

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.

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