

Talya's 10 Steps To Quitting Caffeine

- 1) Cold Turkey: This is a mistake! Don't do it. Remember the headache and other withdrawal symptoms. Start by brewing your coffee with 50% decaf or herbal coffee blend (I like Teecino Caffe 805-966-0999)
- 2) Get a smaller coffee mug, and put herbal tea in it.
- 3) Make your coffee weaker and weaker, day by day.
- 4) Make good use of your daily leisure time. That means exercise.
- 5) Write in a notebook.
- 6) Eat complex carbohydrates (fruits, nuts, grains and veggies) since they tend to produce a calming effect on the nervous system.
- 7) Drink lots of water and take nutritional supplements with Ionic Minerals, Vitamin B6, Folic Acid, B12, Pantothenic Acid, Ginko Biloba (leaf), and a nice Ginseng blend.
- 8) Avoid overeating SUGAR.
- 9) Dry skin brush, take bathes (20 minutes daily) and do colonics to flush out the system.
- 10) Deep breathe and love yourself.