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life and how ...

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Quitting caffeine changed my life, my running life in particular | Quitting Caffeine Benefits Quitting **caffeine** gave me what was probably one of the hardest weeks of my life. A week of headaches, brain fog and severe ...

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Some articles I've written on

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Happened to My Body You will be surprised at the changes that might happen to your body if you refuse to consume coffee for 30 days. To prove this ...

Caffeine Withdrawal Timeline // How to Quit Caffeine Hi guys! I guess this video is more of my journey while **quitting caffeine**. Let me tell you -- it's not easy. The headache hurts really ...

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