Talking Over Coffee [1]

Week of:
Oct 02, 2015

Coffee withdrawal symptoms? [2]

Hi Alice,

Been reading your site for a while and wanted to first thank you for an excellent site! So anyway, here’s the question:

I’ve been having headaches off and on for the past year and noticed that it seems to coincide with days that I don’t drink coffee in the morning. I’ve heard of becoming “addicted” to caffeine, so I decided I should just go ahead and quit for a while. This past week, I cut out coffee and all caffeine-related products from my diet, and have been suffering from pounding headaches every day. Today (six days from my last cup of coffee) is the first day that I don’t seem to have a headache. Is this common? And also, any ideas on what will happen if I do have some coffee? Will my system require coffee every day again (at the sake of a pounding headache)? I’m completely clueless on this, and I love coffee, so any advice would be helpful.

? de-caffeinated and hating it

Read more [2]

Is decaffeinated coffee safe to drink? [3]

Dear Alice,

Do you have information regarding decaffeinated coffee and its negative health impact? I have heard that the process used to produce decaffeinated coffee, or the ingredients thereof, do more harm than good.

? Curious

Read more [3]

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 [4]

**Pop versus coffee** [5]

Dear Alice,

I was having a conversation with my roommates about pop and coffee and we were wondering which is worse for your teeth, the pop or the coffee? And what do they do to your teeth when you drink them?

Read more [5]

**Gourmet coffee talk: What's their calorie and fat content?** [6]

Alice,

How many calories and what percent fat are in these Starbucks items (considering they're all "venti" sizes)?:

- White Chocolate Mocha
- Iced Caramel Macchiato
- Coffee Frappuccino
- Caramel Frappuccino

"Thanks"! :)

Wacko

Read more [6]
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