

# Caffeine Guide

## Weaning From Caffeine

I'm sure it's no surprise that caffeine is a powerful stimulant and can wreak havoc on the body's regulatory rhythms especially if your liver is already taxed, overworked or attempting to detoxifying. You already likely know that caffeine is highly addictive. For this reason, it is imperative that you don't stop drinking caffeine abruptly, but that you wean yourself from it **gradually**.

Remember that caffeine is not only found just in coffee, but is also found in decaf coffee, black teas, cola's, soda's, energy drinks, chocolate and even some herbal teas. Regardless of your caffeine source, begin to taper your consumption down slowly. If you drink 2 sodas per day, begin by cutting it back to 1 per day, then ½ per day, then 1 half cup every other day, then once per week, until you get down to none. The same goes for the grand-daddy caffeine contributor: coffee. **Go slow!**

Here is a strategy to unchain yourself from the grip of caffeine so that you don't shock your system and go through painful withdrawal symptoms (like headaches, fatigue, depression and random snap attacks where you want to bite someone's head off):

### Day 1 - 3:

Drink 50% of your usual amount of coffee/caffeine and substitute the other 50% with green tea, licorice tea or holy basil tea (or organic decaf coffee, if you can't do any tea options)

### Day 4 - 6:

Drink 25% of regular coffee and 75% of green, licorice, or holy basil teas (or organic decaf coffee)

### Day 7:

Drink only green, licorice or holy basil teas (or organic decaf coffee)

### Day 8 +:

Begin to fly high naturally without harmful caffeine

**It's also very important to drink plenty of water through this elimination process to keep yourself well hydrated.**

And yes, green tea does contain caffeine, in much lower quantities than coffee. The antioxidants and health benefits of green tea make the tradeoff acceptable for restoring overall optimal health. This is the one caffeinated drink that gets my thumbs up. The key here is not to become dependent on ANY substance; coffee, teas, sodas, etc. for their temporary boosts.

## Decaf Coffee

For the purposes of detoxifying, cut it out as well. Decaf coffee is generally full of chemicals like pesticides and it's undergone a chemical process to remove the naturally inherent caffeine. Let's give the liver some love.