



# *Tips to reduce caffeine intake*

01

Have breakfast before your first cup of coffee – never on an empty stomach to keep cortisol stable

02

Lengthen the timing between caffeine intake (3 hours + apart)

03

Replace 1 cup of coffee with decaf to slowly reduce intake

04

Replace 1 cup a coffee with a form of tea/chai/green tea to curve the craving

05

Having a glass of water after caffeine consumption for cortisol levels. Coffee is a diuretic – important to rehydrate for bowel motility and GI health