

How to Feel Better Without Caffeine:

Caffeine is a drug. Like all drugs, it has both positive and negative effects, and affects people differently. If you have never experienced hot flashes, palpitations, insomnia, or anxiety, caffeine is likely not a problem for you. However, if you are experiencing any of these issues, caffeine may be the reason. Even if it didn't start the problem, it is likely making your symptoms worse. Avoiding caffeine will improve or eliminate your symptoms.

Often people think they can not function without caffeine, and stopping caffeine appears to create more problems, instead of solving problems. The key to successfully weaning off of caffeine is knowing what to expect:

Days 1-3:

You will generally feel tired, lethargic, moody, foggy-headed, unfocused, and have a headache for part of it. This is *withdrawal*, because caffeine is a drug, and THIS WILL PASS! You will NOT feel like this forever!

Days 4-7:

You will start feeling better: improved and more stable energy, clearer focus, less waking at night, and easier to fall asleep.

Day 7:

Within one week, most people say, "***I haven't felt this good in years!***"

If after 1 week you still miss your caffeine boost, it is a sign of low adrenal function that needs additional support to restore optimal functioning. Caffeine is only a temporary crutch, the equivalent of whipping a horse at the end of a race. It improves performance temporarily, but further depletes you. Correcting this problem requires evaluation and testing by a doctor skilled in treating these disorders. Often, typical screening lab work will come back as "all normal." I will investigate further, doing more in-depth testing and analyzing relationships between different numbers as well as symptoms, to determine the underlying imbalance and guide you to feeling your best.