

COFFEE

Disclaimer: I drink coffee! Yes, I am a naturopath and I drink coffee! I am also a relatively new mum and a business owner (2 of the key requirements for coffee consumption!) but, before I was any of these, I loved my coffee dates.

I always have a little internal giggle when doing diet reviews with patients and we get to the inevitable question of 'do you drink coffee?' followed by 'spill the beans (ha!), how many do you really have a day?'.

Because everyone gets this little guilty caught out look on their face and without giving me a direct answer they say "I know I shouldn't have it ... but..."

And my patients are all pleasantly surprised by my response. Which is, 'I don't mind if you keep drinking it, it's the dose that's the issue not the coffee!'

We then spend a few moments looking at the effects of caffeine and the appropriate quantities (everyone has different upper limit for this delicious brew and this limit changes for each person depending on their circumstances at any particular point in time).

We then set some the **3 golden rules about when NOT to consume it:**

1. Not when You're Tired

Not even the morning after a bad sleep. And definitely not after 12pm. With a half-life of 6 hours in the average person caffeine has the potential to hang around and wreak havoc for a long time

2. Not when You're Stressed

Because your stress response has already ideally given you the appropriate medicinal shot of cortisol to resolve the stress, by adding in a double shot latte, you're just going to over-rev with no additional benefit

3. Not when You're Hungry

An empty stomach fast tracks caffeine absorption, peaking in 45 minutes. It's an awful slippery slope to a big crash and further cravings!

What's that you're saying? That the top two rules are the most common situations when you might reach for it? I know!! But this brings out the very worst in coffee and the very worst in us!

Never fear, there are tools aplenty to curbe caffeine addiction, withdrawal effects and even recharge your energy levels so you can still have a cup or two a day. Horrah!