

I. 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 tranquilizers 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.