



SALT Most of us get over 10 g a day when the daily requirement is only 1g. Over half of the salt we eat is through salt added by food manufacturers during processing.

Negative consequences: High blood pressure, which in turn is linked to strokes and heart disease.



SUGAR A high intake of sugar gives you a short -term surge of energy i.e. energy drinks or added to coffee.

Negative consequences: As well as being fattening, too much sugar over an extended period can overwork the adrenal glands, depleting the body of strength, causing irritability, lack of concentration and mood swings.



CAFFEINE Coffee, colas and tea contain caffeine, which is a stimulant that can activate your adrenal glands, increase blood pressure, stimulate the heart and mimic the bodies natural stress response.

Negative consequences: If you drink too much caffeine your body becomes agitated, side effects may be panic attacks, poor mental control, heart palpitations, headaches and migraines.

Try cutting back today...I know you've got the will power!

