

How to Painlessly Quit Coffee

Do I really need to give up my Joe?

As with most things in the diet and health world, it depends on you, your symptoms and health goals.

I know it can be frustrating when there are many contradicting messages about coffee:

- Coffee is bad!
- No, coffee has a lot of antioxidants and is good for you!
- Coffee contributes to rapid aging!
- No, coffee has a lot of health benefits with anti-aging compounds!



The thing is, if you suffer from digestive issues, allergies, auto-immune issues, stress and/or sex hormone imbalances, it is best to remove coffee for a certain period of time while you address additional underlying causes of your symptoms. You can always go back and re-introduce coffee and see how it affects you.

Here's why:

- The study of the effects of coffee on the gastrointestinal system date back to the end of the 9th century, where it was linked to the onset of certain digestive disorders. The overwhelming research on the subject reveals two things:
 - smaller amounts of coffee are not destructive to the digestive systems of some individuals, and
 - for those that are intolerant to the effects of coffee because of their physiology (or genes), even small amounts can, over time, be harmful.
- Caffeine antagonizes the adenosine receptors which has a role in modulating inflammation. By suppressing the expression of the immune cells, it can promote systemic inflammation. This occurs even while providing a short-term energy boost.
- Caffeine ultimately robs your energy because it stimulates stress hormones and interferes with the body's natural rhythms, making you feel more exhausted over time.
- Like sugar, coffee can also rob the body of essential nutrients. These include calcium and the essential B vitamins that support our brain and detoxification health.

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If you need a cup of coffee to get going in the morning, consider rethinking your relationship to caffeine. Keep in mind that caffeine is not just in coffee. It lurks in sodas, soft drinks, tea, some herbal teas, chocolate and even some medications, like Anacin and Excedrin. Always read the labels! There's even a little caffeine in decaffeinated coffee.

I don't recommend going cold turkey when quitting coffee. It's best to taper off in small increments so as not to trigger the junkie-like withdrawal symptoms many people struggle with.

The mission is to slowly dial down the caffeine so your body can acclimate over time.

Here's a painless strategy to try when you're ready to unhook from the caffeine drip:

Day 1: Today, have your usual amount of coffee.

Day 2 – DAY 5: Blend your coffee 50/50 with decaf (preferably certified organic).

Day 6: Blend your coffee 25/75 with decaf (see note above)

Day 7: Start drinking pure decaf or switch to green tea

I hope you find this information helpful so that you can start on your path to resolving your symptoms.

Be well.



About Lisa

Lisa Jacobsen is a Functional Nutrition Practitioner and founder of Be Well for Good, LLC. Her work is inspired by her personal journey: after running a large international group within a Fortune 100 company for fifteen years and two small businesses with her husband, Lisa's career soared while her health tanked.



When she couldn't find answers through conventional medicine, she began to explore the functional nutrition approach, which dramatically changed her life. It is then that she created her signature method, the Be Well for Good Formula, which offers business owners a roadmap to identifying and overcoming the hidden stressors keeping them feeling exhausted and crappy.

Lisa holds multiple certifications in the field of Functional Nutrition, most notably from Functional Diagnostic Nutrition, the Functional Nutrition Alliance, and the Functional Medicine Coaching Academy. In 2017, she became one of the first functional nutrition coaches in the country to be Board Certified by the National Board of Medical Examiners.

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