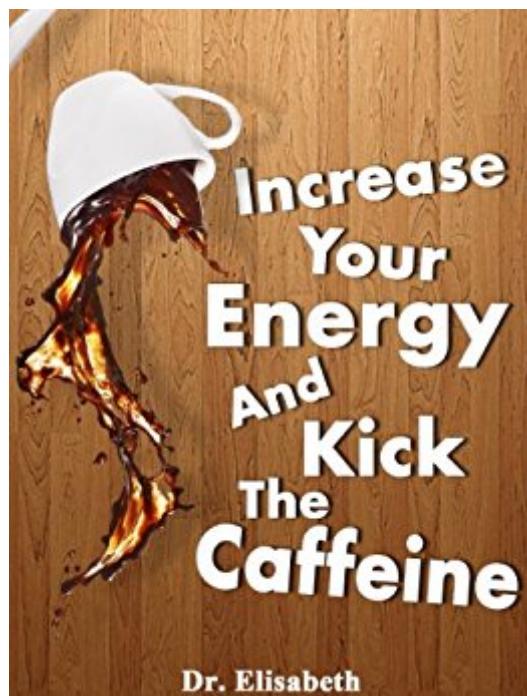


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# Increase Your Energy And Kick The Caffeine! Natural Energy Boosters



## **Synopsis**

This book will give you a variety of ways to increase energy, remove caffeine from your diet and not feel the loss. Typically, with any drug addiction, even caffeine, you feel the effects when you stop using it. Caffeine withdrawals can include headaches, dizziness, and generally feeling bad overall. However, if you substitute caffeine with the right natural ingredients, your body will recover without noticing the loss and you will get a big energy boost. This is why the information is so importantâ "you will be healthier and youâ "ll have higher energy levels without the dreaded crash afterward. After you read this, youâ "ll learn how you can enjoy greater physical health and have the energy to work through your day, your exercise routine and any other activities you want to enjoy-without caffeine or energy drinks!

## **Book Information**

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## **Customer Reviews**

Great ideas. So many things I never knew. I am defiantly going to give a few of these things a try. I work the night shift so the tricky part is getting the energy I need at the end of a shift without keeping me awake when it is time to sleep. I think the exercises will help with that.

Hats off to Dr. Elisabeth for writing this masterpiece, every bit of this book is a must read and worth every penny spent, i sincerely believe this will be the best investment you ever made in getting true and to the point information about living a caffeine free life. The tips given in the books are extremely effective in helping readers quit caffeine addiction and boosting energy using natural ways

The recently released small ebook with the long title, "Increase Your Energy and Kick the Caffeine!" and subtitled "Natural Energy Boosters," is a good read for those looking for a number of healthful ways to get a good natural energy boost. If you are wary of the undesired effects of caffeine, this short work provides caffeine alternatives with loads of ways for you to increase energy in a variety of desirable ways. Quick and handy, it will be especially useful to those in its audience in the corporate world who cannot simply relax and take a rest when they get tired. Compelled to find good energy boosters to increase energy levels and maximize their productivity, this book will be their little friend.

I am in the health care field and a major complaint with many of my patients is that they are lacking in energy. Most are addicted to increasing amounts of caffeine, found in coffee, chocolate, energy drinks that are loaded with caffeine, etc. Basically stimulants. I am often looking for any information that will help them to curb or eliminate this vicious cycle and addiction. This book is a breath of fresh air. Energy boosters from all natural sources. I would recommend this book to all of my patients! Thanks, Deborah

It's hard to kick the habit of instant gratification for every ailment from aches and pains to lack of energy. Increase Your Energy and Kick the Caffeine provides natural alternatives to transition from the addiction of caffeine, whether you rely on GMO corn syrup energy drinks or excessive coffee intake. The book gives a variety of different approaches to create new habits for boosting energy for long lasting energy opposed to the energy spike/crash cycle. Since everyone's bodies are different, each individual responds differently to different approaches. Some need environmental or physical changes while others need necessary supplements or dietary refinements. All changes in habit require work and dedication, but our health is worth it and usually the work isn't difficult. It just requires us to make subtle shifts in how we go about our day and this book gives simple ways of making the transition.

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