

Nutritional Protocol to Follow When Eliminating Coffee

These guidelines were prepared by W. George McAuliffe, a certified clinical nutritionist and advisor to Suppers for Sobriety. Detoxifying is a highly individual matter, sometimes requiring the assistance of a medical nutrition professional. These guidelines are general. Going cold turkey off caffeine can result in about nine days of headache, fatigue, and discomfort. Here is a gentler alternative.

Diet

- Increase the consumption of fiber-rich plant foods (fruits, vegetables, whole grains, legumes, and raw nuts and seeds).
- Increase protein intake (fish, fowl), consume protein every 3 hours during your waking day.
- Avoid the intake of caffeine, nicotine, other stimulants and alcohol
- Identify food allergies, avoid these foods.
- Increase consumption of pure water to half your weight in ounces.

Nutritional Supplements

- High potency multiple Vitamin and Mineral
- Vitamin C: 1000 to 3000 mgs 3 times daily
- Vitamin E: 200 – 400 iu daily
- EPA-DHA: 2 capsules 3 times daily
- 5 HTP: 100 – 200 mgs 3 times daily
- Folic Acid and B12: 800mcgs of each per day