



Should you reduce your caffeine?

Whilst having moderate amounts of caffeine a day will not pose any serious health risks, if you are relying on caffeine to get you through the day you may want to reduce the amount you drink and start to enjoy some of the health benefits.

The effects of too much caffeine

Studies have showed that too much caffeine can cause anxiety in fact more than 1 000mg per day has been reported to cause nervousness, jitteriness and similar symptoms in most people*, however a more moderate intake could cause similar effects in caffeine sensitive individuals.*

Too much caffeine can make it difficult to get enough restorative sleep. The effects of caffeine can also take a long time to wear off, it can stay in your system for up to five hours*, so if you are having problems getting to sleep or staying asleep look at the amount of caffeine you are drinking in the day and when you are having your last cup. Whilst tea and coffee are the most concentrated sources of caffeine it is also in fizzy drinks and energy shots.

Caffeine can also have a negative effect on the digestive system it is thought that it may worsen gastroesophageal reflux disease in some people.*

Caffeine has been shown to raise blood pressure although only temporarily*. high caffeine intake has also been shown to raise blood pressure during exercise in healthy people as well as those with already mildly elevated blood pressure so the dosage and timing of caffeine is important especially if your blood pressure is already high.

Whilst caffeine is know to boost energy levels it can have the opposite effect of leading to rebound fatigue when the caffeine leaves your system.

If you are experiencing any of the above effects and think it maybe due to a high caffeine intake we have some ideas below to help you replace your cup of tea or coffee.

** references availalble on request*

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Ways to reduce tea and coffee

- **Replace with herbal teas such as:** Chamomile – which is believed to strengthen the immune system, aid digestion, calm nerves and ease stomach pains. As an evening drink, it helps ensure a good night's sleep. Peppermint is believed to relieve stomach aches, drink one cup of peppermint tea after meals. Lemon & Ginger promotes digestive health and can be helpful in treating colds and flu.
- **Replace with Green Tea.** Benefits of green tea include cleansing the body of toxins and can support the reduction of high cholesterol. It can also make you feel relaxed. However Green Tea does contain caffeine so therefore if cutting down on stimulants have no more than 3 cups per day.
- **Replace with Dandelion Coffee** which is cultivated dandelion root, dried and roasted in the traditional way and extracted without chemicals, thus retaining all its natural value. This tea supports delicate digestions and being caffeine free, makes a perfect nightcap. This can be purchased from most high street health shops and online.
- **Replace with Clearspring's Miso Soup** which is an instant, light and tasty soup made from tofu. You can purchase in a paste or sachet. Rich in probiotics it is good for gut health too.
- **Replace with naturally flavoured water** such as; fresh lemon, lime, ginger or mint; lemon & ginger, lime & mint. **Replace with just plain water** (bottled where possible) or with **sparkling water**.
- **Replace with delicious smoothies and shakes** - a nice **berry smoothie** is almond milk and frozen mixed berries. For a **banana shake** add almond milk, 1 x small banana, 1 tsp vanilla extract and 1 tsp of cinnamon.
- **Replace regular tea and coffee with a cup of RedBush tea**, this tea makes a great hot drink. It's naturally caffeine free and contains antioxidants.

Enjoy 1 cup of tea or coffee a day and really savour it!

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