

# A 6 Step Guide on How Best to Quit caffeine

01

## Assesment and Planning

Begin by roughly tracking your current caffeine content. Acknowledge the key sources of caffeine in your diet, and plan to reduce the, gradually over time.

02

## Gradual Reduction

If you normally have 4 cups a day, only have 3 for a few days, then 2, then so on. You can also chose lower caffeine alternatives

03

## Hydration & Alternatives

Increase the amount of water you drink to stay hydrated. This will also help with headaches. You can replace coffee with herbal teas, or other caffeine free drinks

04

## Address any Withdrawal Symptoms

These could include headaches, irritability, and fatigue. combat these with hydration, exercise and rest.

05

## Form New Habits Without Caffeine

Replace your morning coffee with a different drink, or your energy drink with a non caffeine alternative. Bare in mind decaffeinated coffees and teas may still contain caffeine.

06

## Enjoy your rewards

You may now use caffeine as a tool, your tolerance will drop and you can now use caffeine as and when you need, or eliminate it from your diet entirely. Evaluate whether this process has improved your life or not.