



Day Two

Caffeine



1. Cardiovascular Problems

Caffeine increases heart rate, elevates blood pressure and can contribute to the development of heart disease. Drinking both decaf and regular coffee may increase cholesterol and homocysteine, the biochemical that science has linked to increased risk for heart attack. Caffeine is also linked to coronary vasospasms, which cause 20% of all fatal heart attacks that kill otherwise perfectly healthy people.

2. Stress

Caffeine stimulates the excretion of stress hormones, which can produce increased levels of anxiety, irritability, muscular tension and pain, indigestion, insomnia and decreased immunity. Increased levels of stress can keep you from making healthy responses to normal daily stress.

3. Emotional Disturbances

Anxiety and irritability are hallmark mood disturbances associated with caffeine consumption, but equally important are depression and attention disorders. Depression may occur as part of the letdown after the stimulant effects of caffeine wear off. It may also appear during the recovery period after quitting caffeine, while the brain's chemistry is readjusting. While it can increase the ability of the brain to focus, caffeine also decreases blood flow to the brain by as much as 30% and negatively affects memory and other types of mental performance.

4. Blood Sugar Swings

Diabetics and hypoglycemics should avoid caffeine. Caffeine stimulates a temporary surge in blood sugar followed by an overproduction of insulin, which causes a blood sugar crash within hours. This rollercoaster also contributes to weight gain since insulin's message to the body is to store excess sugar as fat.

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5. Gastrointestinal Problems

Many people experience a burning sensation in their stomach after drinking coffee because coffee increases the secretion of hydrochloric acid, which leads to an increased risk for ulcers. Coffee, including decaf, reduces pressure on the valve between the esophagus and the stomach so that the highly acidic contents of the stomach pass up to the esophagus, which can lead to heartburn and gastro-esophageal reflux disease.

6. Nutritional Deficiencies

Caffeine inhibits the absorption of some nutrients and causes the urinary excretion of calcium, magnesium, potassium, iron, and trace minerals.

7. Male Health Problems

Milton Krisiloff, MD, has found that in the majority of cases, men can significantly reduce their risk for urinary and prostate problems by making dietary changes, which include eliminating coffee and caffeine.

8. Female Health Problems

Fibrocystic breast disease, PMS, osteoporosis, infertility problems, miscarriage, low birth weight and menopausal problems such as hot flashes are all exacerbated by caffeine consumption. Women on birth control pills are particularly at risk since they tend to have a decreased ability to detoxify caffeine due to increased stress on the liver from these medications.

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9. Aging

Many people find that in their 40s, they can no longer tolerate the same level of caffeine consumption they could in their 20s and 30s. Production of DHEA, melatonin and other vital hormones decline with age, but caffeine speeds up that process. Caffeine dehydrates the body and contributes to aging of the skin and kidneys. It has been shown to inhibit DNA repair and slow the ability of the liver to detoxify foreign toxins.

10. Adrenal Exhaustion

Caffeine consumption leads to eventual adrenal exhaustion, which can leave you vulnerable to a variety of health disorders related to inflammation and fatigue.

Adapted from Caffeine Blues: Wake Up to the Hidden Dangers of America's #1 Drug by Stephen Cherniske.

Cleanse Your Mind



Affirmation

I am beautiful. I love myself and deserve to be treated well.

Thoughts

Make a list of 5 things that you love about yourself.

Journal



Thoughts, Feelings and Intuitions (Spiritual, Family, Inspirational)	
Gratitude	
Goals	
Fitness	
Joy	
3 signs of progress	
Something I will do better tomorrow to move me toward my goals.	