culinary history holding will find this a lively survey!" --The Midwest Book Review A Secret History of Coffee, Coca & Cola is an illustrated book disclosing new research in the coca leaf trade conducted by anniversary of its iconic beverage, and the fiftieth anniversary of the international drug control treaty that allows Coca-Cola exclusive access to the coca plant. Most people are familiar with tales of cocaine being an early ingredient of "Coke" tonic; it's an era the company makes every effort to bury. Yet coca leaf, the source of cocaine when Coca-Cola's secret formula for over one hundred years. This is a history that spans from cocaine factories in Peru, to secret experiments at the University of Hawaii, to the personal files of U.S. Bureau of Narcotics Commissioner Harry Anslinger (infamous for his "Reefer Madness" campaign against marijuana, lesser known as a long-time History of Coffee, Coca & Cola tells how one of the biggest companies in the world bypasses an international ban on coca. The book also explores histories of three of the most consumed substances on earth, revealing connections between seemingly disparate icons of modern culture: caffeine, cocaine, and Coca-Cola. Coca-Cola is the most number one food consumed in the American diet. Caffeine is the most widely used psychoactive substance. Cocaine . . . well, people seem to like reading about cocaine. An illustrated chronicle that will appeal to fans of food and drink histories (e.g., Mark Kurlansky's Salt and Cod; Mark Pendergrast's For God, Country & Coca-Cola), graphic prohibition and international narpopolitics, the book follows in the footsteps of successful pop-history books such as Michael Pollan's The Botany of Desire and Eric Schlosser's Fast Food Nation—but has a unique style that blends such histories with narrative illustration and influences from Norman Rockwell to Art Spiegelman.

Examines the history, physical effects, and social aspects of caffeine, the most commonly used drug in the world.

The World of CaffeineThe Science and Culture of the World's Most Popular DrugRoutledge

World's Greatest Collection of Coffee Jokes

Tea, Coffee & Chocolate

Food Rules

The Botany of Desire

A Plant's-Eye View of the World

Energy Drinks, Coffee, Soda, & Pills

"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

STARBUCKED will be the first book to explore the incredible rise of the Starbucks Corporation and the caffeine-crazy culture that fueled its success. Part Fast Food Nation, part Bobos in Paradise, STARBUCKED combines investigative heft with witty cultural observation in telling the story of how the coffeehouse movement changed our everyday lives, from our evolving neighborhoods and workplaces to the ways we shop, socialize, and self-medicate. In STARBUCKED, Taylor Clark provides an objective, meticulously reported look at the volatile issues like gentrification and fair trade that distress activists and coffee zealots alike. Through a cast of characters that includes coffee-wild hippies, business sharks, slackers, Hollywood trendsetters and more, STARBUCKED explores how America transformed into a nation of coffee gourmets in only a few years; how Starbucks manipulates psyches and social habits to snare loyal customers, and why many of the things we think we know about the coffee commodity chain are false.

The year 2019 has been prolific in terms of new evidence regarding the effects of coffee and caffeine consumption on diverse aspects of human functioning. This book collects 20 high-quality manuscripts published in Nutrients that include original investigation or systematic review studies of the effects of caffeine intake on human performance and health. The diversity of the articles published in this Special Issue highlights the extent of the effects of coffee and caffeine on human functioning, while underpinning the positive nature of most of these effects. This book will help with understanding why the natural sources of caffeine are so widely present in the nutrition behaviors of modern society.

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 Easy Way to Quit Caffeine

A Secret History of Coffee, Coca & Cola

Wake Up to the Hidden Dangers of America's #1 Drug

The Craft and Science of Coffee

Chemistry, Analysis, Function and Effects

A Dark History

One of the most accomplished nutritional biochemists and medical writers in his field reveals the truth about caffeine and helps you kick the habit forever. Nearly 80% of all Americans are hooked on caffeine, this country's #1 addiction. A natural component of coffee, tea and chocolate, and added to drugs, soft drinks, candy and many other products, the truth about caffeine is that it can affect brain function, hormone balance, and sleep patterns, while increasing your risk of osteoporosis, diabetes, ulcers, PMS, stroke, heart disease and certain types of cancer. Discover a step-by-step, clinically-proven program that reduces your caffeine intake, and effective ways to boost your energy with nutrients, healthy beverages, better sleep and high-energy habits.

Discusses both the scientific and cultural impact of alcohol and caffeine, the world's most widely-consumed mind-altering substances

Caffeine Addiction Cure: Overcoming the Caffeine Blues Permanently for a Happy, Healthy LifeAre You Ready To Conquer Your Caffeine Addiction? If So You've Come To The Right Place... Caffeine addiction is a real problem. Caffeine is actually a drug that is chemically addictive. In fact, the United States Food and Drug Administration reports that more than eighty percent of Americans consume it on a daily basis, which makes it the most popular psychoactive drug in the world. It's time to conquer your addiction once and for all. Here's A Preview Of What You'll Learn...Why Caffeine Is AddictiveEffects Of Excessive Caffeine ConsumptionHealth, Your Caffeine Intake & MoreHypnotherapy & Caffeine AddictionNeuro-Linguistic Programming & Caffeine AddictionNatural Remedies To Overcome Your Caffeine AddictionYoga For Caffeine AddictionAnd Much, Much More!

Coffee Culture: Local experiences, Global Connections explores coffee as (1) a major commodity that shapes the lives of millions of people; (2) a product with a dramatic history; (3) a beverage with multiple meanings and uses (energizer, comfort food, addiction, flavouring, and confection); (4) an inspiration for humor and cultural critique; (5) a crop that can help protect biodiversity yet also threaten the environment; (6) a health risk and a health food; and (7) a focus of alternative trade efforts. This book presents coffee as a commodity that ties the world together, from the coffee producers and pickers who tend the plantations in tropical nations, to the middlemen and processors, to the consumers who drink coffee without ever having to think about how the drink reached their hands.

The Impact of Caffeine and Coffee on Human Health

Coffee Gives Me Superpowers

Live a healthier, happier life

A History of War in Six Drugs

The Caffeine Advantage

Coffeeland

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"Caffeine in Food and Dietary Supplements" is the summary of a workshop convened by the Institute of Medicine in August 2013 to review the available science on safe levels of caffeine consumption in foods, beverages, and dietary supplements and to identify data gaps. Scientists with expertise in food safety, nutrition, pharmacology, psychology, toxicology, and related disciplines; medical professionals with pediatric and adult patient experience in cardiology, neurology, and psychiatry; public health professionals; food industry representatives; regulatory experts; and consumer advocates discussed the safety of caffeine in food and dietary supplements, including, but not limited to, caffeinated beverage products, and identified data gaps. Caffeine, a central nervous stimulant, is arguably the most frequently ingested pharmacologically active substance in the world. Occurring naturally in more than 60 plants, including coffee beans, tea leaves, cola nuts and cocoa pods, caffeine has been part of innumerable cultures for centuries. But the caffeine-in-food landscape is changing. There are an array of new caffeine-containing energy products, from waffles to sunflower seeds, jelly beans to syrup, even bottled water, entering the marketplace. Years of scientific research have shown that moderate consumption by healthy adults of products containing naturally-occurring caffeine is not associated with adverse health effects. The changing caffeine landscape raises concerns about safety and whether any of these new products might be targeting populations not normally associated with caffeine consumption, namely children and adolescents, and whether caffeine poses a greater health risk to those populations than it does for healthy adults. This report delineates vulnerable populations who may be at risk from caffeine exposure; describes caffeine exposure and risk of cardiovascular and other health effects on vulnerable populations, including additive effects with other ingredients and effects related to pre-existing conditions; explores safe caffeine exposure levels for general and vulnerable populations; and identifies data gaps on caffeine stimulant effects.

The instant New York Times bestseller | A Washington Post Notable Book | One of NPR's Best Books of the Year "Expert storytelling . . . [Pollan] masterfully elevates a series of big questions about drugs, plants and humans that are likely to leave readers thinking in new ways." —New York Times Book Review From #1 New York Times bestselling author Michael Pollan, a radical challenge to how we think about drugs, and an exploration into the powerful human attraction to psychoactive plants—and the equally powerful taboos. Of all the things humans rely on plants for—sustenance, beauty, medicine, fragrance, flavor, fiber—surely the most curious is our use of them to change consciousness: to stimulate or calm, fiddle with or completely alter, the qualities of our mental experience. Take coffee and tea: People around the world rely on caffeine to sharpen their minds. But we do not usually think of caffeine as a drug, or our daily use as an addiction, because it is legal and socially acceptable. So, then, what is a "drug"? And why, for example, is making tea from the leaves of a tea plant acceptable, but making tea from a seed head of an opium poppy a federal crime? In This Is Your Mind on Plants, Michael Pollan dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness, and arbitrariness, of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming (or, in the case of caffeine, trying not to consume) them, Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we fence that universal desire with laws and customs and fraught feelings? In this unique blend of history, science, and memoir, as well as participatory journalism, Pollan examines and experiences these plants from several very different angles and contexts, and shines a fresh light on a subject that is all too often treated reductively—as a drug, whether licit or illicit. But that is one of the least interesting things you can say about these plants, Pollan shows, for when we take them into our bodies and let them change our minds, we are engaging with nature in one of the most profound ways we can. Based in part on an essay published almost twenty-five years ago, this groundbreaking and singular consideration of psychoactive plants, and our attraction to them through time, holds up a mirror to our fundamental human needs and aspirations, the operations of our minds, and our entanglement with the natural world.

Get the skinny on your morning joe Do you swear by your morning jolt of caffeine but are hard-pressed to tell a siphon from a slow dripper? No problem: just order a fresh copy of Coffee For Dummies for a smooth blend of fun facts and practical advice to give an extra shot of flavor to your appreciation of the second-most valuable commodity on planet Earth—and filter out all that excess grind in your knowledge. This warm and welcoming serving from passionate coffee guru Major Cohen—a Specialty Coffee Association certified instructor, and now retired highly respected former Starbucks coffee educator and program manager—takes you on a rocket-fueled journey from the origins of the liquid bean's popularity to best ways to prepare and enjoy coffee in your own home. You'll learn how to evaluate the advantages of different coffee styles and makers, and how even the smallest detail—varietal, roast type, texture—can influence how good that cupped lightning tastes on your tongue. Evaluate different roasts or brews Navigate menus for the best deals Learn how to speak "coffee" and order your half-cap-low-fat-no-sugar-add- whip with confidence Save money with the best store apps Meet some of the unknown pioneers of coffee that have made our coffee world of today See how you might think bigger about your coffee spend changing the world The average American spends over \$1000 on their daily brain juice every year: why not hire Coffee For Dummies as your personal barista and get more for your money—and from each invigorating sip.

The Science and Lore of Alcohol and Caffeine

Buzz

The Coffee Joke Book

One Man's Dark Empire and the Making of Our Favorite Drug

A Double Tall Tale of Caffeine, Commerce, and Culture

Workshop Summary

We all know that caffeine helps keep you awake and alert, but the things we don't know about caffeine could fill a book. Now Bennett Alan Weinberg and Bonnie K. Bealer, the award-winning authors of The World of Caffeine, the foremost reference book on the science and culture of caffeine, have done just that -- creating an authoritative self-help guide to caffeine's little-known practical secrets and benefits. Based on groundbreaking new research, The Caffeine Advantage offers step-by-step programs that show you how caffeine can improve your IQ, memory, mood, athletic ability, physical condition, and performance at work. In the process, Weinberg and Bealer debunk common myths and misconceptions -- that caffeine causes hypertension, anxiety, heart disease, even cancer -- and show the many positive and life-changing effects of strategic caffeine use. Everyone in today's competitive environment is looking for an edge, and caffeine can provide the little boost that gives you the advantage you need to succeed. The key is knowing what caffeine can do for you and how to use it effectively. Here are just some of its amazing advantages: Improves your ability to think clearly and solve problems, and can actually raise your IQ Increases your short-term memory, helps you concentrate, and relieves boredom Is a powerful antioxidant, combating muscle damage and helping you to stay younger Improves your mood and overcomes depression, creating an "attitude of success" Helps you run, swim, and cycle longer and faster Increases the painkilling power of common analgesics and is itself a strong pain reliever Grows brain cells in the areas of the brain responsible for long-term memory Already widely acclaimed by many of the foremost academic researchers in the world, including Dr. Paul Kulkosky, whose foreword introduces the book, The Caffeine Advantage delivers a comprehensive program for working smarter, not harder, and for improving mood, athletic fitness, and mental performance.

This anthology examines Love's Labours Lost from a variety of perspectives and through a wide range of materials. Selections discuss the play in terms of historical context, dating, and sources; character analysis; comic elements and verbal conceits; evidence of authorship; performance analysis; and feminist interpretations. Alongside theater reviews, production photographs, and critical commentary, the volume also includes essays written by practicing theater artists who have worked on the play. An index by name, literary work, and concept rounds out this valuable resource.

Coffee, tea, and chocolate are among the most frequently consumed products in the world. The pleasure that many experience from these edibles is accompanied by a range of favorable and adverse effects on the brain that have been the focus of a wealth of recent research. Coffee, Tea, Chocolate, and the Brain presents new information on the 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.

Why We Sleep

How to Sharpen Your Mind, Improve Your Physical Performance, and Achieve Your Goals--the Healthy Way

How Caffeine Can Induce Serious Anxiety and Finding Alternatives
Caffeinated
An Eater's Manual