



# The Truth About Caffeine

*Marina Kushner*

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*Marina Kushner*

## **The Truth About Caffeine** Marina Kushner

"The Truth About Caffeine" exposes caffeine's darker side that scientists know but that the beverage, confectionery and pharmaceutical industries have tried to suppress. Caffeine is a highly addictive drug, does not offer any nutritional value and has not been proven safe. Epidemiological, clinical and laboratory studies link caffeine to heart disease, pancreas cancer, bladder cancer, hypoglycemia and central nervous system disorders. New & Updated 3rd Edition

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