Title: Health Risks of Coffee Consumption Outline

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**Health Risks of Coffee consumption outline**

1. Introduction
2. Coffee is consumed all over the globe; however, it is loved and loathed by many
3. Thesis statement: **Coffee consumption causes a healthy risk to individuals. If people do not moderate their intake, the situation could cause adverse health conditions. Therefore, controlling its intake will reduce the possibility of being at risk of getting some health conditions.**
4. Risky health factors associated with coffee consumption
5. Anxiety

Through the caffeine in coffee, it blocks adenosine; a brain chemical that triggers the chemical that makes someone feel tired.

When taken in high levels it may cause nervousness and jitteriness

1. Insomnia

Caffeine enables one to stay awake, which in extreme cases it may cause insomnia.

It may disrupt an individual’s sleep patterns.

1. Digestive problems

Coffee has been found to cause the excretion of gastrin, a hormone that speeds up functions in the colon.

Caffeine itself fastens bowel movement through increased peristalsis.

1. Muscle breakdown

Rhabdomyolosis is caused by heavy intake and it is a condition where damaged muscle fibers find their way into the blood stream thus causing kidney failure and other problems

1. Conclusion

Caffeine intake should be minimized to avoid the risky healthy problems identified.

References

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