



3. Caffeine

Caffeine is absorbed and distributed very quickly. After absorption, it passes into the brain. "Caffeine sensitivity" refers to the amount of caffeine that will produce negative side effects.

Caffeine does cross the placenta; children born to mothers who consumed >500 mg/day were more likely to have faster heart rates, tremors, increased breathing rate, and spend more time awake in the days following birth.

7. Listeria and pregnancy

Listeria is a type of bacteria found everywhere in soil and ground water and on plants.

Listeriosis can be transmitted to the fetus through the placenta even if the mother is not showing signs of illness. This can lead to premature delivery, miscarriage, stillbirth, or serious health problems for her newborn.

In pregnant women, listeriosis may cause flu-like symptoms with the sudden onset of fever, chills, muscle aches, and sometimes diarrhea or upset stomach. The severity of the symptoms may vary.

If the infection spreads to the nervous system, the symptoms may include headache, stiff neck, confusion, loss of balance, or convulsions.

