



With Pride

Inclusive Integrated Healthcare
In clinic & online services

ALTERNATIVES TO CAFFEINE FOR AN ENERGY BOOST

HOW DOES CAFFEINE GIVE US MORE ENERGY, OR DOES IT?

Adenosine receptors

In the forebrain, adenosine receptors are responsible for the feeling we get when we are tired, it basically causes us to become drowsy and tells us it is time to sleep and to build our energy reserves back up. Caffeine is known to block these receptors and therefore reduces the feeling of drowsiness.

Adrenaline

Caffeine is known for its ability to increase the amount and release of adrenaline, this giving that feeling of higher energy such as a faster heart rate, overall reduction in muscle lethargy.

Neurotransmitters

Consuming caffeine also increases the effects of our 'feel good' neurotransmitters such as serotonin and dopamine, this improving our perception of concentration levels, focus and energy.

The problem is that this feeling doesn't last long and it could be seen from the above that this is perceived energy rather than energy at a cellular level.

WHAT IS ADENOSINE TRIPHOSPHATE (ATP)

ATP is a molecule found at a cellular level within all living things, it is our energy powerhouse that takes chemical energy from broken down molecules of food, processes it and releases it as fuel to other cells throughout the body (eg muscles).

This is our natural, sustained form of energy that can keep us going throughout the day without reaching for caffeine every few hours.

Whilst of high importance are our macro nutrients such as fats, carbohydrates and proteins there are significant micronutrients needed to ensure that this ATP process is working effectively, resulting in better energy levels.

We provide you below with a list of these nutrients needed for ATP, and what foods you can get these from to add into your daily food routines to improve sustained energy, this by ensuring that your cells have all they need to produce energy throughout your busy day.

NUTRIENT	FOODS
Vitamin B1 – Thiamin	Black beans, tomatoes, corn flour, pork, adzuki beans, hazelnuts, oat flour, kidney beans & soy milk.
Vitamin B2 – Riboflavin	Beans, currants, sprouts, whole grains, yeast, broccoli, avocado, egg
Vitamin B3 – Niacin	Peanuts, tuna, pork, turkey, barley flour, lam & portabello mushrooms
Coenzyme Q10	Beef, Herring, Soybean Oil, Rainbow Trout, Peanuts, Sesame seeds, Pistachios, Broccoli, Orange, strawberries, egg
Carnitine	Beef, Pork, milk, cod, avocado, asparagus
Iron	Canned clams, parsley, pinto beans, fish, chicken, eggs, red meats, pork, wholegrains, dark green leafy vegetables. Spinach must be heating for the iron to be bioavailable for absorption.
Manganese	Mussels, Hazelnuts, pecans, brown rice, chickpeas, oysters, clams, pineapple, lentils, blueberries
Magnesium	Cashews, artichokes, pinto beans, halibut (fish), banana

HOT TIP

Stress utilises a lot of energy, so instead of depleting your stores by letting your stress levels get too high, why not try some of our recommended herbs in a tea to keep your cool and stop yourself from needing to reach out for the caffeine?!

Siberian Ginseng (*Eleutherococcus senticosus*)

Ginseng has been found, through clinical research to not only reduce the stress response but to improve energy during times of fatigue.

Recommended herbal teas for reducing your stress response:

Chamomile, Lemon-balm, Passionflower, Lavender, Peppermint

Herbal Tea instructions:

Purchase loose leaf tea and make your mix to have two tablespoons of tea per 200-250ml cup. Leave to soak for approximately 10 minutes to ensure all medicinal properties have been released, then consume once the right temperature for you. You can have this tea up to 3-4 times daily.

These herbs and nutrients are also available as supplements if you prefer. Book your initial consultation with us for a thorough prescription in relation to supplements to ensure a targeted approach for your individual needs.

Always consult with a Healthcare Professional before taking any nutritional or herbal supplements including herbal teas!