

**Short Communication***Copyright © All rights are reserved by Paul TE Cusack*

Addiction of Caffeine and Sugar

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In this brief communication, we highlight the addictive nature of caffeine and sugar found in soda pop and coffee. These ingredients have a strong pull their consumers. There may be benefits to the caffeine as it is an antioxidant. Negative affects include tooth decay and obesity.

Keywords: Addictions, Caffeine, Sugar, Soda Pop, Coffee

Introduction

This brief communication is on the addictiveness of soda pop. I happen to live with someone who has Down's Syndrome. He is 56. He is strongly addicted to Coke and Pepsi. It is the only thing on his mind. The fact that he is Down's Syndrome is important because he shows his true feelings and desires with masking.

His addiction is like that of a junkie. He cries and swears when he does not get his daily dose if he misbehaves. Getting his daily does of soda pop is all that he thinks and talks about. He will wait at the door for hours on end waiting for his guardian to bring him his two 500mL bottles of pop. It has negative effects such as rotten teeth and an extended belly. I myself drink about four cups of coffee per day loaded with sugar. It has affected my teeth and waistline.

We can see that what is addictive about Coke an Pepsi is the caffeine and or sugar. Because he has a feeble mind, we get an insight of how addictive caffeine and sugar really are.

Tim Horton's is a restaurant- Coffee Shop that sells millions of cups of coffee every day except Christmas Day. Their coffee is noted

for its strong caffeine. It to is highly addictive as coffee drinkers drink usually at least one cup per day.

Caffeine is reported to be an antioxidant, but I wonder if it has any negative affects. Its is a diuretic and dehydrant. Dehydrants may affect the DNA, and thus offspring. The excess sugar leads to obesity and diabetes. Obesity is at high in the US especially. Perhaps the additive nature of caffeine and sugar are deleterious to peoples' health.

Conclusion

Given that restaurants such as Starbuck's in the US, oar Tim Horton's in Canada are such a constant part of people's diet, the effects of caffeine should be studied intensively.

Acknowledgement

None.

Conflict of Interest

Author declare no conflict of interest.