

Making The Rounds – September 2008 - Caffeine: Good or Bad?

by Dr. Richard Kirkpatrick

More than 50% of working Americans begin their day with a “pick me up” cup of coffee and when you add in tea and caffeinated soft-drinks, more than 80 percent of Americans get their morning fix. It’s become a part of our culture. (Some would say that it an epidemic addiction.)

But is it as healthy/harmless as milk? or juice? or cold water?

The answer is Yes, and No.

For decades, medical research has yielded conflicting results. Bladder cancer – yes or no? Heart irregularities – yes or no. Heart attacks – yes or no? Anxiety attacks – yes or no? America’s medical research establishment can’t seem to make up its mind.

One thing that is secure, however, is the relationship between caffeine (the stimulant found in coffee) and osteoporosis. Yes, caffeine contributes to osteoporosis.

The chart below displays some interesting data about caffeine content of various coffees. To the nondrinker, the popularity of Starbucks becomes quite clear—it offers more than ambience and unique combinations of flavors, namely a lot more (addicting) caffeine. Note also the high amount of caffeine in colas and “energy” drinks.

But even worse that coffee in terms of osteoporosis, is *diet cola*...any brand. Not only do these drinks contain caffeine (and sometimes more than coffee), but also they are high in “phosphates,” chemicals that also cause bone thinning... [Download the Entire Newsletter in PDF format](#)

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