



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

HOW TO EASE THE SYMPTOMS OF WITHDRAWAL



About half of all coffee drinkers will experience symptoms of withdrawal once they quit. These symptoms will start from 12 to 20 hours after your last caffeine hit, peaking two days later. You can expect them to last about a week.

HOW TO EASE THE SYMPTOMS OF WITHDRAWAL

Here are some easy tips to help you quit your habit.

- ✓ Most experts advise quitting caffeine gradually. Cut down from 3 cups a day, to 2 and then one
- ✓ Substitute your coffee for green tea, which still contains caffeine, but much less than coffee
- ✓ Cut out sodas, which are a source of caffeine, but are also filled with sugar
- ✓ Beat the slump caused by ridding your diet of caffeine by eating healthy meals, which will provide you with a steady stream of energy throughout the day. Aim for a balance of good fats, complex carbs, and protein
- ✓ Drink enough water to stay hydrated and avoid the headaches and constipation that are symptoms of withdrawal
- ✓ Lemon water is a good replacement for a morning cup of coffee

HEALTH BENEFITS AFTER WITHDRAWAL

The pain of cutting down on coffee may be worth it once you start to experience the benefits.

You'll Sleep Better

Even a single cup of coffee can disrupt your nightly shut-eye so don't be surprised if you suddenly start sleeping like a baby.

Isn't it ironic that cutting out coffee may totally eliminate the need for an afternoon pick-me-up?

A review of studies found that regular daily caffeine intake is associated with disturbed sleep and daytime tiredness. The researchers also claim that the effect of high caffeine intake on sleep and alertness is greatly underestimated.

You May Become Less Anxious

Researchers are becoming increasingly concerned about caffeine's role in panic attacks and other anxiety disorders, which have become the most common mental illnesses in the US.

For those who are predisposed to anxiety disorders, too much caffeine can trigger a variety of unpleasant sensations like sweaty palms, a thumping heart and ringing in the ears.

Take note of your mood in the days and weeks after you start reducing coffee. You may notice you're much happier and calmer and it could be down to simply cutting back on coffee.

You Can Say Goodbye to Headaches

If you suffer regular headaches, and your doctor hasn't found any cause, have you considered the possibility that it's related to coffee? Specifically, caffeine withdrawal?

If your body is expecting its usual 11 am caffeine hit, but you're tied up on a call and can't make it to the Nespresso machine, then it's going to cause withdrawal symptoms such as a pounding head.

Your Heartburn Will Stop

According to the National Digestive Diseases Information Clearinghouse, around 20% of Americans suffer acid reflux at least once a week. And 7% of Americans experience daily episodes of heartburn – that burning feeling in your chest and sour taste in your throat.

If you're one of those Americans, then cutting down on coffee might solve your problem – coffee is one of the top ten heartburn triggers, according to WebMD.

It has been shown in studies to increase gastro-oesophageal reflux. Even decaf causes the same increase, leading researchers to believe that it's another component in coffee, besides caffeine, that causes the problems.

Whatever the reason, coffee is linked with heartburn so cut it out and see if you feel better.

You'll Have Pearly White Teeth Again

As coffee is acidic, over time it may wear out tooth enamel. Long term, it means your teeth won't look so good and may even start to decay. And the tannins in the coffee build up on the enamel, giving you a less than charming yellow smile.

According to a study that compared tobacco and coffee-stained teeth, those stained with coffee were more resistant to tooth-brushing and more likely to become discolored again following a bleach treatment.

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