

REDUCE COFFEE/CAFFEINE CHAPTER 5-19

FREEING YOURSELF FROM CAFFEINE DEPENDENCY & WAKING UP WITHOUT COFFEE MADE EASY



D · R · E ·  · M.
— wellness —

By Brian A. Stenzler, M.Sc., D.C.

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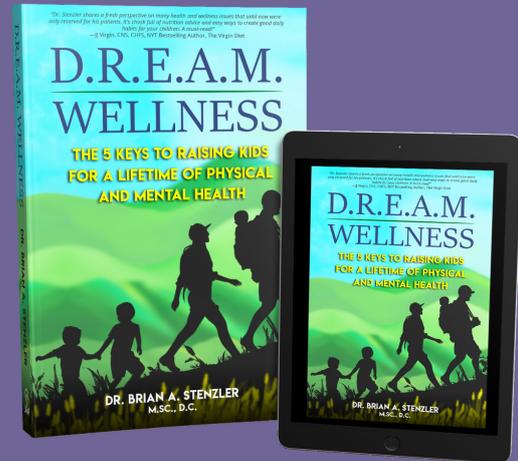
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This guide is a bonus supplement to go with Chapter 5-19 "Reduce Coffee and Caffeine Consumption" in the book, *DREAM Wellness: The 5 Keys to Raising Kids for a Lifetime of Physical and Mental Health*.

If you do not have a copy, you can order your Kindle or printed version now at www.DREAMWellnessBook.com.



Moderate amounts of caffeine are considered safe for most adults, but you don't have to depend on coffee to help you rise and shine. Even when there's no Starbucks in sight, there are plenty of options to help you start your day bright and alert.

As detailed in Chapter 5-10, caffeine addiction is common. There's something unsettling about knowing you're addicted to a substance. It's also challenging to quit. The detoxification symptoms are far less severe than quitting an opiate, but the elimination of caffeine has a unique set of withdrawal symptoms. Always remember that the symptoms are temporary.

Follow this guide and in a few short weeks, you'll feel amazing, energized and able to function, without coffee!

5 Compelling Reasons to Quit Daily Coffee Consumption:

- 1 Caffeine can raise blood pressure.** Blood pressure is elevated for 2-3 hours after caffeine consumption. Hypertension causes damage to internal organs and the interior of blood vessels.
- 2 Caffeine can affect your bones negatively.** Caffeine has been shown to limit the metabolism and absorption of calcium. Excessive caffeine intake can increase the likelihood of developing osteoporosis.
- 3 Caffeine can cause indigestion.** Those that regularly consume caffeinated beverages are more likely to complain of an upset stomach.
- 4 Caffeine can affect the quality of sleep.** Excessive caffeine consumption can lower the quality of sleep and cause insomnia.
- 5 Caffeine consumption can lead to adrenal fatigue.** Caffeine stimulates the adrenal glands and increases alertness. Your adrenal glands can only take so much stimulation. Over stimulation can lead to exhaustion, a decreased ability to handle stress, and memory loss.



Conquering Your Caffeine Addiction in 5 Steps:

1**Identify why**

Create a list of good reasons to remove caffeine from your life. List the damage to your health and the financial impact. How much are you spending each month on caffeinated drinks? How will quitting strengthen your health, help you sleep better, or simply have more self-control. When you find yourself getting stuck, review your list. Maximize your motivation for quitting.

2**Find a Sub**

It's probably not just the caffeine that you enjoy. Whether it's reading the newspaper or magazine at the local coffee shop with a latte or drinking soda with your lunch, there's typically a secondary benefit. Perhaps a decaffeinated version of what you're already consuming would work for you. You might want to consider drinking water. It's important to have a substitute to make the transition easier. Find a beverage that you enjoy that preserves the social benefits.

3**Take a Nap**

Take a nap or get a [BrainTap](#). Studies have shown that quieting your mind for as little as 20 minutes can increase alertness more than a cup of coffee. If you can get away with it, close your office door and take a short nap, meditate, do some stretching / yogamor connect yourself to a BrainTap (see Chapter 6-2). Remember to set an alarm!

4**Mornings!**

Develop a new morning routine. Old habits can be challenging to break. Adding something new to your routine can create a new pattern of behavior. You might want to get a little exercise or try reading for a few minutes. (This is continued below in great detail in the section, *Waking Up Without Coffee Made Easy*)

Conquering Your Caffeine Addiction in 5 Steps:

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Prepare Yourself

Expect some discomfort. It's common to experience headaches, irritability, fatigue, and various phantom aches and pains when eliminating caffeine from the diet. Being prepared can make it easier to cope. You probably have a good idea how you feel when you don't get your normal caffeine intake. What can you do when those physical and psychological feelings hit?

- You can quit cold turkey or decrease your caffeine consumption slowly over time. **Taking the slow route has a better track record.** Few can drop all caffeine in a single day and remain compliant. Cut down your caffeine consumption by 20% for the first week. If you're drinking five cups of coffee each day, limit yourself to four. Add in one cup of your substitute drink. Continue reducing your consumption until you're free of caffeine. In five short weeks, caffeine will become a thing of the past.
- Try using positive **affirmations** (see Chapter 9-6). A simple, "I am succeeding without caffeine" might be all you need. Then get up and do something else. Go have a conversation with a friend or co-worker, do 5 pushups, get a drink of water, or sing a little song. Consider meditation. Learning to relax and simply breathe can make many of life's challenges more manageable. During moments of temptation, ask yourself what else you could do to satisfy yourself. If you ask the question and listen, you might get a few good ideas.
- Give yourself additional time to **relax**, as needed. Take care of your emotional needs during this time.
- **Plan a reward.** Kicking the caffeine habit is worthy of celebration. Depending on your financial situation, decide on a suitable reward. It might be a long weekend out of town or something as simple as a new book or dinner at your favorite restaurant. Make it compelling! You deserve it.

Waking Up Without Coffee Made Easy!

If you're trying to cut down on caffeine there are many ways to wake up fast in the morning. Rub your eyes and take a look at these tips for natural energizers.

Breakfast Ideas for Waking Up without Caffeine

Drink water. Your body needs water to function efficiently, so a big glass in the morning will prime your metabolism and help you digest food. Rehydrate with 16 ounces of water served up at room temperature or colder if you prefer.

Peel an orange. Citrus smells have a stimulating effect, so indulge in oranges, grapefruits, and tangerines. Whole fruits have an advantage over juice in giving you more fiber.

Add mint. Mint is another invigorating choice. Brew a cup of mint tea, sprinkle mint on your eggs, or pop a breath mint on your way to the office.

Reach for protein. When you're planning your breakfast menu, opt for dishes high in protein to give you energy. Some delicious choices are eggs, Greek yogurt, and bean burritos. Or you can make a complete protein breakfast shake that will set you for the day.

Focus on complex carbohydrates. Stabilize your blood sugar by eating whole grains, vegetables, fruits, nuts, and seeds. Starting the day with fruits and vegetables will also help you to reach the recommended 7 to 9 servings.

Prepare the night before. What if you'd like a hearty meal, but you know you'll be in a rush? Arrange the ingredients before you go to bed. Whip up a smoothie that's ready for the blender or a healthy casserole you can pop in the toaster oven.

Pack it up. Design your breakfast to go. Buy individual packages of yogurt drinks or unsweetened cereal. Bring your hardboiled egg to work and eat it at your desk.

Waking Up Without Coffee Made Easy! (continued)

Other Lifestyle Ideas for Waking Up without Caffeine

Let in the light. Exposure to light signals your brain that it's time to stop sleeping. Turn on your bedroom lights as soon as your alarm clock goes off. Open a window or go outdoors for at least a few minutes.

Skip the snooze button. Those extra few minutes of slumber are actually sabotaging your efforts. You wind up feeling more groggy than if you jumped out of bed. Put the alarm clock out of reach if you need help resisting temptation.

Take a cool shower. Count on cold water for an instant jolt. If a freezing shower sounds unpleasant, cool water will do. You can also splash cold water on your wrists and face.

Workout. Exercise is a great pick-me-up, especially in the early hours. Join a 24 hour gym where you can visit at dawn, and avoid long lines for the rowing machine. Sign up for a tai chi class in your local park.

Have a laugh. You can't feel drowsy when you're whooping it up. Spend a few minutes playing with your children or pets. Listen to a funny program during your commute.

Make some small talk. Engaging in conversation will challenge your brain to start thinking clearly. Share interesting news stories or daily plans with your family at the breakfast table. Greet your neighbors and chat with retail workers while you run errands before work.

Go to bed on time. Giving your body adequate rest is the ideal wake-up strategy. Turn off the TV and computers so you'll have a full night's sleep.

(Read Chapter 6-2 for details on acquiring adequate sleep)

ENJOY YOUR NEW LIFE WITHOUT A CAFFEINE ADDICTION!