The caffeine is absorbed by our body in 45 minutes, but half of its dose remains in the body for another 5 hours after its use. Here's how to reduce side effects if you accidentally drank too much coffee.

Drink water. As soon as you notice the side effects of caffeine, drink a glass of water (230 ml). Continue to use it in small portions during the day.

Move. If you feel nervousness or anxiety, try a little walk, execute stretching or light yoga exercises. Avoid intense training.

Use breathing techniques. You can try to inhale four scores, hold your breath into four scores and exhale into four scores. Another option is to inhale four scores, hold your breath into seven counts and exhale to eight counts.

Rest. The body will help restore rest within 15-30 minutes in a quiet setting with muffled lighting. At the same time, refuse sitting with a phone or watching a TV. If you need to be distracted, try to listen to quiet music, the noise of the ocean or rain, read or write something in the diary.

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Drink mint tea, ginger tea or warm water with lemon. Peppermint tea soothes the digestive system, can affect caffeine metabolism. With a stomach disorder, ginger tea or warm water with lemon will also help due to caffeine.

Eat in a balanced. Stabilizes blood sugar and prevents the breakdown after eating caffeine snack with protein, healthy fats and fiber. You can try toasts with walnut paste, fruit yogurt or banana with almonds. Avoid sweets.

Do not drink drinks or food with caffeine. These are carbonated drinks, energy drinks, coffee, tea, espresso, chocolate, some medicines and food supplements.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.