

Title:

Caffeine Addiction And Chronic Fatigue Recovery

Word Count:

750

Summary:

In spite of being a constituent in products commonly used for energy, caffeine over-stimulates

Those...

Keywords:

Article Body:

In spite of being a constituent in products commonly used for energy, caffeine over-stimulates

Those addicted to caffeine are on a dangerous downhill slope and need to take decisive action

Breaking habits definitely requires substantially more energy to overcome them than it does to

The general response to the thought of quitting caffeine is that it is needed for energy, however

Effective caffeine elimination should be done gradually if it is to be a smooth transition with

The most common culprits for caffeine intake are coffee, tea (excluding herbal teas), sodas, and

Contributing factors exacerbated by caffeine addiction as a compounding factor are surface breathing

Surface breathing is how most people breathe, which is too shallow, and changing breathing patterns

Hormone imbalances in the thyroid, pineal and pituitary glands can be contributing factors in

The immune system can be strengthened by the above mentioned breathing exercises to help with

While herbal extracts are a part of maintaining a healthy lifestyle within alternative medicine

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