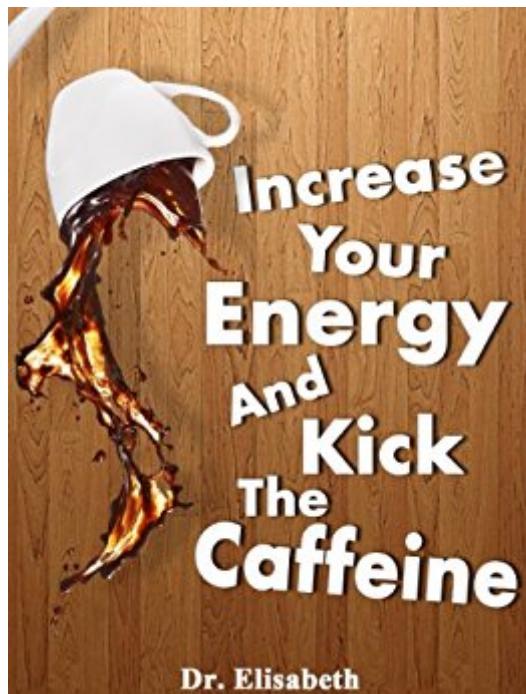


The book was found

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

File Size: 1127 KB

Print Length: 24 pages

Simultaneous Device Usage: Unlimited

Publication Date: November 12, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00EAGMS2S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,185,878 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43 inÂ Books > Health, Fitness & Dieting > Nutrition > Caffeine #481 inÂ Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Naturopathy #487 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

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.

[Download to continue reading...](#)

Increase Your Energy and Kick the Caffeine! Natural Energy Boosters Caffeine Addiction Gone - A Beginners Guide to Overcoming Caffeine Addiction (Caffeine Addiction Guide, Caffeine Addiction,

Overcoming Caffeine Addiction) The Caffeine Guide for Better Health: The Benefits of Caffeine to Lose Weight, Get Cut, and Maintain Muscle Mass (caffeine pills, caffeine addiction) Energy Supplements: Beyond Caffeine And Stimulants. Create Natural Energy on Demand. The Caffeine Cure: A Definitive Guide to Finally Overcoming Your Caffeine Addiction (Addictions, Addiction Recovery, Overcoming Addictions Book 1) Caffeine Addiction: The Cure To Overcoming Addiction To Caffeine And Understanding It's Affect On The Body Caffeine Addiction Cure: Overcoming the Caffeine Blues Permanently for a Happy, Healthy Life Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) 30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, and More! Natural Male Grooming Recipes: (Chemical-Free, Non-Toxic, Mens Health, Home Remedies, Green Clean, DIY Household Hacks) (Kick Chemicals to the Curb Book 3) Professional Soccer Passing Patterns: Passing Patterns That Develop Technical Ability, Increase Coordination of Player Movements, Establish Timing & Rhythm, Increase Passing Accuracy and Player Focus Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Reiki: The Ultimate Guide: The Definitive Guide: Improve Health, Increase Energy and Feel Amazing with Reiki Healing (reiki, reiki healing, chakras, energy ... techniques, aura, reiki for beginners) Increase Libido at Any Age Naturally: The Ultimate Guide to An Increased Sex Drive & Improved Sex Life for Men & Women (Increase Sex Drive, Improve Sex Life) Alkaline Cookbook: Alkaline Satisfaction!: 50+ Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) 33 Prostate Cancer Meal Recipes That Will Help You Fight Cancer, Increase Your Energy, and Feel Better: The Simple Solution to Your Cancer Problems Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chi (Tai Chi - Tai ... How to Fight - Martial Arts for Beginners) The Caffeine Advantage: How to Sharpen Your Mind, Improve Your Physical Performance, and Achieve Your Goals--the Healthy Way The Caffeine Advantage: How to Sharpen Your Mind, Improve Your Physical Performance and SChieve Your Goals

[Dmca](#)