

BYE BYE CAFFEINE



HOW I QUIT COFFEE AND DIDN'T LOSE MY
ENERGY(OR MY MIND)

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b y e b y e c a f f e i n e

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01 BYE BYE CAFFEINE

I know what you're thinking...I could never do it. I could never, ever say goodbye to my beloved coffee.

Because it's not just a drink. It is your morning refuge. Your fortification to take on the day. Your comfort and yes the fuel that gets your pistons firing every morning. (And maybe also a few other times during the day.)

I know you are thinking that because I felt the exact same way. I laughed when people told me they quit coffee, rolled my eyes when my mother (a health coach, forever giving me 'healthy tips') suggested I 'cut back'.

It was not happening. I lived for coffee, It was the only reason I got out of bed. (That and the kids of course 😊) And I needed it.

That is until I didn't.

My break up with coffee wasn't entirely my idea. At the age of 40, I was diagnosed with ADHD and chose to treat my condition with medication. After a lifetime of struggling. Not knowing why everything was so difficult for me, and feeling like an alien from another planet, I needed relief.

Whether you have ADHD, anxiety or depression. Medication is sometimes necessary. So don't let anyone make you feel bad about that. But unfortunately, that medication doesn't always mix well with coffee.

In my case, both coffee and my medication are stimulants, so when combined the side effects of my medication were intense and unpleasant.

Perhaps your reasons for wanting to cut out or reduce coffee are similar or maybe you have reasons all your own. Either way, I am going to share what I did to make the transition to no coffee (or less) not so tortuous and some ways to fill the void that no coffee has left in your heart.



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02 MY TALE OF COFFEE WOE

About a year ago, I had my blood analysed. If you ever have the opportunity to do this, I highly suggest it. It is a truly amazing experience. And surprisingly emotional. You have the opportunity to look inside your body and see all the things it has to tell you. And believe me, it has a lot to say.

The analyst was basically able to tell me all of my 'issues' without me even saying a word and also was able to share with me some things I did not know. **For a mom and woman who had spent her life largely ignoring her own needs, this was a huge wake up call.**

I was put on an elimination diet and as the name suggests, I also had to eliminate coffee. Which as I had suspected, did not go well.

my tale of coffee woe

I lasted a total of 6 days. Which I thought was quite remarkable for a die hard coffee drinker like myself. When my withdrawal symptoms got to me. I gave myself permission to start drinking it again, I downplayed the need to quit and shoved it to the back of my mind. I didn't see the point of quitting. I loved it, my body wanted it. So, I fell back into my caffeine infused lifestyle.

But there was one habit that was recommended to me during my blood analysis that I stuck with. And that was supplementing my glutathione.

If you are like I was, at this point you are saying what the heck is glutathione? Yup, I too had no clue what this powerful little molecule was, never mind that it was actually produced inside my own body.

So let's take a minute and talk about that.

03 WHAT IS GLUTATHIONE?

Glutathione is the protector and detoxifier of the cell. It's the key to the life, health, performance, protection and longevity of every human cell. Improved health, enhanced performance, quicker recovery, healthy aging, increased energy and extended life span are just a few of the benefits associated with high glutathione levels.

Your glutathione levels decrease the longer you are alive. Continuous attacks on your cells by the invasion of toxins, heavy metals, and exposure to radiation and free radicals cause damage and expedite the aging process.

Glutathione levels are also reduced by any trauma the cells encounter - such as injuries, infections or diseases. **Higher glutathione levels are associated with an extensive number of health, performance, and healthy-aging benefits.** Most major diseases are associated with oxidative stress and low glutathione levels. As a result, studies have shown that healthy people have higher levels of glutathione.

what is glutathione?

People with higher glutathione levels may experience:

- **Decreased inflammation**
- **Reduced joint discomfort**
- **Strengthened immune system**
- **Increased energy**
- **Enhanced stamina and endurance**
- **Improved exercise recovery times**
- **Greater mental clarity and focus**
- **Improved sleep**
- **Enhanced quality and length of life**

So, all of these things sounded great to me, but the two that I was most interested in were increased energy and enhanced stamina.

Even with my vigorous coffee schedule, I was still exhausted all the time. I shuddered to think what state I would be in if I cut caffeine out all together.

So even after my failed coffee elimination, I kept up with my glutathione supplementation. I completely discarded the thought of removing coffee from my life...

Until something forced my hand.

O⁴MY ADHD DIAGNOSIS

At the time of my diagnosis, I had been supplementing my glutathione for about a year. I knew it was working. I could see in the mirror that it was working. My skin was softer than it had ever been. My hair was actually shiny. (I have always had coarse, curly, frizzy hair, and shiny locks have never been a thing for me.)

My teeth were in better shape, my muscles ached less, and I indeed had more energy.

my ADHD diagnosis

But I felt that my mental state was holding me back. I had always known I was a bit different, but I assumed I was the same kind of different as everyone else. Everyone thinks they are weird and don't fit in right?

But as I aged, I became increasingly tired of not living the life that I wanted. I had hid myself away from society in an effort to shield myself, and I did so without really realizing it. I felt out of place, a round peg in a square hole, so I just opted out. And I was able to do so, because I was a stay-at-home mom.

But once the kids were both in school and I had more time on my hands I began to realize that I was not happy with the way things were.

I sought out help, and eventually was diagnosed with ADHD and social anxiety disorder.

I chose to take medication for the ADHD and I quickly found out that I could have my mental health, clarity and focus or I could have my coffee. I could not have both.

I would wake up and take my medication, then make myself a POT (not a cup, lol) of coffee. **Midway through my first cup, my heart would start to pound and I felt extremely anxious and unwell. I knew it was the coffee. And I knew it had to go.**

05 THE MOMENT OF TRUTH

The morning arrived that I had decided would be the day. I got up, took my meds and made myself a pot of decaf instead of my regular go-to blend. I was a little sad, but also feeling pretty good about myself for putting my health first. But, to be clear, I expected the worst.

But now that I look back on it, I don't really know why. It was clear that my need for coffee had become less, even before I had made the decision to stop. Many mornings, I would wake up, and actually forget to make myself coffee.

t h e m o m e n t o f t r u t h

I would go about my morning, get the kids up, make them breakfast and lunch and then realize "Hey! I haven't had my coffee yet!"

Nevertheless, I was afraid to quit. Perhaps it was more the idea of change or the emotions of letting go of such a beloved part of my life that made me nervous.

This time around, my attempt to quit coffee went much smoother than the first. I barely noticed my symptoms. For the first two days, I had a mild headache. One I was easily able to ignore and then after that - I felt fine. Absolutely fine.

Each morning, I take a swig of my glutathione supplement. And I take it again whenever I feel my energy start to wane.

My body does not miss the caffeine at all. And what's more, I feel better and have even more energy than coffee ever gave me.

I was supplementing my glutathione for about a year before I went off coffee. For some, their desire for coffee lessens within a few weeks of starting the supplementation. Some choose to keep drinking coffee with moderation. Whatever the case for you, please know that every body is different and reacts differently to different products and lifestyle changes.

For me, it took time. I had been neglecting my body for years. And you cannot undo that in a few days.

Your coffee detox may be different from mine. I cannot tell you exactly how your body will react. And I do not know your specific set of circumstances. But I do know that without glutathione, I was unable to even conceive of giving up coffee and with it, it was a breeze.

05 MY SUPPLEMENT OF CHOICE

I use a glutathione supplement called Neumi Nutriswish. I use this particular brand for 3 reasons.

01 It is affordable

There is a reason you have never heard of glutathione. Neumi is made using a revolutionary technology (a bit more on that below) that no one else has, so they are able to offer it at a reasonable price.

02 It is effective

Neumi uses a patented technology called Hydrastat Nanotechnology. The molecules in many supplements are too large to be absorbed by the cell, so they get excreted from the body without being used effectively. Nanosized ingredients are small enough to be fully absorbed into the human cell. Basically, it means they break the particle into tiny pieces, and coat them in water so your body can better absorb

03 It is fun to take

😊 Taking pills and vitamins every day is boring. And my ADHD brain is not interested. I always had such a hard time staying consistent. I NEVER forget to take my swish because it is fun to take. The Spray feels amazing on my skin and I get an immediate feeling of refreshment.

On the next page is a little more info if you're interested and a short video to explain it even better than I can.

my supplement of choice

WHAT IS BIOAVAILABILITY AND WHY IS IT IMPORTANT?

A supplement is only as good as its bioavailability, **which is its ability to be absorbed and used by the body**. Supplement bottles proudly display high quantities of a specific ingredient, but their products are delivered in a format that your body is unable to use. Pumping high quantities of an ingredient into a supplement doesn't improve its effectiveness, but changing the delivery system does.

A delivery system is the form you use to consume nutrients, like a powder, pill capsule, or in Neumi's case, a liquid. Ideally you want the delivery system to deliver ingredients to your body in a way that your body can absorb and use. Some ingredients, like glutathione, **are too fragile to be absorbed through the digestive system**, which limits the delivery systems that can be used to successfully administer them to your body.

Neumi has solved this problem, with Nanotechnology. Particles so tiny that your cell can absorb and use every bit of it.



**WATCH THIS
SHORT VIDEO**
to learn more

06 A PLAN TO ELIMINATE COFFEE

Removing caffeine immediately may not be ideal for you. As I said, I was supplementing my glutathione for almost a year before I quit, so I was doing it gradually even if I didn't realize it.

Whether you want to reduce your caffeine or quit completely, try these suggestions alongside your supplementation.

- **Keep track of your daily caffeine intake.**
 - **Increase your water consumption. Many people suffer from dehydration, and staying properly hydrated can reduce your craving for caffeine. This, in turn, makes it easier to decrease the number of caffeine drinks you have each day.**
 - **Opt for black coffee or tea without sugar or milk. If you consume energy drinks or soda, switch to plain coffee instead. This way, you separate the sugar from the caffeine and avoid consuming unnecessary empty calories.**
- **Give priority to your meals and focus on eating healthy. By nourishing your body with nutritious meals, you can reduce brain fog and minimize your reliance on caffeine to clear your mind.**
 - **Incorporate exercise into your routine, even if it's just 10 minutes a day. Exercise naturally boosts energy levels and enhances mood.**

a plan to eliminate coffee

- Pay attention to the triggers that prompt you to reach for a caffeine drink. Is it an afternoon pick-me-up, a reason to take a walk, a habitual behavior, or the need to concentrate on a challenging mental task? Identify these patterns.
- After examining your habits, what prompts you to reach for caffeine? For instance, if you experience an afternoon slump, replace a heavy lunch with a smaller meal and have a light snack later.
- Are there times during the day that non-caffeinated beverages would be just as satisfying and a good substitute?

Below you can download a caffeine tracker with all the information mentioned here so you can print it off and keep it handy.



thanks **THANK YOU**

Thanks for listening to my story.

I appreciate you making it this far and I hope I was able to help you on your journey to better health. Whatever that looks like for you.

It is never easy to make changes in our lives. So we need all the support we can get. Whether that be in the form of amazing products like Neumi or in the support we can give and receive from each other.

I would love to keep in touch and to hear how your story plays out. You can find me on social media on Facebook and Instagram. I would be thrilled to connect with you there!

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t h a n k y o u

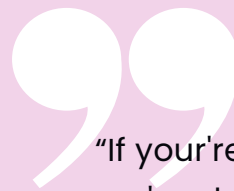
If you would like to learn more about [Neumi](#) and tap into a truly welcoming community you can check out our group [here](#). You will learn more about glutathione, the neumi product and also see some pretty incredible results.

I'd also like to extend the invitation to join us this Tuesday at 8 PM EST for our weekly **'Learn More About Neumi' Event.**

Discover what Glutathione is and why it is crucial for your health as you age. Plus you'll learn:

- The vital role glutathione plays in the human body.
- More about Hydrastat technology and why you want to know about it.
- How you can easily incorporate glutathione into your routine and see the great results that others have had.

We'd love to see you there. Simply type in [Neumi.tv](#) to your browser at that time to join us on zoom! If Tuesdays don't work for you, you can always catch our **Neu-mi, Neu-you** webinar [here](#) any time that is convenient for you. *But it is always so nice to catch up live!*



"If you're chronically run down; if you're chronically fatigued; if your body just isn't firing on all cylinders, low glutathione may be part of it, both cause and effect."

DR. DAVID KATZ

DIRECTOR OF YALE UNIVERSITY'S
PREVENTION RESEARCH CENTER

thank you

HELPFUL RESOURCES

ALL ABOUT NEUMI ZOOM CALL

Join us for our weekly call to have all your questions about Neumi answered and see some pretty crazy before and afters.

[join live](#)

t u e s d a y s @ 8 p m E S T

NEUMI, NEU-YOU WEBINAR

Our evergreen webinar is available whenever you are! Get all the info you are looking for at a time convenient to you.

[watch now](#)

NEUMI, NEU-YOU FACEBOOK GROUP

Or if you are feeling a bit more social, we'd love to have you in our group! There is tons of information about glutathione and Neumi, plus some pretty awesome peeps.

[join now](#)





09 IN CONCLUSION

I want you to know that breaking up with coffee is **not** an easy decision for anyone who has a deep connection to this beloved beverage.

I understand the reluctance and the fear of bidding farewell to something that feels like a vital part of your life.

However, sometimes circumstances beyond our control or our personal health journey requires change.

Whatever your reasons may be, whether they align with mine or are entirely unique, remember that you are not alone in this journey.

Transitioning away from coffee can be challenging, but with the right mindset **and a little help**, you can find new (and equally tasty) ways to fill the void it has left in your heart.

Embrace this opportunity for growth and self-discovery, and remember that change often opens doors to unexpected joys and experiences.