

# Coffee Substitutes

Coffee is one of the most popular drinks in North America that is not a food item at all. In fact, scientific studies have indicated that coffee is an addictive drug. Caffeine affects every single organ in your body but most importantly it can cause a terrible imbalance in your hormones.

Depending on your sensitivity level and genetic predispositions, the effects can occur even with 1-2 coffees per day.

It takes about 25 to 30 hrs for caffeine to wash out of your system entirely. So even you only drink 1 cup of coffee in the morning, you will still have some caffeine in your system by night time.

## Healthier choices:

- Organic coffee is better than regular coffee. Even though it still has the caffeine, it does not have the 300+ toxins that regular coffee has.
- Swiss water decaf (look for the label) is also a healthier alternative because the caffeine has been removed through a steaming process without the use of any harmful chemicals like with regular decaf coffee.
- Green tea (with no sugar added) is even a better drink. Even though green tea still has some caffeine, it is minimal and it also offers you antioxidants making green tea a great alternative.
- Herbal teas (with no sugar added) is also a good choice. There are so many of them in the market. Look for the label that reads "Caffeine free" teas. In fact, you can count these as part of your water intake.

## Top 5 tips to increase your water intake

- Don't feel like you have to start drinking dozens of glasses of water right off the bat, ease into it!
- Start your day with 1-2 glasses of water + ½ lemon or lime juice. Not only is this a tasty refreshing drink, it will also help increase your energy, clarity of mind and it is a mild way of detoxifying every morning.
- Plan to have another 1-2 glasses mid morning (10am) and mid afternoon (4pm). Again, if you can add some lemon or lime juice to it then you will also be helping your body to alkalinize at those very important times.
- If you don't care for the taste of water alone, you can have any cold herbal tea. One of my favorite ones is Raspberry Leaf tea which helps to balance hormones. As long as you are not adding any sugar to it then you can count it as part of your water intake.
- Make water accessible! Carry a bottle of water with you at all times – plan ahead!! If you are going to be out and about all day or sitting at a desk all day, have a bottle of water with you so that way there is never an excuse not to drink some water.