

The 7 Steps to Doing Caffeine Right!

- 1. First, you need to kick your habit and detox from caffeine for 4-6 weeks** using natural caffeine-free drinks like herbal teas, rooibos tea, and chicory root which tastes very similar to coffee. Try some of these other options as well:
 - **Four Sigmatic** Mushroom Teas: cacao, chai latte, and golden latte flavors are caffeine-free, or the Mushroom Elixir's Chaga, reishi, lion's mane, and cordyceps.
 - **Numi** Turmeric Chai tea to make anti-inflammatory golden moon milk.
 - **Kukicha (Bancha) Tea** is made from the stems, stalks, and twigs, and not the tea leaves (which contain the caffeine). It has a mildly nutty and slightly creamy sweet flavor, contains antioxidants, vitamins, minerals, and is very high in calcium. Roasted is even more flavorful. Check that no tea leaves were added. (1 cup = 1-3 mg caffeine).
 - **Hot chocolate** (1 cup = 5mg caffeine). Make with water or dairy-free milk.
 - **Hydro Nitro** Super Fuel Beverage is hydrogen-infused water that's lightly carbonated made with organic fermented beetroot and splash of acerola cherry juice. It contains zero sugar (stevia) and only 25 calories per can.
- 2. To help you break your caffeine addiction withdrawal**, for 30 minutes per day do things you love to do. This will energize you to help you through it.
- 3. Next, you need to clean up your diet and lifestyle** so that you're not always so tired. Caffeine is just a Band-Aid to suppress the underlying imbalances in your body and life.
- 4. Once you've done the first three things then it's time to do caffeine right!** Since coffee is the caffeine source of choice for most, let's talk about coffee.
 - Coffee beans are one of the heaviest pesticides and chemical sprayed crops. So, you should only select coffee beans that are certified organic.
 - Buy it whole and grind it yourself to prevent rancidity, as pre-ground coffee may be rancid.
 - If you use a "drip" coffee maker, be sure to use non-bleached filters. The bright white ones are chlorine-bleached, and some of this chlorine will leach from the filter during the brewing process.
 - For coffee's health benefits, drink your coffee black. If you really can't stand your coffee black then add a natural sweetener like stevia or Allulose, and MCT oil from coconuts or coconut milk. Flavor it with Ceylon cinnamon, cardamom, vanilla extract, or raw cocoa powder.

- A “**healthy**” adult shouldn’t need more than one (8 oz.) cup of coffee per day or 100 milligrams caffeine daily. Remember, caffeine is a stimulant drug and should not be consumed 6 hours before bed because it may cause insomnia, nervousness, restlessness, irritability, an upset stomach, a fast heartbeat, or muscle tremors. Maximum daily coffee of 4 cups or 400 milligrams.

5. Other natural sources of caffeine and choose organic.

Note: Longer brewing times increase caffeine amounts.

- **Kombucha** is a fermented cold wake-you-up fizzy black or green tea that contains probiotics and antioxidants. (1 cup = 8mg caffeine)
- **White Tea** is comprised of young, springtime tea leaves high in antioxidants (1 cup = 20-30mg caffeine)
- **Green Tea** is high in antioxidants, gives you the buzz of coffee, but with the calm focus of a Zen monk, and also helps burn calories.(1 cup = 30-40mg caffeine)
- **Matcha Green Tea Powder** has a large number of antioxidants and helps burn calories (2 tsp = 65mg caffeine)
- **Black Tea** contains antioxidants. (1 strong cup = 80mg caffeine)
- **Yerba Maté Tea** has over 20 vitamins and minerals, over 10 amino acids, and a large dose of antioxidants. (1 cup = 85mg caffeine)
- **Traditional Chai Tea** is typically made with black tea, but also available with green tea, Rooibos (or red tea) and yerba mate. The fragrant spices, or “masala”, used in chai will vary. Traditionally, cardamom, ginger, cloves, cinnamon, and black peppercorns were the dominant chai spices. Now vanilla, nutmeg, mace, star anise, or fennel may also be seen in some traditional recipes. The added spices may help boost heart health, reduce blood sugar levels, aid digestion, and help with weight loss. (1 cup = 50mg caffeine) *Organic India, Numi, Tazo, Rishi, Stash, and The Republic of Tea* are some of the purest brands.
- **Four Sigmatic Mushroom Coffee** with Chaga and lion’s mane to support productivity, focus, and creativity. (1 cup = 50mg caffeine)
- **Asian Ginseng** (Chinese or Korean) herb tea (powder) stimulates mental awareness, accuracy, and clarity, plus gives relief from stress and tension, and is used for diabetes, and male erectile dysfunction.

When combined with the sustained caffeine from green tea, it creates a powerful daily energy tonic. 1 serving = 100mg caffeine, but without the quick spike in energy levels you get from coffee.

Note: Always check for drug interactions when using herbs.

6. If you absolutely must have an energy drink then these are your better choices made with natural caffeine and no artificial sweeteners or flavors, and no high fructose corn syrup (HFCS):

- **Guayaki** Organic Yerba Mate Energy Drinks: 150mg natural caffeine per 16 oz. can with 24 vitamins and minerals, 15 amino acids and abundant polyphenols, that nourishes while it stimulates. It contains 28gm organic cane sugar per can.
- **CLEAN Cause** Organic Sparkling Yerba Mate Energy Drinks: 160mg natural caffeine per 16 oz. can with 24 vitamins and minerals, 15 amino acids and abundant polyphenols that nourishes while it stimulates. It contains 16gm organic cane sugar per can.
- **RUNA Clean Energy Drink** Organic with natural caffeine from guayusa leaf that provides sustained energy, mental clarity, and focus without feeling a crash. It contains 14gm organic cane sugar (150mg caffeine per 12oz. can) **RUNA Zero** has no sugar or calories.
- **Hi-Ball Energy** Organic zero-calorie, sugar-free sparkling water infused with Organic Natural Caffeine, Ginseng, Guarana, and B Vitamins (B-3, B-5, B-6, & B-12) and a hint of natural fruit flavor (160mg caffeine per 12oz. can)
- **EBOOST** Non-GMO, low calorie with 10 vitamins + minerals, No artificial flavors, colors, or sweeteners available in 12oz. cans or super powder packets. (110mg natural caffeine). Also available 2 oz. shots (150mg natural caffeine)
- **Bai** Antioxidant Infusion is low calorie and has 70 mg of natural caffeine per 16 oz. bottle making this caffeine-infused drink a much healthier option.

7. Lastly, here is the protocol on how you can use natural caffeine for its positive benefits of mood, energy, and performance after you've detoxed.

You must cycle caffeine on and off for an equal amount of days. Examples are using caffeine 2 days on and 2 days off, or 1 week on and 1 week off. The maximum number of days to be ON caffeine is for 2 weeks, then you must go off for 2 weeks, otherwise, you'll reap the negative effects of caffeine and return to your dependence.