



Conquering Caffeine Dependence (Woodland Health)

Mike Fillon

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Author Mike Fillon provides a concise overview of caffeine, its adverse effects, and how to overcome caffeine dependence using natural methods. He also offers crucial information on how to have a healthy lifestyle free from caffeine addiction, but helps explain the caffeine content of many everyday foods and beverages. A must-read for anyone concerned with the detrimental effects of caffeine on their health.

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