

Kicking Caffeine

Is caffeine the thorn in your side? Are you starting to feel like you just can't live without it? Well, you can! Caffeine is a drug, and like any drug, in order to free yourself from addiction, you have to be committed to your plan of action, and be ready for the pain and frustration of withdrawal. The key to quitting is the knowledge that things will get worse before they get better. But, once they get better, they will stay better.

Here are some tips for quitting:

Start on a Friday. It takes anywhere from 4-11 days to be free from caffeine cravings. If you start on a Friday, by the next Monday, you'll be at least 1/3 of the way through.

Drink plenty of water. The faster you cleanse your body of caffeine, the better off you will be. Drinking clean water will purify your blood, help cleanse your liver, and make your body function better.

Get the extra sleep that you want and need. Plan ahead and realize that you'll probably need 2-4 more hours of sleep per day while you adjust to a caffeine-free life. You can take it in the form of naps, or just get to bed earlier. But if you don't set aside this time, you will have a very difficult time quitting - you'll be dragging along at 1PM and just NEED a cup of coffee or a soda. It's difficult especially with a busy schedule to find a way to sleep more, but it's an important step.

Get those painkillers ready. Have a headache from withdrawal? Take some ibuprofen or whatever it is that you normally take to get rid of the pain. An ice pack on the forehead or the back of your head can help, too.

Don't be afraid to have some decaf. Yes, there is still caffeine in decaf, but if you need your fix, you might be able to stave off a complete relapse by having a decaf version of your favorite caffeine source.

Discover another energy source. When you're feeling groggy, try taking a quick walk around the block.