

Is too much CAFFEINE making you TIRED???

It seems like it couldn't be so, but recent studies have shown, that while caffeine can give you a boost, if taken in high quantities, it can actually make your feelings of fatigue worse!

WebMD reports:

In an article published in the journal *US Pharmacist*, author W. Stephen Pray, PhD, RPh, reports that caffeine is a stimulant, but if you take too much, the tables can turn. "In some patients, continued abuse results in fatigue," according to Pray. And if you think this means you simply require more caffeine to get the kick, this isn't the case. "Any attempts to solve the problem by increasing caffeine intake causes the fatigue to worsen," he says.

The solution: Eliminate as much caffeine from your diet as possible...But do it GRADUALLY!! This means not only cutting out coffee. Chocolate, tea, soda and even some medications also contain caffeine and could be causing unexplained fatigue.