

# COFFEE ON THE BRAIN...

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*"If it wasn't for coffee I wouldn't have any personality at all..."*



That is a funny statement, but what happened to me wasn't so funny. Last week I had a physical melt down that was caused by a combination of trying to live on coffee, sporadic eating habits, and a total lack of respect for any kind of nutrition including, but not limited to Vitamin C. This kind of thing has been going on for years in my life. I think the last time I was consistently taking a vitamin was when I was pregnant with my second child...that was like....well, a lot of years ago:)

Anyway, this meltdown brought me to my senses, and with a little help from my friends, I am well on my way to a reformed, healthy view and application of those little things we call vitamins.

Why is this important, I mean most people already have this information and take vitamins religiously every day. True, but there is a 'small' group of people of which I am one, who are ignoring not only nutrition, but also food altogether and are effectively or un-effectively

## living on coffee....

### What's the brain got to do with it?

Well, as we all know, the brain is the 'boss' of all functions of the body. It does everything we need to keep things running smoothly. According to experts, there are 400 billion electrochemical reactions and actions that occur in the brain every second. WOW! So, what does the brain run on? I mean, what is its power source? FOOD! (I know everyone KNOWS that:) Not just any food, but food high in nutrients and protein.

### How the brain uses nutrients:

*"The brain uses carbohydrates for energy and omega 3 fatty acids for forming its cell structure. B vitamins play an essential role in brain function. In combination with folic acid, vitamins B6 and vitamin B12 help manufacture and release chemicals in the brain known as neurotransmitters. The nervous system relies on neurotransmitters*

*to communicate messages within the brain, such as those that regulate mood, hunger, and sleep. In addition, foods rich in antioxidant nutrients, such as vitamin C and vitamin E and beta-carotene, help protect brain cells from free-radical damage caused by environmental pollution."* (sorry about all that, I got it from Captain Google:)

All that being said, if you're living on coffee, not eating right or not eating at all, you are heading for a melt down of your own. As we get older, all the years of 'abuse' will catch up to us.

### My Fellow Musicians, Worship Leaders, Artist types, and so on I'm talking to you....

I know it's hard to 'listen' to someone's words, but I'm telling you, not only are we hurting our bodies with this kind of nutritional ignoring

game we play, but we are actually **making ourselves DENSE!** (Don't get mad at me, I'm just sayin')

I want to be sharp for the Kingdom, I want to be able to be mentally, emotionally, spiritually, and physically healthy inasmuch as I can control it...don't you? The brain on coffee is destined for a melt down, emotionally as well as physically. As Christians it's our duty to keep the Temple of God in good working order for the business of the Kingdom. (1 Cor. 6:19-20 & Romans 12)

Do you find yourself moody or ditzzy or just plain tired? The brain living on coffee is like a person with one arm and one leg trying to ride a bicycle....it may work for a while, but eventually we're going to crash.

Peace In! Big D:)