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## How to Effectively Cut Down on Caffeine Intake

Our Friends · Monday, August 24th, 2020

Caffeine is an intoxicating drug that triggers the central nervous system to accelerate communication to and from the brain. The stimulant is found in seeds, leaves or fruits of some plants like tea and coffee. Most people find flavored beverages enjoyable, which led to the invention of flavored caffeinated drinks. You can always log on to an online tea and coffee shop to buy [flavored coffee beans](#).

Initially, nuts and berries were added to the brew for extra flavor. However, recent advancements in technology have made it easy to add flavor directly to the beans. Using flavored coffee beans infused with a particular flavor gives a more natural taste. As much as you enjoy taking your daily dosage, experts recommend that you shouldn't exceed 400mg of caffeine in a day.

### Effects of Caffeine

Caffeine takes around five to thirty minutes to circulate in your body. The stimulant increases your concentration and keeps you alert. However, you may feel restless and pee more frequently since it is a diuretic. According to research, heavy caffeine intake may cause tremors, insomnia, anxiety, nervousness, upset stomach, and high blood pressure.

If you take caffeine more frequently, it becomes a [habit](#). The habit, in turn, results in an addiction where you must take a cup to remain awake and alert or even concentrate. With an addiction, you will struggle on how to cut down on coffee. Research suggests that caffeine boosts certain brain chemicals similar to how cocaine does. However, caffeine does not cause classic addiction to the way cocaine does.

As a result of its stimulatory effect, caffeine raises your blood pressure. An increase in blood pressure may be a risk factor for stroke or even heart attack. Taking high amounts of caffeine, especially before an exercise, increases blood pressure. Luckily, the impact of elevated blood pressure is only temporary.

Caffeine is popularly known to boost your energy levels. However, it may cause an opposite impact resulting from rebounding fatigue immediately after the stimulant leaves the system. Several studies reveal that as much as participants in caffeine intake were alert, they later experienced intense fatigue the next day.

It is also believed that high caffeine intake results in muscle breakdown. Muscle breakdown is a severe condition where damaged muscle fiber interferes with the bloodstream resulting in kidney

failure. Fortunately, this is a rare condition that can be directly linked to the consumption of caffeinated beverages.

Regulated amount of caffeine intake has several health benefits. Therefore, it is paramount that beverage lovers control the amount of caffeine that gets in their body system.

## **Tips on how to cut down on caffeine**

There are a few ways you can [cut down coffee intake](#). Some of these ways are as below.

### **1. Set a daily limit**

If you are so used to caffeinated drinks and you want to get rid of this habit, you must have a goal. Make an objective of the amount of caffeine intake you want to limit yourself from each day. If you must have it, you may decide to have it only once a day, for example, during breakfast. This will slowly become a habit since your body will be forced to adapt to the limit system.

### **2. Maintain a record on the amount of caffeine you take per day**

By keeping a record of the amount of caffeine you take in a day, you will be able to analyze how to limit yourself. A record will also help you keep track of the required caffeine intake of 400mg per day. However, you must be honest with your records and capture caffeine intake data without skipping a day.

### **3. Identify the times you must take coffee.**

You need to determine which time you need caffeine the most. Some people prefer caffeine intake when they are working, socializing or studying. Others will take caffeinated drinks at any time, whether they are working or not. If you are such a person, you need to be disciplined enough to take caffeine only when necessary. Your body will adapt to this routine with time and you will finally control your amount of caffeine intake.

### **4. Substitute caffeinated beverages with non-caffeinated drinks**

After identifying a specific time, you must take caffeine, replace the other times with non-caffeinated drinks. You may take herbal tea or sparkling water as a substitution for caffeinated beverages. These drinks are not only enjoyable but also beneficial to your body. With this substitution, you will quickly adapt to a routine of even avoiding caffeine altogether.

### **5. Make a plan on how you want to cut down caffeine.**

A good plan acts as a motivational tool. Make a plan focusing on how you intend to cut down caffeine intake. Follow the plan diligently and develop a positive routine through it. The plan will depend on how you prefer cutting down on caffeine. For example, you may decide to reduce caffeine intake slowly by day or completely do away with it. However, ensure you consider the effects of withdrawal before making a plan.

## **Final thoughts**

Caffeinated beverages remain a preference among many. However, it is essential to ensure you take the right amount of caffeine each day. Excess intake of caffeine may result in adverse health

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effects. The stimulant effect, which makes it enjoyable, may also increase blood pressure in the body. Ensure you lightly or moderately enjoy caffeinated beverages. Caffeine impacts have different effects on different people. As you focus on cutting down on caffeine, be prepared to experience some withdrawal effects.

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