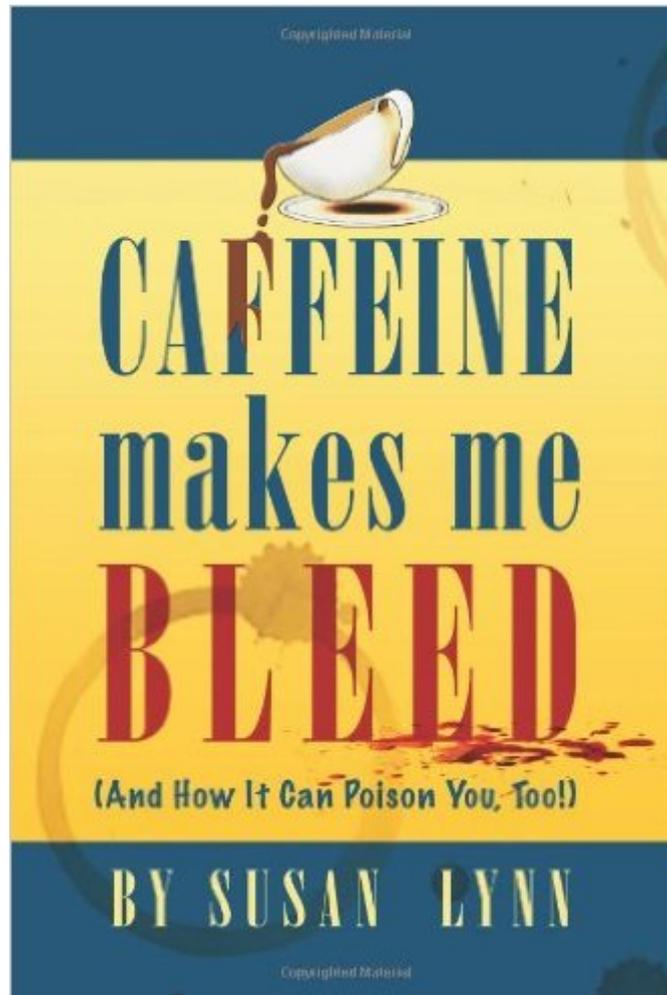


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# Caffeine Makes Me Bleed: And How It Can Poison You, Too!



## 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

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## 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.

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