



5 Myths About Caffeine

Hey [SweatCommunity](#) team, Coach Chris here!

I've got quite an interesting topic today about a product that the majority of us use on a daily basis: caffeine. In fact, some of the words on this page might be jumping around a bit if you've been hitting the coffee pot a little too hard on a long Friday.

I'm going to analyze the credibility of a few myths about coffee and caffeine so you at least have a better idea of what you're doing (good or bad) to your body every time you head to the break room.

Myth #1: Caffeine is Addictive

Well, this myth is kind of sort of true. It really depends on what you mean by "addictive." Caffeine stimulates your central nervous system and regular use can cause some mild physical dependence. However, it doesn't threaten your physical health like an addictive drug would. If you stop taking caffeine abruptly, you may have some light withdrawal symptoms for a day or 2, especially if you typically drink 2 or more cups of coffee per day.

Withdrawal symptoms include headache, fatigue, anxiety, irritability, and difficulty concentrating. That sounds awful, let's keep chugging coffee! Just kidding.

Myth #2: Caffeine Causes Insomnia

Caffeine intake can make it hard to sleep, but as long as you drink it at the right time, it shouldn't be too much of an interference. Your body absorbs and gets rid of caffeine quickly. It's processed mainly through the liver, so it has a relatively short half-life. It takes about 5-7 hours to eliminate half of it from your body, and about 8-10 hours to eliminate 75% of it. So drink your coffee no later than about 2 or 3 pm and it shouldn't affect your sleep at night.

Myth #3: Caffeine Increases Risk of Heart Disease and Cancer

A slight rise in heart rate and blood pressure is common in those who are sensitive to caffeine. But several large studies do not link caffeine to higher cholesterol, irregular heartbeats, or an increased risk for cardiovascular disease.

Studies involving over 20,000 people have revealed that there is no relationship between cancer and caffeine. Phew! In fact, caffeine may even have a protective effect against certain cancers.

Myth #4: Caffeine is Dehydrating

Caffeine can make you need to urinate, but the fluid you consume in beverages tends to offset the fluid loss. So even though caffeine acts as a mild diuretic, studies show that caffeinated drinks in moderation don't actually cause dehydration.

Myth #5: Caffeine has No Health Benefits

I'll be the first to tell you that caffeine helps improve alertness, concentration, and energy. On top of that, studies have found that certain headache pains and cases of asthma have benefitted from caffeine. While research is limited, some evidence suggests that caffeine may reduce the risk of Parkinson's disease, liver disease, colorectal cancer, type 2 diabetes, and dementia. However, don't forget that high levels of caffeine may have adverse effects.

For all of you who have made it this far into the article, I've got a treat for you. It's a new [Drill of the Week video on our SweatChannel!](#)

This week, we show you "**Medicine Ball Uneven Pushups w/ Leg Up.**" It's a great upper body, core, and lower back strengthening drill that we love! Check back each week for a new drill.

Husband: "Every time I drink my coffee, I get a stabbing pain in my right eye."

Wife: "Take the spoon out, dear."

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