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Coffee, tea, and chocolate are among the most frequently
consumed products in the world. The pleasure that many
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of favorable and adverse effects on the brain that have
been the focus of a wealth of recent research.

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Book

Coffee, Tea, Chocolate, and the Brain presents new
information on the long-debated issue about the beneficial
and/or potentially negative effects on the brain of the
consumption of coffee, tea, and chocolate. With caffeine as
the common component in these beverages and food, this
volume features important data on the effects of caffeine
on sleep, memory, cognition, mood, performance, and
more.

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(ebook)

Coffee, tea, and chocolate are among the most frequently
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Coffee, tea, and chocolate all contain methylxanthines,
mainly caffeine, and a large part of their effects on the
brain are the result of the presence of these substances. As
part of this series on nutrition, the brain, and behavior, the
present book brings new information to the long-debated
issue of the beneficial and possible negative effects on the
brain from the consumption of coffee, tea.

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Astrid Nehlig, Ph.D., earned a master's degree in physiology and two Ph.D. degrees in physiology and functional neurochemistry from the scientific University of Nancy, France.