

Published based on [5 Good Clues In Quitting Coffee](#)

5 Good Clues In Quitting Coffee

A cup of coffee is ever a piece of heaven for those who are madly and deeply in love with this caffeine-laden drink. However, there are numerous studies shown that caffeine has bad effects on our body particularly if taken in excess. This is one of the foundations why there is such thing as National Caffeine Awareness Month which is held during the month of March. This month long occasion is sponsored by the Caffeine Awareness Organization and has truly devised great impact among people who are very much in love with coffee and other caffeine-filled drinks. Unquestionably, this issue of whether caffeine is bad or not is more than just a promotional cup of Starbucks coffee.

This holiday has caused stir among the caffeine lovers' minds. Unquestionably it has garnered separate responses from several people. Some are thoroughly convinced that the aim of this holiday is not real while others are willing to take 180 degrees turn away from coffee. For the benefit of those people who would like to turn away from their custom printed cups of coffee here are some clues that you may reflect on in quitting your favorite drink.

Tip #1

Veer away from coffee shops. Never ever pass by a coffee shop if you can't resist the smell of freshly brewed coffee. You can take other ways than your usual routes to be able to stay away the pleasing aroma of caffeine in custom cup. One effective approach to set your mind over matter is you can save merely four buck a day without a cup of coffee in hand.

Tip #2

Keep in mind the health risk. Unquestionably, being a coffee addict may have health risk. Additionally, an excessive intake of coffee like heart palpitations, anxiety, stress, acid indigestion, stained teeth, coffee breath and so on.

Tip #3

Get support and advice from experts online. Participate in forums and obtain evidence based information regarding the health risk of caffeine and how to quit coffee forever. There are numerous websites and online forum where you can share and elicit information about this certainly relevant matter.

Tip #4

Think of other healthy alternatives that are absolutely caffeine free. You can try other drinks from fresh fruit juices, milk and soy-based drinks. Instead of filling your customized cup with coffee, you can just fill it up with either on of the mentioned beverages and adore guilt-free drinking pleasure.

Tip #5

Make money your motivation. Just think of how much money you will save if you don't acquire a customized cup of coffee a day. You'll be surprised how much money you are spending each day just to get yourself addicted to caffeine.

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