

ALCOHOL/DRUGS/CAFFEINE

DAVIDKINGSBURY.CO.UK



Alcohol/Drugs/Caffeine

Manage habits for “real” energy, “real” confidence and “real” relaxation. Optimise hydration, break habits and build change.

We know how important it is to live your life and enjoy it, but we also know how we can structure this to truly optimise it.

How we do this?

Gradually reduce

Going t-total from word go isn't always a good route. Sometimes it's not about never doing it again, but more about managing intake and optimising your lifestyle.

Create alternative habits

Having alternative habits in place to help you relax and wind down after a stressful day will help to reduce the need for alcohol etc.

Increase natural energy and focus

With the hectic lives we live and the drop in the quality and quantity of our sleep the reliance for most people on caffeine to keep them functioning. We create habits to naturally increase energy and productivity.

The systems we use

Phase out

Phasing out problem areas to improve health, performance and results.

Swap system

Using sensible swaps to make the transition to new habits easier.

Sleep & stress management tools

Using our other habits systems to provide energy and also reduce stress.

How we track this

Weekly scorecard looking at

Energy

Mood

Coffee intake

Alcoholic beverage intake



Why Reduce Caffeine?

Less stress.

Feeling stressed out? Too much caffeine won't be helping. Caffeine comes with a burst of energy, which is what most of us use it for. However, that energy also stimulates our "fight or flight" hormones. This can cause an increase in anxiety and even panic attacks.

Those who are already prone to higher levels of stress and anxiety may find that caffeine makes their symptoms worse. Additionally, higher caffeine intake has been linked to increased chances of depression in adolescents.

Better sleep

Your caffeine intake could be affecting your sleep. Studies show that daily coffee consumption can alter your sleep cycle, causing disturbed and daytime drowsiness. This will be most likely if you consume caffeine less than six hours before heading to bed.

Besides a night's rest, those who are caffeine-free may find it takes them much less time to fall asleep in the first place.

Better absorption of certain nutrients

If you're not a caffeine drinker, your body may absorb some nutrients better than those who do partake. The tannins in caffeine can possibly inhibit some of the absorption of:

calcium

iron

B vitamins

This can be especially true for those who have a very high caffeine intake, imbalanced diet, or older age. Consuming no caffeine at all can help ensure you're getting all of the nutrients possible from your diet.

4. Healthier (and whiter!) teeth

There's no fighting it: Coffee and tea can stain teeth. This is due to the high level of tannins found in these drinks, which cause buildup and discolored tooth enamel.

The acidity in caffeinated drinks like coffee and soda can also lead to enamel wear and decay.

5. Lower blood pressure

Not partaking in caffeine can be good for your blood pressure. Caffeine has been shown to raise blood pressure levels due to the stimulatory effect it has on the nervous system.

High intake of caffeine — 3 to 5 cups per day — has also been associated with increased risk of cardiovascular disease.

Better mood (eventually)

We know that caffeine (or lack of) has an effect on mood.

Caffeine can alter brain chemistry in a similar way that drugs like cocaine do, and researchers agree that caffeine does fulfill some of the criteria used to measure drug dependence.

Fewer headaches

Caffeine withdrawal is real. A common and unpleasant side effects of caffeine withdrawal is headaches.

Ever get a headache if you're late for your morning coffee? This is only one symptom of caffeine withdrawal. Others include:

brain fog

fatigue

difficulty concentrating

irritability

A 2004 study found that caffeine intake is a risk factor for getting chronic daily headaches.

Healthier digestion

Caffeine intake can aggravate our digestion. Coffee causes a laxative effect that stimulates the bowels. Consuming especially large amounts of coffee can cause diarrhea. Also caffeinated beverages may play a role in getting gastroesophageal reflux disease (GERD).

Cut the booze

Long term, the effects of heavy drinking and alcoholism have a degrading effect on the body as well as the mind. A report from the World Cancer Research Fund and the American Institute for Cancer Research shows alcoholism increases your chances of getting cancers related to the colon, liver, esophagus, mouth, and throat.

Over three percent of cancer deaths worldwide have been linked to drinking alcohol. Long-term alcohol use also contributes to heart attack, liver failure, and other liver diseases.

Mental health issues, ranging from mild depression to severe neuroses, are also tied to alcohol consumption

For men, heavy drinking can lead to:

Temporary erectile dysfunction. Researchers have found that too much alcohol affects both your brain and your penis. In one University of Washington study, sober men were able to achieve an erection more quickly than intoxicated men — and some men are unable to have an erection at all after drinking.

That's because pre-sex boozing decreases blood flow to your penis, reduces the intensity of your orgasm, and can dampen your level of excitement (in other words, even if you are able to have sex, it may not be nearly as pleasurable as it would be without the excess alcohol).

Long-term erectile dysfunction. The risk for long-term erectile dysfunction has been linked to chronic heavy use of alcohol. In fact, studies show that men who are dependent on alcohol have a 60 to 70 percent chance of suffering from sexual problems. The most common of these are erectile dysfunction, premature ejaculation, and loss of sexual desire

How to make the change.

Put it in writing. Making a list of the reasons to curtail your drinking — such as feeling healthier, sleeping better, or improving your relationships — can motivate you.

Set a drinking goal. Set a limit on how much you will drink. You should keep your drinking below the recommended guidelines: no more than one standard drink per day for women and for men ages 65 and older, and no more than two standard drinks per day



for men under 65. These limits may be too high for people who have certain medical conditions or for some older adults. Your doctor can help you determine what's right for you.

Keep a diary of your drinking. For three to four weeks, keep track of every time you have a drink. Include information about what and how much you drank as well as where you were. Compare this to your goal. If you're having trouble sticking to your goal, discuss it with your doctor or another health professional.

Don't keep alcohol in your house. Having no alcohol at home can help limit your drinking.

Drink slowly. Sip your drink. Drink soda, water, or juice after having an alcoholic beverage. Never drink on an empty stomach.

Choose alcohol-free days. Decide not to drink a day or two each week. You may want to abstain for a week or a month to see how you feel physically and emotionally without alcohol in your life. Taking a break from alcohol can be a good way to start drinking less.

Watch for peer pressure. Practice ways to say no politely. You do not have to drink just because others are, and you shouldn't feel obligated to accept every drink you're offered. Stay away from people who encourage you to drink.

Keep busy. Take a walk, play sports, go out to eat, or catch a movie. When you're at home, pick up a new hobby or revisit an old one.

Ask for support. Cutting down on your drinking may not always be easy. Let friends and family members know that you need their support.

Steer clear of people and places that make you want to drink. If you associate drinking with certain events, such as holidays or vacations, develop a plan for managing them in advance. Monitor your feelings. When you're worried, lonely, or angry, you may be tempted to reach for a drink. Try to cultivate new, healthy ways to cope with stress.

Stick with it. Most people who successfully cut down or stop drinking altogether do so only after several attempts. You'll probably have setbacks, but don't let them keep you from reaching your long-term goal. There's really no final endpoint, as the process usually requires ongoing effort.

Relax naturally.

For a lot of us use alcohol as a way to relax. Creating new ways to relax can help to break free from the habits.

The areas we focus to create this are on breathing routines, improving sleep, relaxation alternatives such as CBD, reducing screen time and "works" at times when you need to chill.

RELAX



What we track.

How we measure this

Score 1-5 each section

Weekly total = score

Energy



Mood



Coffee intake



Alcoholic beverage intake



SCORE TOTAL