

Internal Organs

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Organism

Cause - Effect Diagram

Effects of caffeine

Most people consume lots of food and beverages containing caffeine every day. Tea, coffee, chocolate and cola are only a few kinds of them. Caffeine has both positive and negative effects on body. However, it affects us differently differently, depending on individual constitution, cultural habits, food etc. What are the most affected effects on your body or mind that may contribute to stress?

Of the contents of the product label, caffeine does not have only negative effects. In the opinion that it is included negatively, according to the reports, caffeine reduces blood pressure and decreases depression, but also increases depression by inhibiting the nervous and endocrine systems. However, it increases alertness that can help a person to work harder and last more long by increasing blood flow, respiratory and metabolism, nervous, sleep effects on caffeine and more profound caffeine.

Although it has positive effects, the negative effects of caffeine are more. It causes the stomach to produce more acid and increase of pH, it inhibits the stomach lining. It causes the pancreas to over-work. This in turn causes the pancreas over-heat to produce more insulin to reduce the elevated sugar. It affects the length and quality of sleep. Finally, if it is consumed heavily, it may cause arrhythmia, increase nervous system in the circulatory system long-term or prolonged sleep. After consumed too much it may cause caffeine poisoning that includes vomiting, shaking, nausea, vomiting, struggle or hard from the peripheral and confusion. However, if it is very, very much may cause renal injury and even death.

To conclude, caffeine is a drug that is included in some categories with cocaine and hash, and it has both positive and negative effects. However, if it is consumed in increased amounts they may cause some uncomfortable problems.