

CAFFEINE ADDICTION CONDITION PROTOCOL

Supplementation Regimen:

- Tru-Energy Pak, 1 packet morning and mid-afternoon
- Optimal B Awake: 2 capsules anytime you would normally consume caffeine (continue to increase dosage until you feel a slight flush including red, hot, tingly skin)



Nutrition Regimen:

- Eat more raw foods as processed foods cause stress to the body and exacerbate anxiety
- Cut out processed foods
- Consume more mushrooms and high-nitrate foods such as beets and arugula

Exercise Regimen:

- Aerobic High Intensity Interval Training (HIIT): 20-30 Rounds - 20 seconds full out, 40 seconds off, 3 times per week
- Full Body Strength Training: 30 minutes, 3 times per week