



## **Buzz on Beverages**

### **Session Guide and Review Notes**

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**5 min Welcome and Introduction**

**PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version**

#### **Summary: The Buzz on Beverages**

- Caffeine has been called the “bad habit glue” because it can make other drugs like nicotine and alcohol more addictive.
- Caffeine uses “chemical trickery” to induce a perceived state of alertness and wakefulness that results in fatigue, depression, and cravings.
- It manipulates dopamine for a quick lift, but the result is often mental fog and depressed mood—even flu-like symptoms as the drug wears off.
- Caffeine stimulates a flood of stress hormones that create stimulation but actually rob you of real strength. It can hinder deep sleep needed to rejuvenate cells, memory, and immune health even 12 hours after ingestion.
- “The number one source of added sugar in the United States population is soda pop.” EFNEP, 2005
- This average lifetime amount of 3,550 lbs. of sugar amounts to an industrial dumpster! The recommendation is 25-35 grams per day (6-8 tsp). Less is better.
- “Eating a high-fructose [added sugar] diet over the long term alters your brain’s ability to learn and remember information...A high-fructose diet harms the brain as well as the body.” Fernando Gomez-Panilla UCLA Dept. of Neurosurgery
- **Yes you can!**
  - Stay hydrated. Drink water between meals.
  - High powered nutritious meals.
  - Daily exercise.

#### **10 min Discussion Time 1: What are your thoughts?**

- ✓ What are typical sources of sugar and caffeine to watch for?
- ✓ Discuss ways to replace sugar and caffeine that create strength.

#### **5 min Discussion Time 2: What is your story?**

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

**5 min Freedom Journey:** Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Exercise increases the energy and stamina and can be very beneficial in overcoming the habit or addiction to sugar and caffeine.
- **Recalculate:** The question is not: “Am I going to exercise”, but “When and where will I find time to exercise today?”
- **Reframe:** The areas of the brain linked to creativity and planning share the same areas of the brain that govern movement. Exercise brings joy and strength, not misery and weakness.
- **Remember:** Work with your healthcare provider or trainer to adopt a plan that works for you. Have an exercise plan for every season!

**10 min Discussion Time 3: What have you learned?**

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

**Lifestyle Links:** Lifestyle links for building physical, mental, emotional, and spiritual strength.

**Reboot and Rebound:** Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** Walk briskly for 10 minutes after each meal for better blood sugar control. Exercise controls cravings and appetite.
- **Create an Environment:** What are you telling yourself about daily exercise? Use a pedometer or your **Better Way Journal** to track progress. Challenge yourself to improve. Stay hydrated with water.
- **Create Connections:** Join a fitness club, exercise class, or create a neighborhood walking group. Play games, ride bikes, invite your friends.

**10 min Discussion Time 4: What will you do?**

- ✓ What is your reason for hope today?
- ✓ Which of the **Living Free** tips are your focus right now?
- ✓ What is your first step?

**5 min Group Promise, Affirmation, and Prayer to Close Session**

**Pray and Say:** Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

**Handout:** Balanced Living Tract: The Buzz on Beverages