



ENERGIZING ALTERNATIVES TO CAFFEINE

We all need to re-set our bodies
by taking a break from caffeine
every now and then

Are you finding that you require an ever – increasing amount of caffeine each day to achieve the same buzz that used to come with a much smaller dose of caffeine?

If you are experiencing this, you have built up a tolerance to the amount of caffeine that used to stimulate you to feel energized. This means that you will require your body to intake more and more caffeine to reach the place of energy that you used to be able to arrive at with very little caffeine; and this is why we need regular breaks from caffeine - because our bodies have become desensitized to it.

There are quite a few benefits to drinking some caffeinated beverages (such as; coffee, black tea, green tea, yerba mate...), in moderation, and with a lower mg concentration of caffeine: ~ 35mg – 100mg per serving. However, consuming more than 400 mg of caffeine in a day could trigger anxiety; insomnia and restlessness; and bring about an increase in blood pressure.

Let's go through several energizing alternatives to caffeine so that sensitivity to it may be restored!



DRINK SOME MORE WATER

Water is your body's optimal source of hydration, and drinking more of it (aiming to get at least eight, eight ounce glasses each day) will help clear your skin; decrease your chances of getting headaches; and also lessen your need for caffeine.



MUNCH ON SOME PROTEIN

Protein promotes concentration and alertness by stimulating the brain chemical orexin into production mode.

Orexin, also known as hypocretin, is a neuropeptide that regulates wakefulness, arousal and appetite.

Healthy sources of protein include:

- ❑ A small handful of lightly salted or raw nuts.
- ❑ A spoonful of nut butter.
- ❑ A small serving of lean meat.
- ❑ A Tablespoon or two of Hummus with seed crackers.
- ❑ A hard boiled egg.



TAKE A QUICK NAP

Even if your nap is just a few minutes long, it will still give your body and brain a boosting benefit.

According to the *Sleep Research Society*, even a short, 10 minute nap produced immediate, measurable improvements. Including: more vigor, less fatigue, improved cognitive function, and less subjective sleepiness.

Best times for a quick, power nap are mid-morning and mid-afternoon before 3:00 p.m.



SLURP A SMOOTHIE

The nutrients from a healthy smoothie promote natural energy.

This luscious drink is quickly processed by the body and converted to energy, making a healthy smoothie an ideal pick-me-up for a tired afternoon.

Preferably, your smoothies should be made from scratch; containing healthy fruits and vegetables and other whole foods or super foods – avoid the processed, sugar laden smoothies at all costs! (- unless it's a rare treat enjoyed with others!)



INCORPORATE MORE MOVEMENT INTO YOUR DAY

Simply put, our bodies become fatigued when we are sedentary and still for a long period of time.

If we incorporate short bursts of movement throughout our periods of stillness, we will be more energized and alert throughout our day.

Try setting a little timer to remind yourself to get up and move around every hour or so.

I think you'll be surprised at how much more clear and concise you'll be because of implementing the simple practice of moving more!



STEP OUT INTO THE SUNSHINE

Sunshine is a beautiful, natural energizer! Exposure to sunlight is thought to increase the brain's release of the chemical Serotonin: Serotonin is estimated to be responsible for promoting focus, calmness, and even a good mood in people.

For best results, try to catch anywhere from 5 – 15 minutes of sunshine a day, preferably in the morning.



Try gradually decreasing the amount of caffeine you intake every day; while at the same time try implementing one or two energizing caffeine alternatives.

Once you've mastered the two alternatives, try implementing one or two more.

Soon you'll be experiencing greater natural energy and less counterfeit energy; and you'll begin to find that you don't need as much caffeine to help you get through the day or to feel "normal".

Try these naturally energizing options, and then you too can join those who are able to avoid 'procaffeinating'!

PROCAFFEINATING(N.) THE TENDENCY TO NOT START ANYTHING UNTIL YOU'VE HAD A CUP OF COFFEE.

You will know that you are addicted to caffeine if you find that you rely on it every single day. And this is not healthy.

Beating any addiction will give you more freedom and power over your body and your life, and will undoubtedly springboard you into better health.

If you are taking in 400 mg or more of caffeine in a day, then I encourage you to seriously look at decreasing that amount in order to experience more independence from caffeine addiction, and better overall health!

We're cheering for you! – You can do this!

