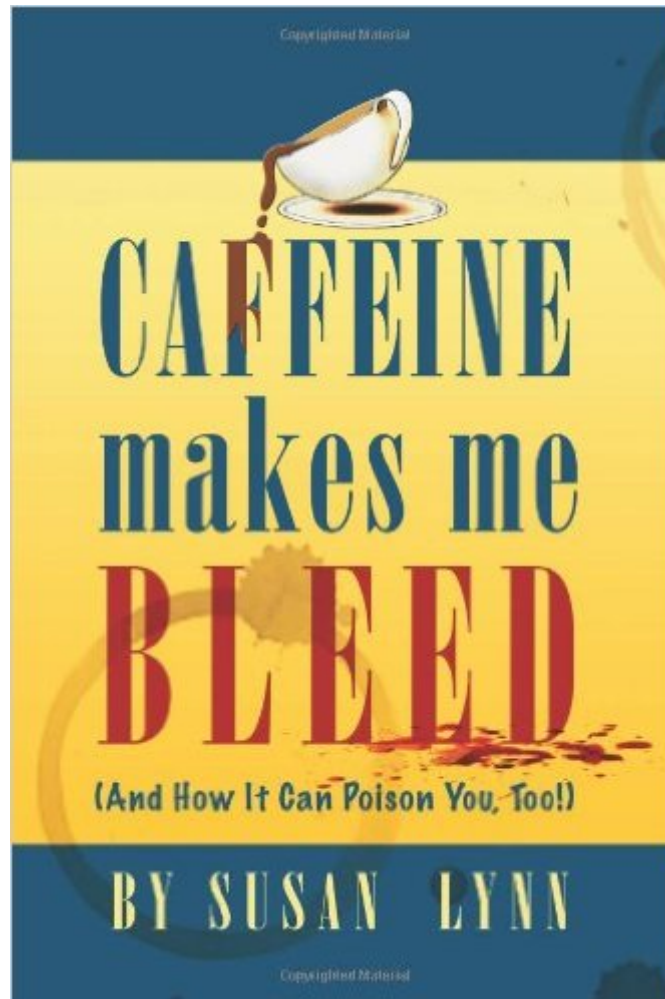


The book was found

Caffeine Makes Me Bleed: And How It Can Poison You, Too!



Synopsis

Who told you caffeine is harmless to your health? Take a journey with Susan Lynn, whose caffeine addiction has nearly ruined her health. This book was born out of her struggle to discover why after thirty-nine years of enjoying colas, tea, and chocolate "problem-free" she began suffering severe pain and bleeding internally after consuming any product containing even the least fleck of caffeine. In this book, she recounts her life and work in the 90s as the Safety Director to a general contractor in the high-stress, male-dominated jobsite world of high-risk construction. Follow her afterwards as she lives the never-ending misery of the long-term effects of caffeine and stress and her unending struggle to locate a physician who can adequately care for her. Read this invaluable book and discover: 1. The secret destructive power of caffeine. 2. How stress and caffeine hurt you. 3. How caffeine can affect your immune and gastrointestinal system. 4. How our culture brainwashed us to consume a drug daily. 5. Five reasons to avoid colas, coffee, tea, chocolate, and energy drinks.

Book Information

Paperback: 202 pages

Publisher: Cool Books Press, LLC (December 18, 2010)

Language: English

ISBN-10: 0983069603

ISBN-13: 978-0983069607

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 9.9 ounces

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #3,886,589 in Books (See Top 100 in Books) #68 in [Books > Health, Fitness & Dieting > Nutrition > Caffeine](#)

Customer Reviews

The title of Susan Lynn's memoir, "CAFFEINE makes me BLEED (And How It Can Poison You, Too!) leaves absolutely no doubt as to what her book will be about. Anyone who acknowledges suffering from caffeine addiction- and there are many of us who do- will enjoy, and be encouraged by this surprisingly entertaining story. Susan Lynn is a good writer, and she used two very effective literary techniques which kept me interested in reading her book from its beginning to its end. One technique was the placing of hints at the conclusion of nearly every chapter. Each hint left me wondering what would happen next. The other technique was her interesting way of developing two separate story lines simultaneously. Lynn devoted several chapters to a description of the job she

held for many years at a large inter-state construction firm. The work environment was highly stressful, and caffeine-fueled. Her vivid descriptions of events at the company alternated between being sad, funny, poignant, and even abusive, for she had to struggle to assert herself in a largely male-dominated profession. If her entire memoir had been devoted to her work at this company, the book would have been a satisfying read. A second story line Lynn interspersed throughout the book included descriptions of her numerous doctor visits and the medical procedures she endured even as caffeine- which she calls the "dark master"- consumed her life, damaged her health, and even threatened the life of her child both before and after his birth. Time and again doctors discounted her concerns about caffeine, and minimized the symptoms she described to them, even after she began to talk of episodes of internal bleeding and intense abdominal pain whenever she ingested even a tiny amount of the drug.

[Download to continue reading...](#)

Caffeine Makes Me Bleed: And How It Can Poison You, Too! Caffeine Addiction Gone - A
Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction,
Overcoming Caffeine Addiction) The Caffeine Guide for Better Health: The Benefits of Caffeine to
Lose Weight, Get Cut, and Maintain Muscle Mass (caffeine pills, caffeine addiction) Caffeine
Addiction: The Cure To Overcoming Addiction To Caffeine And Understanding It's Affect On The
Body Caffeine Addiction Cure: Overcoming the Caffeine Blues Permanently for a Happy, Healthy
Life The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction
(Addictions, Addiction Recovery, Overcoming Addictions Book 1) Practice Makes Perfect Basic
Spanish, Second Edition: (Beginner) 325 Exercises + Online Flashcard App + 75-minutes of
Streaming Audio (Practice Makes Perfect Series) Practice Makes Perfect Spanish Verb Tenses,
Premium 3rd Edition (Practice Makes Perfect Series) Practice Makes Perfect Basic English, Second
Edition: (Beginner) 250 Exercises + 40 Audio Pronunciation Exercises (Practice Makes Perfect
Series) Practice Makes Perfect English Vocabulary for Beginning ESL Learners (Practice Makes
Perfect Series) The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain
Makes You Anxious and What You Can Do to Change It I'm Too Young to Be Seventy: And Other
Delusions [IM TOO YOUNG TO BE 70] Too Good to Leave, Too Bad to Stay: Decide Whether to
Stay In or Get Out of Your Relationship The Truth About Caffeine : How Companies That Promote It
Deceive Us and What We Can Do About It Get Unstuck Now: How Smart People Gain Clarity and
Solve a Problem Fast, And How You Can Too Writing Movies for Fun and Profit: How We Made a
Billion Dollars at the Box Office and You Can, Too! How I Got Free Stuff To Sell On Ebay: And You
Can Too! Plastic-Free: How I Kicked the Plastic Habit and How You Can Too Life Without Ed: How

One Woman Declared Independence from Her Eating Disorder and How You Can Too MAKE THOUSANDS OF DOLLARS (OR MORE) ON DRAFT KINGS AND FAN DUEL: I DID IT, NOW YOU CAN TOO.

[Dmca](#)