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If you abruptly cut out caffeine after drinking just 100 milligrams a day (equal to five to eight ounces of coffee, two cans of Diet Coke or two or three cups of tea) you may experience withdrawal

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symptoms, including headache, fatigue, irritability, depressed mood, nausea and muscle pain.

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1. No Caffeine After
2PM. Caffeine is a
central nervous system
stimulant that
promotes alertness and
reduces drowsiness. As
a critical component in

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coffee and energy drinks, it's no wonder that we are not ourselves until we have our morning brew. The trade-off to caffeine is that too much, too late in the day will affect our ability to fall asleep.

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His name is Murray Carpenter and he's the author of Caffeinated:

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I could tell a story of
my life, back to
childhood, through
coffee. At five, drinking
the lukewarm dregs of
milked-and-sugared
coffee from my father's

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cup after he left for
work.

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The author also encouraged his listeners to try to kick their caffeine habit, if only temporarily, by tapering down slowly to avoid withdrawal symptoms. "The first cup after you've been off is the best way to

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reacquaint yourself
with what a powerful
drug it is," said Pollan,
who plans to include
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this addictive, largely
unregulated drug
found in coffee, energy
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