

COFFEE, TEA AND CHOCOLATE

Dr. Mary Ruth Swope

Many Christians today feel good about the fact that they do not take street drugs or smoke cigarettes or drink intoxicating beverages. I also am happy about that. But millions are damaging their overall health by consuming gallons of an addictive drink called coffee.

The caffeine in coffee is a member of the same alkaloid group of chemicals as morphine, nicotine, cocaine, purines and strychnine. Quitting the habit of coffee drinking is, therefore, not an easy matter. A mug of coffee stimulates your brain and nerve tissues about the same as smoking one cigarette – and your body doesn't stay silent when you withhold caffeine from your blood.

Agatha Thrash, M.D., pathologist, has prepared a summary of her research on caffeine and various bodily systems. I enclose it for your study:

SUMMARY OF RESEARCH ON CAFFEINE	
General	Fetal Malformations
Increased aging	G I tract abnormalities
Alteration in pitch of voice	Limb reduction
Mutations possibly leading to cancer	Cleft palate
Mutations producing fetal malformations	Cataracts
Crosses the placental barrier	Increased abortion
Swelling of hands and feet	Heart defects
Leathery skin	Eye defects
Shivering	Severe water logging
Fever	Red blood cells altered
Tremors	Hydrocephaly
Headaches	Eye hemorrhage
Allergies	Heart defects
Irritability	Radiation type effects on unborn baby
Pregnant women influenced to become diabetic	
Nerves	Metabolism
Depression	Interferes with calcium absorption
Anxiety	Reduces utilization of proteins
Loss of balance	Neuromuscular stimulation
Insomnia	Raises catecholamines
Fatigue	Raises blood sugar
Increased finger tremor	Predisposes to diabetes
Sense of dread & anxiety	Predisposes to hypoglycemia
Hyperkinetic children	Diuretic effect
Poor Memory	Dehydration
Faulty thinking	