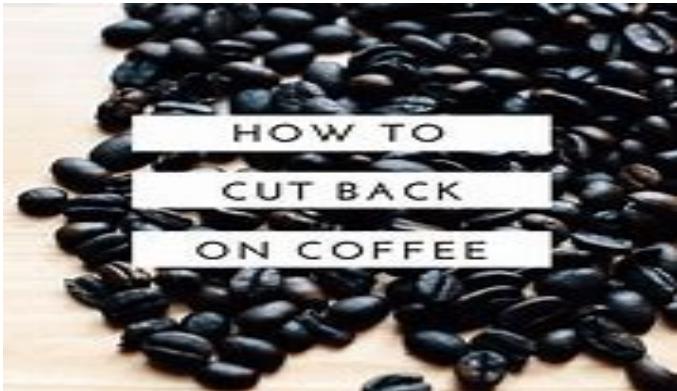


Stay Healthy

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Weekly



By Dr. Andrews M.D

The truth is there are some benefits of drinking coffee, such as increased productivity, improved focus and memory, reduced risk of certain diseases and support for leg movement. However, there are also some drawbacks of consuming too much caffeine, such as anxiety, jitters, headaches, irritability and sleep problems. Taking a break from coffee can help you save money, improve your mood, balance your hormones and reduce your dependence on caffeine. Ultimately, it depends on your personal preference and how coffee affects you. If you decide to take a break from coffee, you should do it gradually to avoid withdrawal symptoms.

How long should I take a break from coffee for?

The duration of a coffee break can vary depending on your personal goals and preferences. Some people may take a short break of 10 to 20 minutes during their work shift to enjoy a cup of coffee¹. Others may take a longer break of a few days or weeks to detox from caffeine and reduce their dependence on it. Generally, caffeine withdrawal symptoms last between 2 and 9 days, but they can be lessened by reducing your caffeine intake gradually.

There are some strategies that can help you reduce your caffeine intake gradually and avoid withdrawal symptoms. Some of them are:

How can I reduce my coffee intake gradually?

- Mix decaf with regular coffee. You can start by adding a little decaf to your regular coffee and gradually increase the proportion of decaf until you are drinking only decaf.

- Replace some cups with decaf or herbal tea. If you drink multiple cups of coffee a day, you can try swapping one or more cups with decaf coffee or herbal tea, such as chamomile, peppermint or ginger.
- Reduce your intake by 10% every week. You can keep track of how much caffeine you consume from different sources, such as coffee, tea, soda, energy drinks, chocolate and supplements. Then you can reduce your intake by 10% every week until you reach your desired level.

Get enough sleep. Sleeping well can help you fight fatigue and reduce your reliance on caffeine to stay alert. Aim for at least seven to nine hours of quality sleep every night.

Caffeine withdrawal can cause several unpleasant symptoms that typically begin 12–24 hours after stopping caffeine and peak between 20 and 51 hours. Some of the common signs of caffeine withdrawal are:

- Headache. This is caused by the increased blood flow to the brain after caffeine constricts the blood vessels.
- Fatigue. This is caused by the lack of caffeine blocking the adenosine receptors that make you feel drowsy¹³.
- Anxiety. This is caused by the reduced dopamine signaling in the brain that affects your mood and emotions.
- Difficulty concentrating. This is caused by the reduced alertness and cognitive performance after stopping caffeine.
- Depressed mood. This is caused by the reduced dopamine signaling in the brain that affects your motivation and pleasure.
- Irritability. This is caused by the negative mood and discomfort from other withdrawal symptoms.
- Tremors. This is caused by the increased nervous system activity after stopping caffeine.
- Low energy. This is caused by the reduced stimulation and metabolism after stopping caffeine.

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