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If you abruptly cut out caffeine after drinking just 100 milligrams a day (equal to five to eight ounces of coffee, two cans of Diet Coke or two or three cups of tea) you may experience withdrawal symptoms, including headache, fatigue, irritability, depressed mood, nausea and muscle pain.

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Caffeinated: How Our Daily Habit Helps, Hurts, and Hooks Us 288. by Murray Carpenter | Editorial ... —Bangor Daily News “Caffeinated is a surprising exposé of the “caffeine industrial complex,” the industry that markets this substance in every form it can. This book compellingly argues that the health hazards of excessive caffeine ...

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1. No Caffeine After 2PM. Caffeine is a central nervous system stimulant that promotes alertness and reduces drowsiness. As a critical component in coffee and energy drinks, it's no wonder that we are not ourselves until we have our morning brew. The trade-off to caffeine is that too much, too late in the day will affect our ability to fall asleep.

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His name is Murray Carpenter and he's the author of Caffeinated: How Our Daily Habit Helps, Hurts, and Hooks Us.

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Caffeinated : how our daily habit helps, hurts, and hooks us. [Murray Carpenter] -- The additive that flows under the radar. The most popular drug in America is a white powder.

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Caffeinated: How Our Daily Habit Helps, Hurts, and Hooks Us (Book Review) April 15, 2014 by Jane Kokernak I could tell a story of my life, back to childhood, through coffee. At five, drinking the lukewarm dregs of milked-and-sugared coffee from my father's cup after he left for work.

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The author also encouraged his listeners to try to kick their caffeine habit, if only temporarily, by tapering down slowly to avoid withdrawal symptoms. "The first cup after you've been off is the best way to reacquaint yourself with what a powerful drug it is," said Pollan, who plans to include his work on caffeine in a print book ...

Author Michael Pollan discusses how caffeine changed the ...

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It takes only about 30 milligrams of caffeine (less than a cup of coffee or can of cola) for stimulative effects to be noticeable. A hundred milligrams a day will hook most people: They feel...

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