



# Caffeine

Caffeine has a significant effect on mood, behavior, perception and if used in enough quantity, it depresses.

Although as you may view it as a safe substance, caffeine contributes to health issues such as irritability, anger, sleep difficulties, anxiety, headaches, depression, restlessness, heart palpitation, lowered immune function and yeast infection. It may increase the production of stomach acid and it's also a diuretic, which removes much needed water from your body.

Caffeine is harmful to your liver, kidneys, adrenals, pancreas and nervous system. The more caffeine you drink the less effect you get (making you want more).

## **Withdrawal Tips:**

- Don't stop all at once, reducing your intake gradually makes the transition easy.
- Try caffeine-free herbal teas or Teeccino Java flavor (an herbal coffee substitute) instead.

Do you think you're suffering from symptoms of excess caffeine? I want to help! Give the office a call to schedule your no-charge consultation.

Yours for health naturally,

**Dr B**

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