



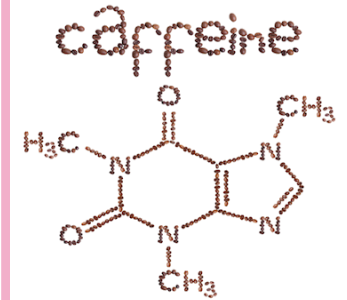
Caffeine and Anxiety

Health experts believe that it is perfectly safe for adults to consume two-to-three cups of coffee each day.



Panic Attacks

Physical sensations caused by caffeine such as an increased heart rate, a heart-pounding sensation and sweating mimic the symptoms of a panic attack. When the effects of caffeine feel like panic, the brain and body often continue to react as if this physical sensation really is panic.



Generalised Anxiety

Consuming caffeine can increase the emotional symptoms of anxiety. Physical side effects of caffeine can quickly become thoughts and feelings. Having an accelerated heart rate and other effects of caffeine

