

WELLNESS WEDNESDAYS

caffeine | HPA axis | stress

effects of the HPA axis

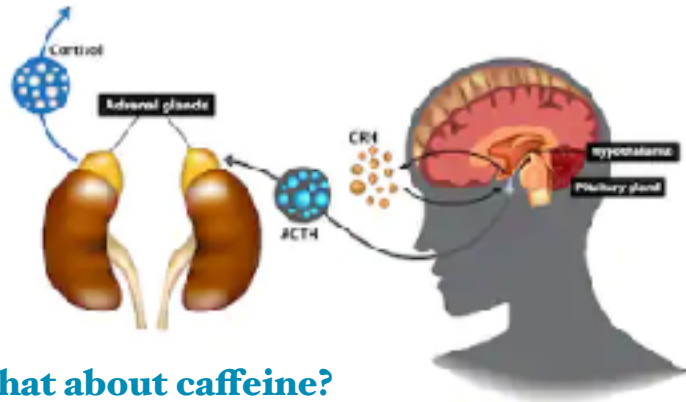
When the hypothalamus and pituitary gland are stimulated a signal is sent to the adrenal glands which releases cortisol to regulate the body. If the body is constantly under stress then it can lead to burn out because HPA axis never has a chance to rest. Along with adrenal fatigue this may be the cause of many other health problems.

benefits of green tea

The stimulant effect of green tea is more gentle than other forms of caffeine. It also calms the mind and relaxes the body while enhancing mood, aiding in concentration, and boosting metabolism to burn calories. Powerful vitamins, minerals, and antioxidants detoxify helping to lower cholesterol, blood sugar, and other forms of inflammation.

drawbacks of coffee

Coffee does provide antioxidants but it is acidic and often full of dangerous chemicals. It can cause a fast jolt that spikes our senses. This surge often comes with a huge crash cause a cycle of over use and dependency to get through the day. Limiting to one cup of an organic brand in the morning can reduce negative effects associated to coffee.



What about caffeine?

With 90% of people in the United States consuming caffeine it is one of the most widely accepted and used addictive substances. Many experts say consumption in moderation is fine for healthy adults. Researchers concluded that a healthy adult can safely consume up to 400 mg of caffeine every day, which is equivalent to about 4 8-ounce cups of brewed coffee. Although it may work as a short-term fix, other times it can actually do even more harm. Numerous studies suggest that high doses of caffeine increases blood pressure and heart rate, while increasing feelings of anxiety and stress. Healthy diet, good sleep, and balanced exercise are going to be the best solutions for sustained energy.



Frappamatcha Recipe

Ingredients:

1 can coconut milk
1 tbs matcha powder
1 cup cold green tea
1 tsp maple syrup or honey
1/4 cup of ice

Directions:

Put ice in blender and crush. Add coconut milk, matcha powder, green tea, and sweetener. Blend till thick and fully incorporated.

