

## ***Coffee & Cocoa - The Deadly Poison***

*Dr. Jay Milton Hoffman, Ph.D.  
"The Missing Link"*

Millions of people today are drinking what they think are harmless beverages, but in reality they are shortening their lives by the use of these poisonous drinks.

***Caffeine and theobromine are responsible for many degenerative diseases. Caffeine is found in coffee, tea, colas and many soft drinks.***

Theobromine is found in cocoa (raw and processed) and chocolate. One has to really read the label to know whether or not the beverage contains caffeine. Caffeine, theobromine and nicotine are often referred to as being related.

Chemically speaking, notice how closely related they are. The chemical formula of caffeine is  $C_8H_{10}N_4O_2$ , theobromine,  $C_7H_8N_4O_2$  and nicotine  $C_{10}H_{14}N_2$ ; there is very little difference and why they are called relatives.

### ***CAFFEINE FOUND IN THE FOLLOWING ITEMS:***

<b>Plant Source</b>	<b>% Caffeine</b>
Coffee beans	.8 – 1.8
Tea leaves	2.7 – 4.1
Cocoa beans	.07 – 1.70
Kola nuts	1.0 – 2.2
<b>Beverage</b>	<b>Caffeine Content (mg/150ml)</b>
Brewed coffee	85
Instant coffee	60
Brewed black tea	50
Brewed green tea	30
Instant tea	30
Decaff. coffee	3
Cocoa	20-142
Cola drinks	32-65 mg (/12 oz)

Caffeine comes from beverages (coffee, tea, cocoa, colas, mountain dew, energy drinks – red bull etc.) Caffeinated beverages contain many other substances in addition to caffeine.

For instance, coffee also provides *non volatile acids, (caffeic, quinic), volatile acids, (acetic, propionic, butyric and valeric), ketones, acetoin and furfural. Trigonelline, chlorogenic acid and tannin are also present. (1)*

Caffeine and theobromine is the ‘bracer,’ the stimulant, the ‘get a lift,’ toxic alkaloid in coffee, tea, cola and cocoa and cocoa beverages and chocolate. While less poisonous, caffeine is a close cousin to nicotine, and while kicking the cigarette habit, doctors insist that strugglers lay off the coffee habit, because one cup of coffee or tea will trigger the demand for a cigarette, and the day is lost. (1)

***What are some of the detrimental effects of the narcotic drug caffeine upon the brain, the nervous system, the heart, the stomach, and other organs of that body?***

The chief problem...is the possible chronic effect on the central nervous system (brain and spinal nerves)...increased irritability, loss of sleep, palpitation of the heart, and even muscular tremors. Such effects are due to chronic, mild intoxication with caffeine – certain widely used soft drinks – also contain as much caffeine as ordinary coffee. (2)

Decaffeinated coffee is just as bad as regular coffee. The solvent commonly used to extract caffeine from the coffee beans is methylene chloride, a chemical suspected of causing cancer.

Despite its name, decaffeinated coffee does contain caffeine, between 2 and 15 milligrams or more per cup. In the extracting process of removing the caffeine from coffee, the caffeol is made more concentrated. Caffeol is the oil which gives the aroma and flavor to coffee.

Caffeol irritates the mucous membranes of the stomach; it irritates the liver, the kidneys, the bladder; and in some cases, causes cancer of the bladder.

Caffeine and theobromine – consequently, while it stimulates, it leaves the brain more fatigued after its action is over, and – it can do nothing but cause general nerve and brain fatigue, unless adequate sleep is obtained. (3)

***The very fact that these beverages are such nervous stimulants should prohibit their use by children. The coffee, tea or other caffeine habits may be acquired by anyone, and may do as much harm in some cases as alcohol or tobacco.*** (3)

Caffeine and theobromine is an alkaloid, a real vegetable poison, and its action is not less dangerous because it works slowly, and undermines the health unnoticed. (4)

***Caffeine and theobromine is like alcohol and nicotine which – frequently undermines the nervous system and predisposes to premature arteriosclerosis (hardening of the arteries) and gout.***

***Caffeine and theobromine beverages gradually impair the energy of body and mind. They stimulate, excite and quicken the motion of the living machinery, forcing it to unnatural action. These beverages force you to feel strong and active, but these feelings are false and the end result can be disastrous.***

“The cup of coffee that gets you started in the morning may be ending your life – and sooner than you realize,” states the American Heart Association. (6) Tea has about as much caffeine as coffee and so has the same stimulating effect on the brain and kidneys.

The chemical purine, which is found in all dead flesh, is almost identical to that of the purine which is found in coffee, tea, chocolate and cocoa.

Here is a chart to show how much purine there is in the items listed below.

### ***PURINE BODIES IN BEVERAGES***

Tea	1.2 grains per pint
Chocolate	.7 grains per pint
Coffee	1.7 grains per pint
Cocoa	1.0 grains per pint

***All dead flesh contains uric acid and purine bodies. Now let us notice how closely related this is to caffeine and theobromine.***

Uric acid (C<sub>3</sub>H<sub>4</sub>N<sub>4</sub>O<sub>3</sub>) and the purine bodies as xanthin and hypoxanthin etc., are very closely related both chemically and physiologically to each other and to the caffeine (C<sub>8</sub>H<sub>10</sub>N<sub>4</sub>O<sub>2</sub>) of tea and coffee and the theobromine (C<sub>7</sub>H<sub>8</sub>N<sub>4</sub>O<sub>2</sub>) of cocoa.

***Anyone wishing to eliminate purine bodies from his diet should eliminate all meats, tea, coffee, cocoa, chocolate, colas and any soft drinks containing caffeine.***

A change in the diet has been shown to help reduce breast lumps, according to Dr. Solomon:

That solution is complete abstinence from coffee, tea, cola and chocolate. This new approach was recommended by Dr. John Peter Minton, an Ohio cancer surgeon and professor of surgery at the Ohio State University College of Medicine.

***He suggested that xanthines, hypoxanthin, and purine chemicals found in these beverages and in chocolate, were responsible for the lumps and the resulting discomfort.***

And many women who have followed his advice and eliminated these items from their diets attest to the validity of Dr. Minton’s approach. (7) Caffeine is a potent central nervous system (CNS) stimulant.

Increased alertness, decreased drowsiness and fatigue can result from ingestion of 50-200 mg. caffeine (1/2 to 2 cups of coffee), but 200-500 mg. may lead to headache, tremors, nervousness and irritability. (8)

Cardiac muscle is strongly stimulated by caffeine. Increased force of contraction, heart rate and cardiac output occur. But, caffeine also stimulates the medullary vagal nuclei, so the overall results may be tachycardia and, bradycardia (slow heart action) or no change. (9)

Caffeine relaxes smooth muscle. Thus, caffeine ingestion causes dilation of the coronary, pulmonary and general systemic blood vessels. As with cardiac muscle, the net effect may be no change, since caffeine may at the same time constrict the blood vessels through stimulation of the medullary vasomotor center. (10)

Caffeine effects on the brain include constriction of blood vessels and decreased cerebral flow. Because of caffeine's apparent effect on gastric acid secretion, it is often contraindicated for peptic ulcer patients. Regular and decaffeinated coffee were show to be equally potent in stimulating secretion of gastric acid.

The volatile oil caffeol, which gives to coffee its characteristic flavor and aroma is a decided irritant to the delicate lining of the stomach and impairs digestion.

The caffeotannic acid of both coffee and tea is the chemical used in tanning leather. It is an irritating astringent to the cells lining the stomach and the intestines. It destroys the pepsin of the gastric (stomach) juice and interferes with both the digestion of food and with the absorption of food from the intestines.

***Concerning birth defects, caffeine and theobromine crosses the placental barrier, and the fetus is subjected to the same levels of caffeine present in the body water of other tissues. So pregnant women or women of child-bearing age would be well advised to avoid caffeine and theobromine.*** (11)

Medical science has shown that caffeine and theobromine is a central nervous system stimulant which, after the stimulating phase, causes a compensatory depression. During the excitement phase mental activity may be very rapid, but it is often very inaccurate. The depressed phase results in exhaustion, nervousness, irritability, fatigue and often headache...(12)

Coffee and theobromine can also aggravate the eye disease, glaucoma. When an ophthalmologist wants to test a border line case, he may ask the patient to drink a couple of cups of coffee and return for another eye pressure test shortly thereafter. In glaucoma cases, the pressure will be raised by the coffee.

***Coffee, tea, chocolate and alcohol should be forbidden to glaucoma patients and if those beverages are bad for them, we say that they are bad for the well people too.*** (12)

Many persons take so many cups of coffee in the course of the day that they are continually under its influence. The heart is never free from the exciting influence of caffeine. (13)

The coffee whip is adding annually a host of victims to the mortality list. The official records show that they died of **high blood pressure, myocarditis,, angina pectoris, heart failure, Bright's disease** and other formidable maladies, but fail to mention the fact that these distressing ailments were brewed in the tea caddy or the coffee pot...(13)

The coffee drinker nerve batteries never get properly charged even when he rests, for the reason that caffeine interferes with the recharging process. The evidence of this is the inability to sleep well after coffee which most people experience.

Sound sleep is necessary for proper recharging of the nerve batteries. The lack of it is shown in the 'coffee headache' which confirmed coffee users experience on rising in the morning, whenever the usual cup of coffee is omitted. (13)

*The headache is very tangible evidence of the injury which the coffee has done. It is simply an expression of the state of exhaustion of the nerve centers due to long overwork without opportunity for natural rest. (13)*

*Caffeine and theobromine excites and irritates the entire nervous system, the organic or sympathetic nerves as well as the voluntary nerves. (13)*

### ***Cocoa and Chocolate***

Many individuals who would not think of touching coffee use chocolate and cocoa freely, little realizing that cocoa is not an altogether harmless beverage. Depending upon the brand, the caffeine ranges between 0.09 to 0.45 grains per cup and in all cases the tanning content is quite high, sometimes exceeding that of tea.

Cocoa and chocolate also contain theobromine. This is a potent drug. (14)

*All cocoa contains theobromine, a nerve poison... Chocolate and cocoa are altogether unwholesome and if freely indulged in may easily induce conditions which may be attributed to some nerve disorder.*

*The cacao bean (cocoa) contains theobromine, which is a poison, - closely resembling the caffeine of tea and coffee. Its effects in the body are essentially the same...cocoa beverages are undoubtedly objectionably on the same grounds as tea and coffee. (16)*

Cocoa and chocolate are prepared from the residue left after extraction of the highly valued cocoa butter which is used for covering chocolates...Farmers were induced to feed the residue to chickens. The fowls pined and egg production fell off. It was fed to cows. The milk production diminished.

This is the story told in a bulletin sent out by the U.S. Department of Agriculture.

*Cocoa residue is so poisonous to cattle, chickens, even the soil, the farmers are warned by the government against its use! (16)*

Cows, chickens, even the soil must be protected. But how about human beings? There are millions of men and women drinking cocoa and chocolate and eating quantities of chocolates, and giving them to their children, supposing them to be harmless.

Dr. Harvey W. Wiley, for years chief of the Bureau of Food and Chemistry of the U.S. Government, wrote: This country is full of tea and coffee drunkards. The most common drug in this country is caffeine. Your children, ignorant of its deleterious effects, consume it freely.

They do this to their great physical and mental detriment. Coffee drunkenness is a commoner failing than the whiskey habit. (16) Should anyone object to these rugged terms, 'Caffeine addiction,' and 'Coffee drunkenness,' permit me to suggest: Just omit your morning cups of coffee and observe your symptoms.

You will get a headache, feel weak and perhaps dizzy. You think these symptoms indicate your need for coffee. Instead, they are drug withdrawal symptoms such as you would experience in giving up a morphine. (17)

So let me urge for your great personal benefit, break that 'coffee break' drug habit, before it breaks you.

For heavy coffee drinkers who want to get away from the withdrawal symptoms of quitting abruptly, here is a suggestion that will be of great help in breaking the coffee habit.

### ***HOW TO BREAK THE COFFEE HABIT***

1st Week...3/4 coffee and 1/4 coffee substitute

2nd Week...1/2 coffee and 1/2 coffee substitute

3rd Week...1/4 coffee and 3/4 coffee substitute

This same program can be used for breaking the cocoa, chocolate, and tea habit. We should all do well to clear our cupboards of the harmful items and put them in the garbage pail for that is where they belong and not with the food that enters our bodies.

***In order to have good health and long life we must eliminate from our foods all things that are harmful to our bodies.***

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