

by Derek Morrison

N.B. Read in conjunction with '[Espresso Delivery](#)'  
(VeloScience, 5 February 2015).

☒ In every coffee bean  
Lies a variable dose of caffeine  
Which blocks your adenosine  
Thus raising your catecholamine.

With adenosine you can't tell  
But it's present in every cell  
It chills things down, makes you less aroused  
You feel its effects whenever you've drowsed.

Catecholamines are for fight or flight  
But they can make you feel real uptight  
Adrenaline is one, that makes you act  
From every day frights we know this fact.

With caffeine our cerebral vessels constrict  
But you will still feel that you have it licked  
In fact you may feel deceptively fitter  
It affects more than one neurotransmitter.

Time to exhaustion can improve by a large amount  
Nearly 15 percent by the last count  
Sprinters and weightlifters need not apply  
Slow twitchers is where the advantages lie.

As potassium falls within the cell  
It rises in the blood which rings the bell  
That muscle fatigue has just got pending  
And lest you stop it will force an ending.

But caffeine improves the cell pump

*So your electrolytes don't get the hump  
Thus blood potassium it decreases  
And all muscle cell activity it increases.*

*Heart muscle should always respond to action  
But caffeine ups its force of contraction  
And when it comes to your heart's rate  
Like blood pressure, caffeine can it elevate.*

*There's debate about caffeine's role with fat  
Stimulating energy expenditure from that  
But fat oxidation is more likely with endurance  
Fast twitch muscle activity provides no such assurance.*

*And your need to pee may make you strained  
Because sodium and water are less retained  
But with time your body may adjust  
So that this becomes much less of a must.*

*In theory caffeine could your airways dilate  
So that your lungs can better inflate  
But for that the dose would need to be high  
And so for that effect let's not try*

*So caffeine is a powerful drug  
That you put daily into your coffee mug  
It's a psychoactive in a common bean  
With some of the effects of amphetamine.*

[To listen to this verse select below]

<http://www.cyberstanza.com/wp-content/uploads/2015/02/Caffeine.mp3>