



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (7) Holistic Healthcare

Susan L. Levy, D.C., DABCO, NCCA

*Author of **Your Body Can Talk** & **Your AGING Body Can Talk***

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk) · YourBodyCanTalk2@Gmail.com · www.YourBodyCanTalk.com

How to Tell if You Have Had Too Much Coffee

1. You have to concentrate to blink.
2. You are consistently looking for an earthquake.
3. You look forward to work.
4. You stand in front of the microwave yelling “hurry up!” (I hope you don’t have a microwave)
5. Your drive half-way to work before you realize you forgot the car.



How to Tell if You Have Not Had Enough Coffee

1. People drive too slowly in front of you and you don’t care.
2. Your coffee pot can be cleaned with mere soap and water.
3. Your coffee cup still has enamel.
4. You can taste food.
5. Your phone rings and you try to find the snooze button.
6. You have no back pains or hemorrhoids.



Source Unknown

Nine Conditions Worsened by Caffeine

1. PMS
2. Fibrocystic breast disease
3. Hypoglycemia
4. Insomnia
5. Heart arrhythmia and other heart disorders
6. High blood pressure
7. Gallstones
8. Fatigue (rebound effect)
9. Kidney problems of all types

