



The Truth About Caffeine

By Marina Kushner

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"The Truth About Caffeine" exposes caffeine's darker side that scientists know but that the beverage, confectionery and pharmaceutical industries have tried to suppress. Caffeine is a highly addictive drug, does not offer any nutritional value and has not been proven safe. Epidemiological, clinical and laboratory studies link caffeine to heart disease, pancreas cancer, bladder cancer, hypoglycemia and central nervous system disorders. New & Updated 3rd Edition

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People live in this new day time of lifestyle always try to and must have the time or they will get lots of stress from both everyday life and work. So , once we ask do people have time, we will say absolutely yes. People is human not really a huge robot. Then we consult again, what kind of activity do you have when the spare time coming to anyone of course your answer will probably unlimited right. Then do you try this one, reading ebooks. It can be your alternative within spending your spare time, the book you have read will be The Truth About Caffeine.

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