THE Hallelujah Health Tip

ISSUE #657: WAKE UP AND SMELL THE THEOBROMINE

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WAKE UP AND SMELL THE THEOBROMINE

In this Health Tip we are going to turn our attention to an addictive, toxic drug that contributes greatly to our Physical Problems when consumed.

Caffeine is that substance found in coffee, many teas, most soft drinks and in chocolate in the form of "theobromine."

Theobromine is "a crystalline alkalioid powder, C_{7}H_{8}N_{2}O_{2} related to caffeine, obtained from the cacao bean and used chiefly in medicine as a diuretic and stimulant."

Webster's Dictionary

Before we go any further, I need to lay a little groundwork for what will follow, so that you will better understand how caffeine contributes to physical problems

FEARFULLY AND WONDERFULLY MADE

The Bible tells us in Psalm 139:14 that we "are fearfully and wonderfully made."

The physical body we each possess is comprised of approximately 100 trillion living cells. Whether it be our skin, muscle, heart (the most important muscle in the body), our lymph, bone, blood, immune system; everything we are in the physical is comprised of living cells.

These living cells are made up of protoplasm, a grayish, translucent, colloidal substance.

Our health or lack thereof, is determined at this cellular level. If we keep our bodily fluids purified and our cells free of toxic build-up, we will experience health. On the other hand, if we fail to keep our bodily fluids purified and our cells free of toxic build-up, physical breakdown results.

One of the reasons The Hallelujah Acres Diet and Lifestyle has such a profound effect upon the health of the physical body, is because it promotes health at this most basic of all levels - cellular protoplasm. This happens when we stop consuming toxic substances and start consuming substances that contribute to our health - a basically living, raw, 100% plant-based diet, which includes an abundance of raw vegetable juices.

If we want to promote health and avoid disease we must carefully avoid placing substances into our body that will poison the body at the cellular protoplasmic level.

It is a terribly sad commentary to realize that most people today have absolutely no realization of this simple, but most basic truth concerning their health. On a daily basis, the average person is placing protoplasmic poisons into their body! These drugs may be in the form of caffeine, theobromine, inorganic sodium chloride (white table salt), refined sugar, alcohol, nicotine and other addictive drugs derived from plants (marijuana, cocaine, heroin, etc.) along with doctor prescribed and over-the-counter medications (drugs).

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Not a single one of these toxic substances are a food that will nourish the physical body. Rather they are almost all addictive drugs that will poison the body at the cellular level. Sadly, most of these drugs are socially accepted and even cherished. They are commercially advertised, medically prescribed, and some even government subsidized.

**CAFFEINE**

Caffeine is the most popular and widely used stimulant in the world, and coffee is the major source of this stimulant. Coffee is also the most popular beverage in the world, with tea and caffeinated soda coming in second and third place.

**One cup of drip coffee contains 150 mg of caffeine.** A cup of brewed black tea has 50 mg of caffeine. Green tea, which is being so highly touted for its anti-oxidant properties, can contain as much caffeine as black tea. A 12- ounce can of caffeinated soft drink (and most are caffeinated) contains 50 mg of caffeine. One 8-oz bar of milk chocolate contains 50 mg of caffeine.

**WHAT ABOUT RAW CHOCOLATE?**

While many realize the dangers inherent in the average commercial chocolate product, there is an organic, raw, chocolate craze sweeping the raw food movement today, with some touting supposed benefits. However, on closer examination we learn the following about raw chocolate.

The Cacao bean, from which organic raw chocolate is made, contains methylxanthines (a stimulating drug known as caffeine), theobromine, and theophyllin, (both of which are known to produce permanent degenerative alterations in cellular protoplasm). The Cacao bean also contains more tannin than tea, plus oxalic acid, cannabinoids and aflatoxins.

Yes, it is addictive. I know a lady who bought some because of all the propaganda coming from some raw food advocates promoting raw chocolate. Well, to make a long story short, she is literally addicted to this expensive stimulant. Can’t do without it! Spending lots of money for a drug doing potentially great harm to her body, while at the same time she is being so careful to eat a basically raw and organic plant based diet.

**DR. JOHN MCDougALL SPEAKS ON THE SUBJECT OF CAFFEINE**

Following are a few quotes taken from Dr. John McDougall’s book *The McDougall Plan*.

"Some of the most popular DRUGS consumed by people of affluent western nations are found in coffee beans, tea leaves, and cocoa beans (chocolate)… all of which contain a group of natural substances known as methylxanthines. These chemicals include caffeine, theophylline, and theobromine. Many prescription and nonprescription drugs also contain methylxanthines.

"One of the most important of the methylxanthines is the popular DRUG 'caffeine'… undesirable effects from the stimulating properties of caffeine include: elevated heart rate, irregular heartbeat, increased blood pressure, frequent urination, increased gastric acid secretion (which contributes to indigestion, gastritis, and ulcers), nervousness, irritability, insomnia, loss of appetite, nausea, and diarrhea. Obviously, discontinuing caffeine will relieve the problems caused by this DRUG. It is particularly important for someone with hypertension who is trying to lower his or her blood pressure to stop drinking caffeinated beverages.

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"Caffeine has been shown to cause birth defects in animals and is suspected of causing the same defects in humans. It would follow that you should completely avoid coffee, tea, colas, and chocolate in all forms during pregnancy.

"All three of the methylxanthines can stimulate growth of breast cells, causing painful enlargement of breast tissue and benign lumps. This condition is known as fibrocystic disease... In as many as 90 percent of women with fibrocystic disease, these benign breast lumps significantly improve or completely disappear in two to six months when methylxanthines are eliminated from the diet. There is also concern from investigators that the chronic stimulation of the breast tissue by methylxanthines may progress to cancer of the breast. Cancer of the bladder also has been related to caffeine use.

"One more undesirable effect of caffeine is that the DRUG has been shown to cause loss of calcium from the body. Therefore, another dietary maneuver you can use to prevent and possibly correct thin, calcium-deficient bones, or osteoporosis, would be to discontinue use of caffeine.

"The body actually becomes physically addicted to caffeine. When you attempt to quit taking this DRUG, expect withdrawal symptoms such as headaches, anxiety, irritability, drowsiness, tension, and depression. Withdrawal symptoms can last as long as a week."

DR. RUSSELL BLAYLOCK SPEAKS OUT ON THE SUBJECT OF CAFFEINE

In the November 2005 issue of Newsmax magazine Dr. Blaylock reports:

"Caffeine is considered to be the most widely used psychoactive substance in the world. In some ways it is acting like MDMA (Ecstasy) and cocaine. That is, it stimulates brain cells intensively... If you stop consuming caffeine you will notice two things right away: that you cannot stay awake and that you have a splitting headache... This is because the brain has turned down the sensitivity to caffeine so much that your brain is struggling to remain conscious. The headache is because of rebound dilation of the blood vessels in the scalp... Excessive caffeine has several dangers. With high consumption, one can have a sudden seizure or even abnormal heartbeats. On some occasions the abnormal heartbeats - called arrhythmias - can lead to sudden death, especially if your magnesium is low."

MORE ADVERSE EFFECTS RESEARCH HAS REVEALED

Caffeine stresses the nervous system; increases uric acid production and can lead to kidney damage. Researchers at Boston University Medical Center consider coffee intake to be associated with heart attacks and cancer, and when used with sugar becomes even more harmful.

"Coffee nerves" or "coffee jitters" can occur after 150 mg (1 cup) are ingested, while physiological and psychological dependence can occur at 300 mg/day (2 cups).

62% of American coffee drinkers in a recent survey claimed they "could not function" without their daily coffee (caffeine) intake.

Caffeine intoxication is a form of severe poisoning that occurs at the cellular level when as little as 250 mg of caffeine is consumed in a day. This toxic stimulant may result in heart palpitations, stomach irritation, dizziness, muscle tension and trembling, insomnia, shortness of breath, diarrhea, ringing in ears, lightheadedness, and headaches.

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Children are far more susceptible to caffeine intoxication due to lighter body weight and comparative purity of physiology. Parents who wouldn't dream of giving their children coffee are giving them the equivalent dose of caffeine every time they let them indulge in caffeinated soft drinks, cocoa, iced tea, and chocolate. The irony is that most of the caffeine taken from coffee in the decaffeination process is bought by the soft-drink industry and added to soft drinks!

Caffeine first triggers an adrenalin release and then mimics the "fight-or-flight" response by stimulating the cardio-respiratory and central nervous systems. Every cell, organ, and system is affected by caffeine.

Caffeine speeds up Basal Metabolic Rate by 10 - 25%. It increases blood pressure, causes irregular heart rate, and restricts brain blood flow. It is implicated in cardiovascular disease. Six cups of coffee daily, doubles heart attack risk.

Caffeine stimulates overproduction of gastric pepsin/hydrochloric acid, contributing to the formation of stomach ulcers.

Besides all of these physical symptoms of auto-poisoning, caffeine can stimulate mental disorders with symptoms identical to "anxiety neurosis": nervousness, irritability, self-consciousness, moodiness, and/or depression. Indeed, some people who suffer from mental disorders are undoubtedly "adding fuel to the fire" when they become caught in a vicious circle of caffeine use.

TO SUMMARIZE...

Caffeine is either the cause or a contributing cause of many of the physical and psychological problems being experienced today. Please don't forget that caffeine and theobromine are toxic and addictive and that along with animal source foods, refined sugar, and refined grains, are destroyers of our health.

You can expect withdrawal symptoms when you attempt to eliminate caffeine and theobromine from your diet. But you can quit its use if you really want to. Many others have successful done so. With a strong determination to quit and with God's help, you can stop the use of these addictive, poisonous, drugs. But without your participation, God will not do it for you! You must pray and then put feet to your prayers.

"I can do all things through Christ which strengtheneth me." (Philippians 4:13)