

Lethargy, constipation and not only: this is what will happen to you in the refusal of caffeine

Most unpleasant side effects in the refusal of drinks with caffeine last only a few days. However, you will receive more white teeth, high -quality sleep and not only.

Headaches. When you stop drinking coffee, blood vessels expand, blood flow improves. This leads to a headache, since caffeine, on the contrary, narrows blood vessels.

Constipation. To solve this problem, replace caffeines with water and eat a lot of fruits, vegetables, nuts, whole granular products.

Lethargy. Caffeine is a stimulant, so in the first days of refusal of it you can experience a breakdown, drowsiness, inhibition, etc.

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Losing weight. Many popular coffee drinks have a lot of sugar and calories. Refusal of caffeine may mean refusal to excess sugar.

Relaxation. From caffeine, irritability and anxiety often occur.

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Improving sleep. Most of us drink drinks with caffeine too close to going to bed.

White teeth. According to the American dental association, coffee and carbonated drinks are one of the most harmful to the teeth. All because they can destroy enamel.

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