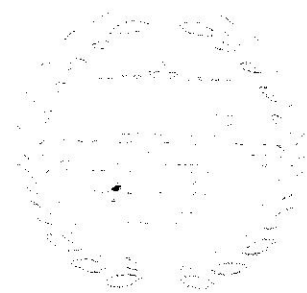
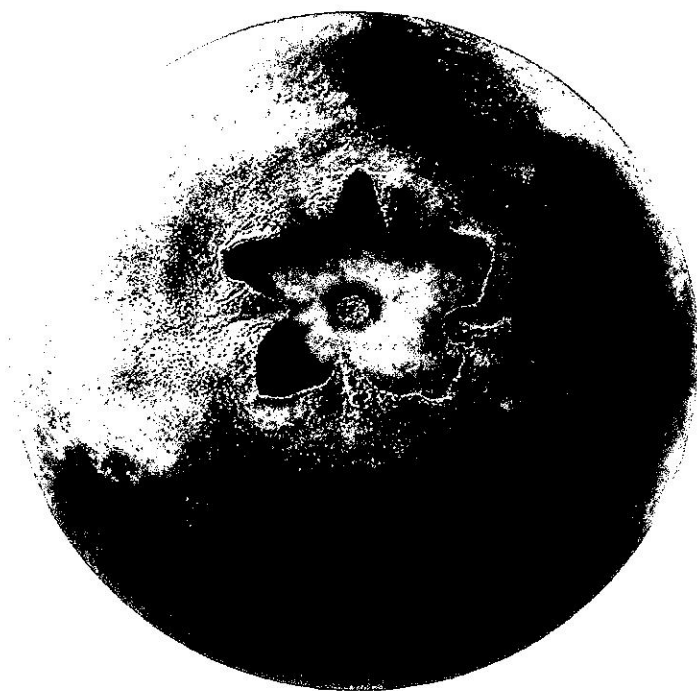

MEDICAL MEDIUM

BRAIN SAVER

ANSWERS TO BRAIN INFLAMMATION, MENTAL HEALTH, OCD,
BRAIN FOG, NEUROLOGICAL SYMPTOMS, ADDICTION, ANXIETY,
DEPRESSION, HEAVY METALS, EPSTEIN-BARR VIRUS, SEIZURES,
LYME, ADHD, ALZHEIMER'S, AUTOIMMUNE & EATING DISORDERS



ANTHONY WILLIAM

#1 *New York Times* Best-Selling Author of *Liver Rescue* and *Cleanse to Heal*
FOREWORD BY ALEJANDRO JUNGER, M.D.

B
c
s
e
f
a
T
s
p
w
h

Caffeine

Caffeine has been around since long before the 20th century. Yet it was the 20th century when caffeine became popularized because people were losing their ability to function optimally.

The epidemic of chronic illness truly surged in the 1940s. Doctors' offices were overflowing with new cases of women experiencing neurological symptoms that doctors had never witnessed before. At the same time this was happening, caffeine was being advertised in various forms, more than ever before in our history. So as women and some men were living with depression, anxiety, chronic fatigue, aches and pains, neck pain, jaw pain, migraines, restless legs syndrome, vertigo, OCD, listlessness, malaise, loss of libido, heart palpitations, weight gain, hot flashes, and night sweats, the caffeine industry was investing large amounts of resources to take advantage of a population declining in health.

These symptoms were slowing people down. It was the start of mostly women, and some men, losing their ability to function on the level they could back in the 1920s and

'30s. To exploit this new wave of chronic illness, the caffeine industry was getting them addicted to a stimulant.

Simultaneously the pharmaceutical industry started putting caffeine in almost all pharmaceuticals as an ingredient. Most every pharmaceutical drug produced in the 1940s into the 1950s had caffeine in it, and that has continued ever since. So the caffeine industry wasn't just the beverage consumption world. It also became the pharmaceutical world.

Back in the 1940s, the pharmaceutical world had a wholesome appearance. You'd go into the pharmacy and you could sit down and have an ice cream soda and a chocolate brownie while waiting for your prescription to be filled. Usually pharmacies were small, run by one or two individuals that the whole town or village knew. At the same time, coffee products, tea products, and chocolate products also had a wholesome perception. Little did anybody know back then that these two seemingly small, wholesome industries—pharmaceuticals and caffeine—which had images of being

started in small-town, family-run business, had actually exploded into gigantic industry monsters devouring countless people through their missions.

The numbers of people suffering with chronic illness never declined. Those numbers have only expanded as the years have moved forward. And with those increasing numbers of the chronically ill, the caffeine industry has expanded as well.

Part of chronic illness is the inability to think clearly—brain difficulties such as brain fog, confusion, ADHD, focus issues, and the inability to concentrate. As these symptoms were exploding in the 1940s and beyond, it was interfering with the working world. So the caffeine industry placed heavy emphasis on a campaign to make sure coffee and tea were in every factory, workplace, and corporation worldwide. Prior to the 1940s, most individuals didn't drink coffee or even black tea. Most individuals drank water out of the tap, a glass of orange juice, or milk in the morning. Tea was far less common as a morning drink, and coffee was even less common.

So most workers weren't addicted to caffeine at the outset. They only gravitated toward it due to the campaign of the caffeine industry that coincided with brain issues developing in the workplace. As more people developed neurological issues, more mistakes were happening. The 2 o'clock or 3 o'clock lull, with people falling asleep or getting tired or foggy-headed on the job and needing a mid-afternoon picker upper was a new phenomenon. Then came the 11 o'clock lull and the need for a

late-morning picker upper too. What no one realized was that this struggle in the 1940s and 1950s was due to the beginning stages of the epidemic of chronic illness that continues to plague our world. It was also the beginning stages of caffeine addiction that we still have today.

JUDGE FOR YOURSELF

The classified medical industry created the pathogens that cause chronic illness and exposed us to them. They also exposed us to toxic heavy metals, causing future decades—and what will turn into centuries—of sickness ahead of us, so that the medical industry has a future in making money. With all this the classified medical industry brokered a deal with the caffeine industry to keep our addiction strong. To buffer and hide our symptoms and add to our decline as we age. Caffeine slowly robs the youth and vitality of adults, teenagers, and even children and babies.

The caffeine industry is not what it seems. The caffeine industry is not a tiny mom-and-pop coffee shop with finely roasted, fair-trade, and sustainable coffee beans, just like the tobacco industry isn't a mom-and-pop cigar store with assorted cigars from around the world and a clerk wanting to light one for you so you can taste a fine smoke. The caffeine industry sometimes gives us this wholesome illusion, when really it's a systematically structured, weaponized industry that has think tanks of individuals hired to dictate and plan your

every move. The caffeine industry relies on your future of consuming caffeine products and pharmaceuticals with caffeine inserted into them.

(Caffeine has even been used in prisoner-of-war torture experiments. They injected caffeine into people to see if it would work as a truth serum, and to see what it would take to push them to their breaking point. Often the prisoners would have heart attacks right in their seats or drop dead after being injected.)

Caffeine industry think tanks are people hired to ensure the longevity of the caffeine industry. Their number one goal is exposing newborn babies to caffeine because this guarantees the next generation of caffeine consumers. At the same time, the pharmaceutical industry has think tanks of individuals strategizing for future generations to be addicted to caffeine because the pharmaceutical industry uses caffeine to mask how bad the epidemic of chronic illness is.

Caffeine is ironclad, covenanted, and treated as holy. You can't break the caffeine monster. It's like an evil demon, a shape-shifter, a sea serpent, a machine. You get hooked on caffeine. Welcome to the machine.

TAKING ADVANTAGE OF MOMS

In order to expose newborns, the caffeine industry's tactic is to get pregnant and nursing mothers to continue their pre-pregnancy caffeine addictions. Almost

all women consume chocolate during pregnancy, and this creates a caffeine addiction for the baby. The caffeine industry depends on this as part of its strategy. Pregnant women are also now being told to consume coffee, matcha tea, green tea, or even kombucha tea during pregnancy, with the direction that it's healthy for them. This is one of the directives from the caffeine industry passed down through various channels, so that even the alternative medical industry promotes green tea, cacao, kombucha tea, and matcha tea for pregnant women, leading alternative medicine to do the caffeine industry's bidding.

Maybe a pregnant woman holds off all caffeine until giving birth, and then consumes caffeine while still breastfeeding. If she consumes caffeinated beverages, chocolate, or cacao products while nursing, the breast milk is filled with caffeine, and that's exposure for the baby, creating caffeine addiction. If moms had any idea they were being used by the caffeine industry in this way, they would be appalled and motivated to make change.

It's not a mom's personal choice to consume coffee, matcha tea, kombucha tea, or green tea during pregnancy. It's a choice *conditioned* by the industry. It has taken decades of conditioning to get to this point, with the caffeine industry spending billions of dollars to learn how to think for moms and womankind and to be one step ahead of them.

CAFFEINE IN OUR LIVES

Womankind in the 21st century is suffering from brain conditions. Chronic illness is on the rise more than ever before, and neurological problems are number one. This means that the dependency upon caffeine is also greater than ever before in history. We're at a point now where womankind has a difficult time functioning without caffeine because of the internal struggles of central nervous system conditions. Men, too, are suffering from central nervous system conditions more than ever before in history, so their ability to function is also reliant upon caffeine.

Caffeine tends to put your body into fight-or-flight every single day when no outside crisis is happening, making you numb to real fight-or-flight situations. We tend to get so used to the caffeine fight-or-flight on a daily basis that when a real situation occurs where we're in danger, we tend to delay—even in the most critical situations. That delayed response can make or break our survival.

Caffeine also lowers the immune system throughout the body, allowing your brain to be more susceptible to attacks from invaders such as pathogens and toxins. This happens due to the continual adrenaline surges from continual fight-or-flight. The intense rushes of adrenaline challenge immune cells, making them less productive or even killing the immune cells.

All this fight-or-flight also means that caffeine weakens adrenal glands on a daily basis. Since many reproductive hormones are produced by the adrenal glands, as this weakening process adds up as the years go

by, it causes hormone imbalances and loss of libido. And not only do you lose precious reproductive hormone production; you lose the specific hormone responsible for hair growth, leading to hair thinning for women. Many women in this situation who notice hair thinning or loss, or even get a diagnosis of alopecia, never realize that they've experienced this because of a specific hormone missing from their adrenals—and in many cases, caffeine consumption has contributed.

Meanwhile, an endless sea of money is used in caffeine studies—to try to prove the antioxidant levels in caffeine products, to try to prove the presence of any other type of nutrient. There are going to be many studies to come doing the same. The industry knows that if they deem anything positive from caffeine studies or they keep including caffeine in studies, it gives people more permission to consume caffeine products.

Difficult Childbirth

A strong childbirth depends on strong adrenals, and caffeine consumption weakens the adrenals, especially in women.

Adrenaline is how a pregnant woman finds the strength to push a baby out of the uterus and vaginal canal. That push takes large amounts of adrenaline to use muscles' core strength and keep nerves strong, with the adrenaline delivering messages to the brain so the brain can activate every single nerve within every single muscle to gain the strength to propel the baby out.

Oftentimes women are putting their adrenals in fight-or-flight every single day

through caffeine use. If the adrenals aren't performing at their best or if one adrenal is weakened from continual caffeine use for years, it can create a much more difficult childbirth experience than it normally would in someone who has strong adrenals.

While there are women whose adrenals are still hanging in there, still staying relatively strong even with caffeine use, it's not like this for most people. Most women's adrenals are already challenged by the stressors, circumstances, and struggles of life, or by everyday life's ups and downs. Workloads, relationship challenges, underlying chronic illness, or symptoms and conditions such as anxiety—these can all wear down the adrenals if the glands aren't getting a chance to heal and recharge.

So someone's adrenals may already not be as strong as they would naturally be. Then someone uses caffeine for strength and energy to power through their day, energy that's coming from their adrenals. When we use caffeine, we're using it to trigger our own adrenaline, meaning we're using the precious reserves that the adrenals provide.

The adrenal weakness that regular caffeine use creates can, and normally does, lead to a situation where labor and delivery time can be doubled, tripled, or more—many times leading to C-sections. It's because the adrenals don't have the strength to release the quantity of adrenaline needed to set off the alarms in the proper channels of the brain that send signals to the nerves inside the muscles needed to gain strength to propel the baby. The duration and difficulty of

labor and delivery often depend on how strong the adrenals are, and caffeine undermines adrenal strength.

Dehydrating Brain Cells and Aging Us Faster

Caffeine itself is a diuretic. It's not just what the caffeine is in that's a diuretic. Whether caffeine is in matcha tea or other green tea, the caffeine is a diuretic. Whether caffeine is in fully caffeinated or decaf coffee, it's a diuretic. Whether caffeine is in kombucha tea or cacao, it's a diuretic. Whether caffeine is in soda or another soft drink, it's still a diuretic.

Caffeine's diuretic property is different from other diuretics. Some diuretics that are naturally in plants expel non-useful, unproductive fluid from areas such as the lymphatic system, the liver, kidneys, or even intestinal tract. Caffeine doesn't have any of that ability; it doesn't expel fluid that's not useful from the body. Caffeine dehydrates our cells, expelling their useful fluids and disrupting cells' important fluid composition.

Caffeine is especially dehydrating to the brain, where it expels fluid from brain cells. Caffeine is a psychoactive drug, one that enters brain cells such as glial cells, forcing the fluid composition in those glial cells to change. This does not detox a glial cell or a brain cell of any kind. Rather, it intoxicates the cell by removing fluid, while leaving an abundance of toxins behind inside a much more dehydrated cell. It's similar to the water distillation process: as you heat the

water, vapors of the water leave while many of the toxins stay behind.

This brings us to caffeine and brain heat. The psychoactive drug aspect of caffeine creates a hotter brain cell—electrical fields burn hotter when caffeine is present. This contributes to the expulsion process, where the fluid is forced to leave the brain cell because the temperature changes within the brain cell. Caffeine tends to heat up and hold its heat. (We can see this in action: a cup of coffee will hold its heat longer than a cup of herbal tea that has no caffeine because caffeine retains heat.) As this psychoactive drug saturates brain cells, the brain's electrical grid burns hotter, heating the caffeine. The caffeine enters cells and changes the temperature inside them, which expels water from the cells while leaving some water behind, just like the distillation process. That's different from how normal diuretics work.

Caffeine's dehydrating effect ages a person faster, speeding up all brain diseases. It also fast-tracks people into more wrinkly skin and age spots (also called liver spots or sunspots), creating situations where people need more body lotions, body creams, ointments, moisturizers, moisturizing makeups, and moisturizing skin treatments. It also leads many people into early plastic surgery and early cosmetic injections—and they never realize it was because of chronic dehydration occurring from their coffee, matcha, cacao, kombucha, and green tea consumption.

Bathing Our Brains in Acid

Your body sees caffeine as a poison. As a result, caffeine doesn't simply leave the body. Your body forces caffeine out of your body every single day. That's part of what you feel during caffeine withdrawal.

Caffeine is not a detoxifier. It's an intoxicicator. Therefore as it's pushed out of the body, it takes nutrients (such as trace minerals, macro minerals, electrolytes, antioxidants, amino acids, and enzymes) out with it. The body is forced to expel everything good as it's trying to force the caffeine out.

Caffeine contributes to the brain bathing in acid, creating an acidic environment in and around the brain. Caffeine is so acidic that it depletes the bones and teeth of calcium. Caffeine also contributes to the thinning of the skull, similar to vinegar. The more caffeine you consume, the more microdeposits of calcium you lose from your skull, which causes a thinning of the skull, so that as you age, you're more vulnerable to fracturing your skull in a car accident, ski accident, or basic fall. Caffeine forces calcium to leach from your bones to buffer its acidity. Your body therefore wants caffeine out of your body. Caffeine leaves with all the nutrients mentioned above—and you urinate out all these important nutrients.

(Caffeine, by the way, is one of the reasons why people go along in life and then their teeth just seem to start falling apart at the seams. Some people can go 5 years on caffeine and see this problem, some can go 20 years before they see this problem. It most certainly comes.)

Reverse Polarity

Many young women, and even some men, who never had a health problem end up dying as they're working out or going for a run, or dying in their sleep. There have been thousands of these stories over the years, and you often won't hear about them. These stories don't make the media, the news. And the diagnoses of these deaths normally remain unknown. No one is able to properly piece together what happened.

In many of these cases, the undiscovered cause of death is caffeine jumping the heart. That is, these are unexpected heart attacks caused by a reverse heartbeat due to an electrical surge. Why does that electrical surge occur? Because of a buildup of caffeine deposits in and around neurons of the brain.

This buildup often happens because someone is consuming caffeine before a workout and at the same time, not consuming enough food before the workout. Caffeine tends to saturate the neurons in the brain. And then as the person's working out, they're engaging their adrenals 100 percent. Because the adrenals are fully occupied responding to the exercise, the brain doesn't send a signal to the adrenals to release adrenaline specifically geared to enter the brain and disperse caffeine deposits away from neurons, as it would otherwise. The special fight-or-flight adrenaline can't be accessed because the adrenals are maxed out as someone goes for their run or other high-intensity workout.

As a result, all the neurons saturated with caffeine send a signal to the brain stem, which creates a small explosion through all the brain stem nerves in hopes of forewarning the heart that there's an accumulation of poison surrounding the organs. This emergency signal from the brain stem to the heart places such a shock upon the heart that it stops for a split second and the blood pressure that was surging to the heart as someone was exercising stops in its tracks. The blood propels backward for a split second, causing an undiscovered *reverse polarity syndrome*. This is a condition that has caused thousands to drop dead on their treadmills at young ages and older ages for no apparent reason. Many times it's classified as a heart attack in a seemingly perfectly healthy heart, with no health condition present.

By the way, many people who have died after struggles with drug addiction didn't die at the height of drug addiction. They died when they were coming down off drugs and jacked up on caffeine instead. They experienced this same type of reverse polarity.

If someone dilutes their caffeine and consumes enough glucose or food before a workout, the chances of this reverse polarity syndrome happening are far less. The accumulation of caffeine around neurons won't be as concentrated and therefore won't trigger or warrant this degree of emergency messaging.

THE OTHER ONE IN THE RELATIONSHIP

Often when a relationship is starting, both partners are consuming caffeine. It's rare that a relationship can prosper and blossom with one person on caffeine and the other not. This isn't because caffeine is an aphrodisiac. It's because if one person is not on caffeine, their awareness of their partner's caffeine dependence creates tension. You're constantly witness to the time caffeine dependence takes. "I can't do this, honey, until I have my coffee." "I can't go anywhere until I pick this coffee up." You see your partner going through withdrawal on a daily basis. You see their behavior on caffeine versus off caffeine. You see how they have to stop everything and drop everything until they have their caffeine, and you may feel frustration about what gets stopped and dropped. The partner on caffeine may not feel comfortable being seen through these eyes. That's why usually, partnerships blossom when both people are reliant on caffeine—or better yet, when neither partner consumes caffeine.

CAFFEINE WITHDRAWAL

A continual shock wave occurs throughout the brain from the everyday caffeine withdrawal process. Caffeine's psychoactive drug properties tend to rule the brain's electrical grid, forcing it to change patterns throughout withdrawal. This is very taxing on the brain as a whole.

There's also a brain hormone aspect to caffeine withdrawal. One of caffeine's dangers as a psychoactive drug is its ability to destroy brain hormones. Caffeine is an all-around brain hormone blocker. One brain hormone that gets disrupted and destroyed is dopamine. Dopamine production occurs both inside the liver and inside the brain, and caffeine blocks this production. Caffeine also stops dopamine and other brain hormones from delivering information to specific neurons. That is, caffeine renders dopamine and other brain hormones inactive to specific neurons that require these brain hormones. Unable to find the neurons that need them in time, recently produced dopamine and other brain hormones eventually get destroyed.

This is why caffeine withdrawal is so brutal and caffeine withdrawal can spiral somebody into a depression rather quickly. When someone is coming down from caffeine and they have moments where they're off caffeine completely, whether it's for multiple hours, half a day, or a day or more, what they're feeling is a recalibration of dopamine and other brain hormones starting to work again. You would think this feeling of dopamine becoming reactivated would give the feeling of joy and peace. That takes more than a day off caffeine. It could take weeks off caffeine before you feel the reactivation of dopamine's role in the brain. Short stints of being off caffeine instead tend to result in anxiety, depression, more depersonalization, unexplained sadness, or a feeling of being confused and lost. This effect with dopamine can be ongoing for

years, and no one will realize it's happening. Again, caffeine doesn't just interfere with dopamine production or activation. It interferes with all brain hormones to some degree or another. You can support yourself through caffeine withdrawal with the supplement protocol in this book's companion, *Brain Saver Protocols, Cleanses & Recipes*.

Look, I realize that people rely on their caffeine to survive. They're not feeling well and their symptoms are not being addressed or understood, so they become dependent on caffeine. Some people rely on caffeine for driving, some for jobs, some to function.

I'm not shaming anyone at all for being on caffeine. If you're someone going through this, I completely understand why. The system set you up. Maybe now, with this new understanding of caffeine, you have a new relationship with it. Maybe you can start to replace caffeine, start to wean yourself off, try the Adrenal Fight or Flight Stabilizer Brain Shot from Chapter 42, use the "Caffeine Withdrawal" supplement protocol, heal your underlying condition using the tools in this book, its companion volume, and the rest of the Medical Medium series—and find healing on a whole new level.

"Many people who are burnt out and confused about why, who haven't found a way to fix their burnout and other symptoms yet, seek out mental practices in hopes of ridding themselves of all their physical and mental discomfort. Mental practices only get us so far on their own. Lasting relief comes from addressing supply-and-demand deficiencies in the brain and the factors that are draining our brains faster than we can replenish them."

— Anthony William, Medical Medium
