Coffee Addiction

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**Claim**: Coffee is an additive because one would be compelled to continue taking the product to remain alert, attentive and active.

**Stated Reason**: this is because the drug is coupled with caffeine content which is responsible for stimulating dopamine and acetylcholine which is enhanced after interacting with the adenosine A1 receptors that then triggers the central nervous system that contributes to the activeness of a person as well as increased energy. Nevertheless, an attempt to restrict oneself from taking coffee makes one start experiencing withdrawal symptoms like fatigue, depression, and inattentiveness.

**Grounds:** based on Stafford et al. (2019) coffee consumption promotes dependency and one experience withdrawal symptoms the moment he or she stops taking it.

**Warrant:** Using coffee makes one not only to be alert but also awake for some time and this drug is known to primarily stimulate the ACH and DA in the mind and Stafford et al. (2019) denote that an attempt to restrict oneself from consuming the product causes withdrawal symptoms.

**Backing**: being awake and alert for some time are as a result of consuming coffee because it has caffeine which stimulates ACH and DA that then causes the users to depend on them for them to be alert and awake.

Coffee Addiction

Coffee is amongst the commonly drunk beverages across the world, yet it can predispose one to adverse events starting from social through economical concerns. it is interesting to realize that coffee can be potentially addictive if consumed daily. To some people, coffee might be the only thing that pushes them out of bed in the morning, out the door, as well as compel them to work. To demonstrate that coffee is addictive, it would be necessary to imagine spending a day without taking a cup, especially if you are used to taking more than three cups daily. To be specific, one can be inflicted with fatigue if he or she stops to consume coffee yet he or she is a regular consumer. Other people feel that coffee is not addictive by claiming that coffee does not harm a person in any way (Ware et al., 2017). However, they should realize that coffee is marked with some content of caffeine that enhances dopamine in the brain that generates alert feelings and an attempt to stop utilizing the drug one experiences withdrawal symptoms. Some of these symptoms are mood swings, fatigue, depression, serious headaches, difficulty in concentrating, and decreased productivity alongside other symptoms. In this resemblance argument claim, I am explaining why the coffee is addictive.

**Determining if Coffee presents Much Good than Harm**

In most instances, people use coffee to enjoy some health benefits one of them being improved brain function. Drinking coffee all the time prompts short-term recall, reaction time, as well as alertness. Again, consuming this product reduces the chances of being predisposed to Alzheimer’s cognitive disorder. It also improves mood in the sense that it reduces the chances of a person to suffer from depression as well as mitigating suicidal thoughts in a person (Ware et al., 2017). It also boosts the metabolism in the system of an individual wherein, specifically consuming coffee daily increases one's metabolism by up to 11% as well as fat burning by up to 13%. Again, coffee boosts exercise performance in a person because it increases tolerance to fatigue, makes workouts feel easier, as well as improve exercise performance. Again, by taking coffee, one gets liberated from diabetes and heart disease because it minimizes the chances Type 2 diabetes and heart disease in some people.

Coffee is usually marked with caffeine element which enables one to be alert and awake for some time. Primarily, this drug stimulates the central nervous system and caffeine users and this suggests why caffeine users are always active. It would be necessary to understand why coffee is a stimulant by looking at its mechanism of action. Typically, this product has long been thought to be a psychostimulant because its potential effects are grounded on its actions which tend to affect the neuroendocrine systems (Taylor et al., 2018). Its psychological effects account for its widespread because the drug is known to stimulate a person by presenting him or her with energy as well as advance his or her cognitive skills. Certainly, this is because the caffeine present in the coffee has some chemicals which function by activating various neuronal pathways by altering with the release of the neurotransmitters. The effects normally account for physical and psychological dependence.

Psychostimulant drugs are marked with a fundamental property which specifically entails dopamine (DA) stimulation release and transmission. Similarly, the caffeine present in the coffee stimulates the release of acetylcholine (ACH) which is necessitated after interacting with the adenosine A1 receptors. This product can inflict one with an abstinence syndrome while trying to withdraw after utilizing the drug for some time and this is something that can lead to addiction as well as tolerance mechanisms which may be meaningful in minimizing dangerous cardiovascular effects (Taylor et al., 2018). On the contrary, it may augment amounts as well as the frequency of consumption. Reflecting on the adverse events corresponded with this drug, one may be predisposed to chronic and acute cardiovascular disorders following the action of this drug on the neuroendocrine control systems of vascular resistance, electrolytic balance, and cardiac function. Consuming this drug excessively predisposes one to caffeinism, a condition marked with various symptoms like rapid breathing, irregular heartbeat, sensory disturbances, twitching, excessive urine production, and occasional trembling.

Similarly, to caffeine, when one drinks coffee, chances are that he or she will become physically dependent. This implies that if a person is used to drinking a lot of coffee, then he or she may experience withdrawal symptoms in the event, they attempt to quit. Similarly, to nicotine, the caffeine content in coffee is addictive and it affects the system of a person in a way that one will be compelled to consume more coffee than the previous time (Stafford et al., 2019). This means the more coffee you consume, the more one needs to take to experience the same effect. It will not only be hard to experience the same effect, but one will also become highly dependent on coffee and in the event, one stops consuming coffee he will start to experiencing withdrawal symptoms like headache, difficulty in concentrating, depression and reduced productivity.

One study revealed that roasting coffee primarily predisposes one to increased gastric acid release that then contributes to digestive or stomach problems. However, it should be made clear that not everyone who drinks coffee is exposed to these constraints. Nevertheless, most people vulnerable to gastritis, ulcerative colitis, peptic ulcer, and Crohn’s illness always suffer from an irritated digestive system upon consuming coffee and this worsens their digestive and stomach problems (Stafford et al., 2019). Drinking coffee increases the acid production in the stomach and this consequently weakens the linings of the stomach hence allowing the bacteria such as the H, pylori bacteria that prompts the production of ulcers to generate holes into the tissues of the stomach. Unfortunately, these effects are not only restricted to the stomach, but rather they are also felt in the small intestines triggering abdominal spasm, cramps, as well as irregular constipation, along with diarrhea.

Those who oppose the idea of coffee being an addictive have maintained their position by asserting that while it may develop dependency as well as tolerance among the users, it does not inflict one with abnormal behaviors as compared to other drugs. Drugs that reinforce some behaviors plus they are marked with addictive properties usually augment dopamine in the brain. Certainly, this is a feature which entails the primary biochemical reaction that is utilized to depict the addictiveness of the psychostimulant drug (Cuthbertson, 2019). All the same, those who oppose by accentuating that coffee is not addictive should learn that the stimulation of the ACH along with AD in the prefrontal is because of the psychostimulant characteristics generated by coffee.

**Conclusion**

Coffee consumption enables one to remain awake and alert while it inflicts one with energy. Certainly, this is because the drug is coupled with caffeine content which is responsible for stimulating dopamine and acetylcholine which is enhanced after interacting with the adenosine A1 receptors that then triggers the central nervous system that contributes to the activeness of a person as well as increased energy. Nevertheless, an attempt to restrict oneself from taking coffee makes one start experiencing withdrawal symptoms like fatigue, depression, and inattentiveness (Cuthbertson, 2019). One study made it clear that roasting coffee primarily predisposes one to increased production of gastric acid which may then predispose one to digestive or stomach problems. Reflecting on the claim as well as the grounds, it is necessary to suggest that coffee should be categorized as an addictive drug because the users will be compelled to use the product to be alert and active whereby an attempt to stop using it inflicts one with withdrawal symptoms.

References

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