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Thread: [Cutting down on coffee](#)

Beherit - December 19, 2024, 8:32 pm

The plan is to cut down on coffee. I say coffee and not caffeine because I drink little to no soda - unless I'm at a restaurant chowing down on a huge Red Robin burger, maybe I'll order a Coke or Sprite. I've been consuming 3 spoonful heaps (3 cups) of coffee a day. THIS MUST STOP! Rather keep my morning coffee with my scoop of creatine and just chill out throughout the day. I can't cut it out completely, but I know there are a lot of people who have.

Slowly but surely, it will go from 3 to 2 cups, then down to 1 cup as to avoid withdrawal symptoms like those headaches. I remember going cold turkey a few times and even with my good diet of no sugar, no snacks, and unhealthy fried foods and supplements, those withdrawal symptoms are still dreadful.

What's your situation with coffee like?

Deany - December 20, 2024, 12:16 am

Just do adderal like Paul Denino

Beherit - December 20, 2024, 12:27 am

(Dec 20, 2024 01:16 AM)Deany Wrote: [\[CITE\]](#) Just do adderal like Paul Denino

Paul is definitely on addy. I don't think I can start that. Once I get super productive on it, I'll want to stream 24/7 fr.