

Kids are Being Harmed by Cola Drinks

The latest study conducted at Tel Aviv University in Israel has found that a staggering 91.7% of children can link their headaches to caffeine intake in the form of cola drinks. Dr Shevel, Chairman of the South African division of the International Headache Society explained: "Caffeine is both a diuretic and vasoconstrictor. This means that it causes dehydration which sets off headaches and it also impacts the arteries that result in migraine."

The study tested 36 children over a period of five years and found that the average amount of cola guzzled by adolescents was an inconceivable 11 litres a week. Participants in the study were encouraged to achieve gradual withdrawal which led to complete cessation of all headaches in 33 of the 36 children.

Dr Shevel advised that children who suffer from headaches due to drinking caffeine should reduce their intake gradually as this will help them not to experience any withdrawal headaches.

Caffeine is also a highly addictive substance and causes children to become hyperactive. Parents and paediatricians need to encourage children to try healthier drinks. "Drink water - there is nothing better for you," concluded Dr Shevel.

**Source:
Mary-Lee
Cantor,
Research
Assistant to
Dr E. Shevel,
Migraine
Research
Institute and
The Head-
ache Clinic,
011 - 484
0933, in-
fo10@head-
clin.co.za.**