Counting on Caffeine [1]

Week of:
May 13, 2016

Caffeine content [2]

Dear Alice,

Obscure questions about caffeine: relative to each other, how much caffeine is there in:

- An average chocolate bar,
- An average cup of coffee, and
- An average soda pop (twelve ounces)?

Thanks!

Caffeine's effects on health [3]

Hi Alice,

I drink a lot of Diet Coke in one day. I would guess I would finish off three or four two-liter bottles in one day. I am wondering what the effects of the caffeine are doing to my body. (I feel fine.) Sometimes I would drink caffeine-free soda. I'm very confused about if caffeine is good or bad for you, as well. And do I get enough sleep as well? I know I must be addicted to the caffeine by now! And is that bad for me? Thank you.

? addicted caffeine drinker

Guarana vs. caffeine? [4]

Dear Alice,

Is there a difference between guarana and caffeine? Is guarana better for you than caffeine?

Read more [4]
**Does caffeine raise blood pressure?** [5]

Dear Alice,

Does caffeine raise your blood pressure?

Read more [5]

**Coffee's got me feeling nauseous? What gives?** [6]

Dear Alice,

Recently, I have noticed that drinking coffee makes me somewhat nauseous. I have never had problems with caffeine before and still don't with caffeinated soft-drinks. The only thing I can think of is that my diet at school tends to consist almost entirely of pizza and Chinese food. Could it be due to a dietary deficiency? What's up?

B-real

Read more [6]