

Try this experiment: cut out your caffeine

If you're a regular coffee or tea drinker, but don't consider yourself addicted, why not try this experiment? For just one day, cut out everything that contains caffeine. That means you will have to avoid regular tea and coffee, cola drinks, cocoa, and chocolate bars. And remember, the day starts as soon as you wake up, not after that first cup of coffee!

Chances are, you will feel some withdrawal symptoms. These can range from a mild feeling of lethargy to a throbbing, persistent headache, depending on the amount of caffeine you usually consume and your body's sensitivity to its effects.



Caffeine Freedom

One cup of regular coffee contains about 100 mg of caffeine. (This compares to an average 40 mg in a cup of tea or cola, and 25 mg in a small chocolate bar.)

Pure caffeine is a white, powdery substance. In chemical structure it closely resembles adenosine, a natural inhibitor of nerve signals. Because of their chemical similarity, caffeine can take adenosine's place on nerve cell surfaces. With the regulating effect of adenosine blocked, nerve cells fire more rapidly, producing that jangly, restless

feeling so familiar to coffee drinkers.

Long term use of caffeine has been related to problems with blood pressure, heart rhythm, and digestion. And some studies have linked birth abnormalities with excessive caffeine intake.

While a switch to decaffeinated coffee may help you avoid some of

these problems, other harmful effects have been attributed to the chemicals used to extract the caffeine from coffee beans. Health food stores carry a wide selection of naturally caffeine-free herbal teas and coffee alternatives.

- Courtesy Canadian Health Food Association

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Tasty Recipes

SUPERB EGG BENEDICT
 HOLLANDAISE EGG SAUCE

- 1/2 cup butter
- 3 eggs
- 1/4 cup water.
- 1 tsp. lemon juice
- Generous pinch of salt

Prepare sauce by melting butter in a small saucepan. Beat remaining sauce ingredients together. Slowly beat into hot butter. Cook over medium heat, whisking frequently, until slightly thickened, about 3 minutes. Cover and remove from heat.

Meanwhile, poach 4 eggs. Place a slice of toast or English muffin (toasted) on each plate; cover with a thin slice of ham or smoked salmon, and top with a poached egg. Generously spoon warm sauce over top and serve immediately. Serves 4.

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