



YOUR LIFE, YOUR  
**WELLNESS**



**August**

**2023  
INSIDE**

*Caffeine  
Addiction*

*A different kind  
of drugging*

*Media and  
Children*

*Get Your Sleep!*



## **Addicted to Caffeine? Time to Change!**

As an ingredient in products commonly used for energy, caffeine over-stimulates the adrenal glands, which only causes the illusion of an increase in energy due to increasing the hormone adrenaline. Over time, excessive use of caffeinated substances will cause an adrenal addiction and the glands will produce less adrenaline naturally until they no longer produce at all, which will lead to permanent fatigue since the adrenals are not known to regenerate.

Those addicted to caffeine are on a dangerous downhill slope and need to take decisive action because it will only get harder to recover later. Naturally with everyone having to run around as a ‘human doing’ rather than as a ‘human being’ just to make ends meet in society today, the last thing most people have the energy for is to break a habit.

Breaking habits definitely requires substantially more energy to overcome them than it does to maintain the habit, but a majority of this is mentality—a purely mental battle where one generally surrenders to routines rather than muster the strength or courage to break through to a new level. Even thoughts about change will require more energy and this can be tiresome for an individual with chronic fatigue syndrome.



The general response to the thought of quitting caffeine is that it is needed for energy, and it would be too difficult to survive the day without it. So, it is actually the crystallized fear of fatigue that encodes the belief that one cannot overcome it or do without it. However, there is a way to overcome fatigue, particularly chronic fatigue while recovering from long-term caffeine addiction.

Effective caffeine elimination should be done gradually if it is to be a smooth transition without putting the body into shock. A common side effect of strict elimination after extended periods of use is headaches from caffeine withdrawal, which is also a clear sign of the addiction in the body. Generally, a gradual period over a month or two is a reasonable goal to set for complete transition away from caffeinated substances.

The most common culprits for caffeine intake are coffee, tea, sodas, energy drinks, and chocolate, which are not usually issues if enjoyed sparingly in small amounts. However, when significant amounts are consumed daily, the body is thrown from its natural state of balance within the physiology of its physical and energetic systems. Contributing factors worsened by caffeine addiction are surface breathing, hormone imbalances, and a lowered immune system. Concentration on these three main areas while weaning off of caffeine can make the transition much smoother for most people.

When the immune system has been suppressed for long periods of time, it is necessary to take purifying and immune-enhancing measures to bring the body back into harmonious balance. Getting proper rest, sufficient amounts of essential organic vitamins, probiotics, and fish oil, and drinking enough water are the cornerstones of restoring the body to health, in addition to making sure your nervous system is functioning properly so the body can reap the benefits of keeping in the good.

## **A different kind of drugging**

With all the drug talk in the news and our society getting sicker and continuing to give medicine to children: here's a story of "The way it used to be!"

"The other day, someone at a store in our town read that a methamphetamine lab had been found in an old farmhouse in the adjoining county and he asked me a rhetorical question: "why didn't we have a drug problem when you and I were growing up?"

I replied that I had a drug problem when I was young: I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions and community socials no matter the weather.

I was drug by my ears when I was disrespectful to adults. I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn't put forth my best effort in everything that was asked of me.

I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profanity. I was drug out to pull weeds in Mom's Garden and flower beds, and cockleburs out of dad's fields. I was drug to the homes of family, friends, and neighbors to help out some poor soul who had to mow the yard, repair the clothesline or chop some firewood, and if my mother had ever known that I took a single dime as a tip for this kindness, she would have drug me back to the woodshed.

Those drugs are still in my veins, and they affect my behavior in everything I do, say or think. They are stronger than cocaine, crack or heroin, and if today's children had this kind of drug problem...

"God bless the parents who drugged us."

# Influence of Commercials

Do commercials actually influence children? ABSOLUTELY! Children remember and recite fairly complicated slogans, jingles and songs from advertising, and are also very aware of brand names and attempt to influence their parents to purchase those advertised goods.

Unfortunately, children may learn misleading information about nutrition from commercials. Cream-filled snacks are *'vitamin-enriched.'* Chocolate and caramel candy cars are *'packed with the protein power of peanuts.'* Sugar-coated, hard to digest cereals are *'a part of this complete breakfast.'* More than half of the food ads during children's shows are for these heavily sugared, unhealthy foods. **Less than 4% of commercials directed for children are for meat, bread, fruits, and vegetables-** the things that kids should be learning are part of a nutritious diet!

Before you think, *'Oh my child doesn't watch that much television or is really THAT influenced by commercials,'* check out these statistics and think again:

- 20,000- Number of 30-second commercials seen in a year by an average child
- 28 hours per week is how much the average child watches TV
- 70% of daycare centers use TV during a typical day
- 66% of Americans that regularly watch television while eating dinner
- The average TV set is in operation more than 7 hours per day.
- By the time of high school graduation, children will have spent more time watching television than on any other activity except sleeping.



So what can we do to fix this media-fest?! Try these fun ideas to stimulate your child's mind instead of letting it be a bystander/ absorber/ what's the word I'm looking for?!

- Make any TV time family time. Make sure all programs can be watched by the entire family. During commercials, discuss why these commercials may be misleading and challenge your children to think of better alternatives to the advertised ones.
- Plan alternative activities to watching TV:
  - o Go for neighborhood walks, hikes, or plan trips to the park , zoo, or museum.
  - o Crafts and hobbies including painting, gardening, puzzles, cooking, etc.
  - o Read books or magazines, listen to music, or write letters to friends and family.
  - o Go through closets and belongings and donate items to a local charity.

# Get Your Sleep!

Many people do not realize just how important proper sleep is for their health. With today's hectic lifestyle our society is sleeping less in order to work more. Research studies show that depriving the sleep your body needs decreases the quality of your life and decreases your longevity.



Inadequate sleep disrupts health in many ways such as hormonal and metabolism imbalances, accelerated aging, increased onset and severity of type-2 diabetes, high blood pressure, obesity, memory loss, and more. Insomnia is an epidemic 25% of Americans have occasional insomnia and 10% have chronic insomnia.

Here are some helpful guidelines to improve the quality of your sleep, and therefore your health:

1. Go to bed and wake at the same times every day, even on weekends. It keeps your body in rhythm and makes it easier to fall asleep at night and wake in the morning.
2. Sleep in complete darkness or as close to that as possible. Light disrupts the circadian rhythm of the pineal gland and production of melatonin and serotonin, disrupting quality of sleep.
3. Avoid eating right before bedtime (especially grains and sugars) as digestive process can impair sleep.
4. Wear socks to bed. Having the poorest circulation, feet tend to feel cold before the rest of your body and can impact your sleep.
5. If you lie in bed with your mind racing, it might be helpful to keep a journal next to your bed and write down your thoughts, unloading them to paper to help clear your mind.
6. Eat a high-protein snack several hours before bed. This can provide L-tryophan needed to produce melatonin and serotonin.
7. Consider that both prescription and over-the-counter drugs can have a negative effect on sleep.
8. Avoid caffeine and other stimulants all day long as they can have long lasting stimulatory effects on the nervous system
9. Avoid alcohol. The drowsiness is short-lived and alcohol keeps you from falling into a deep sleep, where the body does most of its healing.
10. Take a warm bath, shower or sauna about 30 to 60 minutes before bed to help your body relax.

**With back to school, everyone is feeling the pressure to get more done, and sleep is usually the one who takes the cut in time. Make sure you and your family are getting the proper amount of sleep EVERY night, and not trying to make up the time on weekends.**