

Caffeine Addiction: Effects of Caffeine in Your Body

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Caffeine Effects in Your Body

Do you experience any of the following side effects of caffeine on a recurrent or frequent basis?

1. Energy swings or periods of fatigue during the day

Yes **No**

2. Mood swings or periods of depression during the day

Yes **No**

3. Headaches

Yes **No**

4. Gastrointestinal distress; cramping, diarrhea

Yes **No**

5. Constipation and/or dependence on caffeine for bowel movement

Yes **No**

6. Tension or stiffness in your neck, shoulders, jaw, hands, legs or stomach

Yes **No**

7. Premenstrual Syndrome; menstrual irregularity, cramps, sore breasts

Yes **No**

8. Painful/sensitive lumps in the breast

Yes **No**

9. Insomnia

Yes **No**

10. Clenching the jaw or grinding teeth during sleep

Yes **No**

11. Anxiety

Yes No

12. Irritability, including inappropriate "fits" of anger

Yes No

13. Involuntary movement in the leg (restless leg syndrome)

Yes No

14. Irregular or rapid heartbeat

Yes No

15. Lightheadedness/dizziness

Yes No

16. Wake up feeling tired

Yes No

17. Generalized pain (back pain, stomach pain, muscle aches)

Yes No

18. High blood pressure

Yes No

19. Ulcers

Yes No

20. Anemia

Yes No

21. Shortness of breath

Yes No

22. Difficulty concentrating and/or memory loss

Yes No

23. Ringing in the ears

Yes No

24. Coldness in the extremities, especially fingertips

Yes No

25. Hand tremor

Yes No

Does your daily caffeine content indicate a caffeine addiction?

If you have 6 to 7 "YES" answers, caffeine is a problem for you.

Decreasing or eliminating caffeine intake will significantly improve your health.

If you have 8 to 10 "YES" answers, caffeine is a serious problem. Decreasing or eliminating caffeine is an urgent need.

If you have 12 or more "YES" answers, your caffeine intake represents a critical health risk that may actually decrease your life expectancy. Act now to take control of your life and health.

[Click Here](#) to learn how to use Teeccino to beat your caffeine addiction.

Dr. Fred Sheftell, director of the New England Center for Headache, states:

"It's not unusual for us to find people who are taking 1,000 mg. of caffeine or more per day." He notes that adverse side effects have been reported from as little as 250 mg. per day.