



effects of **CAFFEINE**



More Information on Caffeine

Caffeine is a well-known stimulant. It works by stimulating the central nervous system and temporarily reducing drowsiness. Caffeine is also called Guaranine when found in Guarana, Mateine when found in Yerba Mate, and Theine when found in tea. It is in the leaves and beans of the coffee plant, the Kola nut, in tea, Yerba Mate, and guarana berries, and in small quantities in cocoa. It is in about 60 different plants, where it acts as a natural pesticide by paralyzing and killing certain insects. Caffeine is the world's most widely consumed psychoactive substance, and over time, people can develop a dependency to caffeine.

Excessive consumption of caffeine can lead to a body that is depleted in vitamins and minerals and becomes chronically dehydrated due to caffeine's diuretic properties. Withdrawal symptoms can develop after discontinuing use, including headaches, irritability, and anxiety.

Signs and Symptoms of Caffeine Overuse

- Insomnia
- Endocrine disorders
- Premenstrual syndrome
- Birth defects and fertility issues
- Increased risk for osteopenia and osteoporosis
- Irregular heart beat
- Loss of major nutrients including calcium, magnesium, and B-vitamins
- Depression
- Headaches
- Anxiety and nervousness
- Fibrocystic breasts
- Blood sugar issues

Caffeine Content of Common Foods

- **Caffeine tablet** 1 tablet 200 mg
- **Excedrin® tablet** 1 tablet 65 mg
- **Coffee, brewed** 8 U.S. fl oz 135 mg
- **Coffee, decaffeinated** 8 U.S. fl oz 5 mg
- **Coffee, espresso** 2 U.S. fl oz 100 mg
- **Chocolate, Dark** (Hershey®'s Special Dark®) 1 bar (1.5 oz)..... 31 mg
- **Chocolate, Milk** (Hershey® Bar) 1 bar (1.5 oz)..... 10 mg
- **Green Tea** 8 U.S. fl oz 15 mg
- **Tea, leaf or bag** 8 U.S. fl oz 50 mg
- **Cocoa mixed with water** 6 U.S. fl oz 10 mg



Dietary and Lifestyle Considerations

1. Drink plenty of filtered or bottled water.
2. Gradually reduce caffeine intake over two weeks to two months.
3. Consider herbal teas and roasted grain beverages as an alternative.
4. Stabilize blood sugar by eating frequent, protein based meals and snacks.
5. Include protein with breakfast.
6. Avoid over the counter drugs such as diuretics, cold medicines, pain relievers, and weight loss products that contain caffeine.
Read the labels.
7. Exercise.
8. Practice deep breathing.
9. Replenish B vitamins, minerals, and vitamins with a high quality supplement.



set goal

ACTION PLAN:



develop plan

goal: _____

action: _____



take action



score your success

plan: _____

success score: scale: 1 (lowest) - 10 (highest)

current score | _____

30 day score | _____

60 day score | _____