

## How to Break-up with Coffee

When people find out they have to stop drinking coffee, for most, the initial reaction is to say they can't. This is understandable and something I personally understand as well (if I let my self, I can easily drink 3 or 4 cups of coffee in a day).

Coffee does have many health benefits, but it also raises your cortisol levels, causes the release of adrenaline, wrecks havoc with your blood sugar and your hormones, will raise your blood pressure and is a cause of anxiety and insomnia for many people. Giving it up temporarily is more than worth it! Many people are so surprised at how good they feel that they don't even want to reintroduce it!

Here's a method to help you gently wean off coffee:

Day 1, 2 and 3: Cut your coffee consumption in half.

Day 4, 5 and 6: Switch to back tea, no more than 2 cups per day.

Day 7: Switch from black tea to green tea or white tea, no more than 2 cups per day.

Continue drinking green or white tea for 3 to 7 days, after which you can switch to herbal tea to get the best results for your health!