

Learning to love...you!

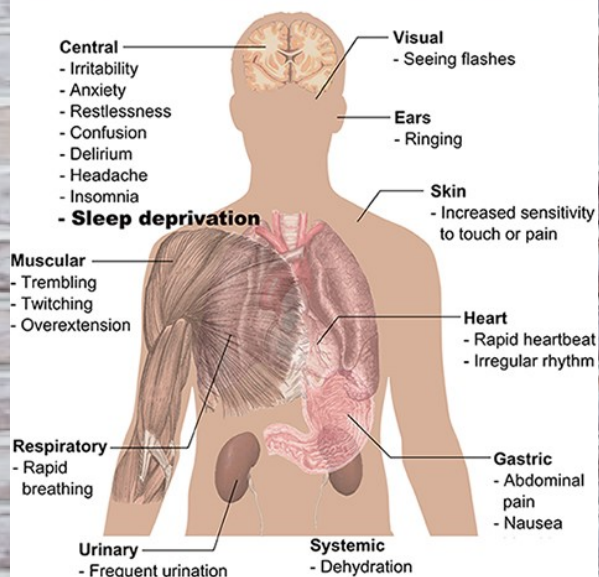
Caffeine Favorite Drug of the World Tanvi Gupta MA LPC

When one thinks of the most popular legal drug used by workaholics, scholars, businessmen and students alike, caffeine comes to mind. It is most popularly associated with coffee – the beverage of choice for many in the modern era who require a quick “pick-me-up”. Being the world’s most popular psychoactive drug, and unlike many of the drugs in its class, caffeine is largely unregulated. Caffeine stimulates the Central Nervous System, by blocking the effects of a drowsiness-inducing purine called adenosine. It helps us stay alert, increases concentration, decreases sleep, improves memory, stimulates the body, enhances mood and also speeds up metabolism in the brain. But while there are many benefits of caffeine, too much caffeine can also lead to harmful effects on our body. Numerous studies have noted that caffeine can have negative impacts on sleep quality and quantity, anxiety, and jitteriness.

Large quantities of caffeine have also been shown to have a negative impact on digestive functioning, stomach aches, loose stools and even diarrhea. High caffeine intake has also been shown to raise blood pressure. Continuously ingesting caffeine leads to the body adapting to the psychological and biological impacts on the body. As we all know, caffeine can quickly become a difficult habit to get rid of. Caffeine releases chemicals in our brain similar to substances such as cocaine and amphetamines, and it can also lead to a physical or psychological dependence if taken in higher doses.

Therefore, while there are many benefits to using caffeine, one has to be careful of how much and how frequently they are consuming caffeine, especially if they are heavily reliant on it. Do you use caffeine on a daily basis? If so, do you feel that you need to monitor or change your caffeine intake?

SIDE EFFECTS OF CAFFEINE



Rock Creek Wellness
60 B Franklin Rd.
Mercer, PA 16137



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Have a Happy Healthy Thanksgiving

Katelyn Struthers NASM-CPT

The holidays are quickly approaching again. You can enjoy the spoils of these occasions without overindulging or ruining progress made in the summer months. Or maybe you're wondering just how to take better care of yourself with all the treats that come with this time of year.

Eating in moderation is always key. Measure your portion sizes based on serving suggestions if you're not quite sure how much you're eating. And be sure to not skip meals, more frequent meals help to keep that metabolism going. Eat slowly, after all we wait all year for some of these meals, so take the time to enjoy every bite! It actually helps you to not overeat!

If you can, snag some time for yourself in the morning for a workout. After meal walks are great to help ward off sleepiness and can help your body digest quicker and more efficiently.



Tuesday November 19th

5 to 7 PM

iXL Rehab and Fitness

Join us as we bring together several facets in the Mercer area for an evening of community-care.

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60 B Franklin Rd.
Mercer, PA 16137***

Happy Healthy Thinner Thanksgiving!

- #1 Eat Breakfast**
Eating in the morning will help keep you from eating too much
- #2 Smaller Portions**
Keep in mind serving sizes Don't overeat
- #3 Drink Water**
Zero calorie beverage and water helps keep you full
- #4 Pile on the Veggies**
Vegetables are good for you, delicious and fewer calories
- #5 Savor the Flavor**
Eat slowly and think about what you are eating. Enjoy it!

Tips for a healthier and skinnier Thanksgiving

Information Source: www.NCHPAD.org/thinner-thanksgiving

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