

This document is provided by PanicAttackRecovery.com. Please sign up for our free newsletter by simply visiting [www.PanicAttackRecovery.com](http://www.PanicAttackRecovery.com) and providing your email address in the sign-up box. Subscribers can opt out of our newsletter at any time. This article can be placed on another website provided the layout of the content is not altered and all links are left intact.

## **Caffeine Panic Attack: Yes there is such as thing - but there's more to this...read on.**

If you consume caffeine then as a sufferer of anxiety and panic attacks you should quit or considerably reduce your intake levels.

What Caffeine Does:

Caffeine does three things that are of concern: it 1. alters the brain's natural state by closing blood vessels in the brain, 2. causes the release of adrenaline in the body, and 3. manipulates dopamine in the brain – the neurotransmitter which stimulates the “pleasure centers”.

Caffeine's effects on the brain are similar in many ways to the effects of amphetamines cocaine and heroin, although obviously not as severe.

Particularly concerning for sufferers of panic attacks and anxiety is that caffeine stimulates the release of adrenaline in the body, which is the same thing that happens during the “fight or flight response”. You likely recall from previous installments that the “fight or flight response” is the underlying physiology process of a panic attack. Obviously this is the last thing that a panic attack sufferers want to stimulate.

I certainly don't recommend that you quit caffeine “cold turkey” but rather gradually reduce your caffeine intake levels.

Remember caffeine is a drug so you will likely go through some withdrawal symptoms when levels are reduced or cut out. But I'm sure that your motivation to end recover from panic attacks is stronger and you can clearly see the benefits to cutting out or reducing caffeine intake.

How do you kick the habit?

Page 1 of 2

The material and or suggestions in this publication are provided by [www.PanicAttackRecovery.com](http://www.PanicAttackRecovery.com) for educational and informational purposes only, and are not intended to be a substitute for a health care provider's consultation. Please consult an appropriate health care provider about the applicability of any opinions or recommendations with respect to your own panic attacks, anxiety or agoraphobia, or any other symptom or condition. This material may not be reproduced for commercial purposes without written permission

By these two things: 1. becoming aware of all your sources of caffeine and 2. having an alternative activity you can take up. On this second point, for example, you can drink green tea or a natural green drink or even make your own.

You'll recall from a previous publications that I discussed the fact that green tea contains many things that are good for you but of considerable importance is a substance called L-Theanine. L-Theanine can improve cognitive skills and help with relaxation and reduce stress, both mental and physical.

You would, however, probably have to drink at least 5 cups of green tea to get the minimum dosage to feel the effects of L-Theanine but what you could consider doing, if you'd like to give this a try, is to drink green tea and supplement it with a supplement containing green tea extract.

Ultimately you will have to see what your tolerance levels to caffeine are. You might be able to consume caffeine in moderation – like 1 cup a day – but, as mentioned, you'd have to become aware of all of the things that contain caffeine, such as the many different soda pops, chocolate bars and treats and energy drinks such as Red Bull Etc. (which have extremely high amounts).

Green tea has caffeine too but not nearly as much as coffee and you can purchase decaffeinated green tea or do what I like: decaffeinate your own.

Decaffeinating your own green tea is very easy to do. All you need to do is simply add a little water to a cup and immerse the tea bag for a few seconds and then dump the water out. Then just use the tea bag as you normally would to make tea.

I hope you've enjoyed this document.

For more tips on recovery from panic attacks, agoraphobia, and anxiety, please sign up for our free newsletter by simply visiting [www.PanicAttackRecovery.com](http://www.PanicAttackRecovery.com) and providing your email address in the sign-up box. Subscribers can opt out of our newsletter at any time.

This document is provided by PanicAttackRecovery.com. You may be share this document with anyone you feel may benefit from it. We only ask that you encourage him/her to visit our website and sign up for our free newsletter. This article can be placed on another website provided the layout of the content is not altered and all links are left intact.