1. Use the Word given in capitals to form a word that fits in the gap. There is an example at the beginning.

Caffeine Good or Bad

Three or four cups of coffee a day may not sound excessive (EXCESS), yet some of the minor symptoms many of us experience (like headaches, indigestion, or high blood _____ (PRESS) may be related to caffeine _____ (TAKE). A cup of real coffee contains about 100 mg of caffeine. It stimulates the _____ (NERVE) system, heart, and kidneys. Heavy coffee _____ (CONSUME) is likely to produce a general _____ (FEEL) of anxiety.

The effects that caffeine has on the human body depends to some extent on personality and _____ (PSYCHOLOGY) factors. People, for example, who take tranquillizers are often _____ (SENSE) to caffeine. Drinking more coffee only makes their symptoms worse.
The long-term dangers of caffeine - such as cancer and heart disease - have been the subject of much debate, but a recent study has found no significant association between coffee consumption and any major cause of _____ (DEAD).

However, it might be worthwhile, trying to find out if caffeine is responsible for minor _____ (ILL) by gradually _____ (REDUCE) the coffee intake. Switching to tea does not help much because tea also contains caffeine. The same applies to cocoa and cola drinks. _____ (CAFFEIN) coffee is not the answer either because it tends to have a greater effect on your stomach, causing _____ (DIGEST) and diarrhea.

_____ (HERB) teas, which contain low levels of caffeine, fruit juices and plenty of water are the best substitutes. Also watch out for caffeine in painkillers and in cold remedies; you could end up ingesting several hundred milligrams of caffeine a day without even_____ (REALISE) it.

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