

specialized in sleep medicine say that, this can keep us awake if we drink quite close to bedtime, but if you appear to experience insomnia, health issues can cause your coffee drinking habits. In the afternoon, Salas recommends avoiding coffee (and every other caffeine) if we think it may impact our ability to sleep well at night. If we can't work before our morning cup this is the warning sign that we need to keep an eye on for our sleeping habits. Coffee is a good ingredient if we're exhausted but in the longer term it won't necessarily give us more energy. Only a good night's sleep will do that

b) consume coffee regularly will result to elevated levels of urination. it can lead to the flushing out of necessary minerals such as magnesium, calcium and potassium from the body.

body

(need)

i. even though there are a few health benefits of coffee, there are many reasons for you to stop consuming it.

A) drink coffee can lead to increase our blood pressure. its not good to those who already have an issue with high blood pressure.

1) Elevated blood pressure is a risk factor for heart attack and stroke because it may

damage arteries over time, restricting the flow of blood to your heart and brain.

a) Studies has shown that the coffee tends to increase the heart rate, thanks to the hormone and neurotransmitter effects of caffeine. But that shouldn't have such a significant impact on healthy adults to drink coffee moderately-one to three cups a day Some habitual drinkers might have had a slightly higher blood pressure, and some may be tolerant and therefore will not be affected in the longer term, according to the Mayo Clinic.

B)Rhabdomyolysis is a condition that damaged muscle fibers by enter the bloodstream, leading to kidney failure and the other problem

1) there have been several reports of rhabdomyolysis related to excessive caffeine intake, although this is relatively rare

2) Article from Iranian journal of public health say that Rhabdomyolysis is a skeletal muscle injury pathological condition that can cause a range of complications including acute renal failure, and compartment syndrome. Due to exercise being too much,