



teccino

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Teeccino® - Boosts Your Energy Naturally Without Caffeine

SANTA BARBARA, CA. How many times have you heard: “I can’t function without my morning cup of coffee”? From friends, family, co-workers and maybe even said it yourself? Waiting for the “brain fog” to lift before the day can really start is the reality for most Americans, who use caffeine to jolt the system into action and get the day going. Unfortunately, nasty side effects – the mid-morning crash, increased tiredness and a craving for more caffeine can leave you with jangled nerves, headaches and sleeplessness.

The reason? Caffeine artificially stimulates the production of cortisol – a stress hormone that can lead to weight gain and more stress. The body has a daily rhythm of cortisol production in the morning to wake up and melatonin production in the evening to go to sleep. Coffee drinkers artificially spike their cortisol production throughout the day so that when they need it, the body no longer is programmed to produce it and thus, the addiction begins.

By weaning off caffeine with Teeccino® Caffeine-free Herbal Coffee, you can rediscover natural energy from morning to night without the jitters, anxiety or stress, simply by blending and weaning off your regular coffee.

“I was so dependant on my morning cup of coffee, I was convinced I could never live without it. When I tried, I had these terrible headaches and muscle aches that drove me back to the coffee,” explained Kerry Weymouth. “I followed the advice on Teeccino.com to wean myself off coffee by blending Teeccino with coffee and gradually reduced the coffee over two weeks,” she continued. “In the beginning, I was more tired, but after being caffeine-free for a month, I can’t believe how much energy I have all day long. If I feel a dip in energy, a cup of Teeccino gives me the boost I need.”

Teeccino is roasted and brewed just like coffee, tastes smoother than coffee without the acidic bite, and is nutrient-rich and naturally caffeine-free. A cup of Teeccino contains easily absorbable potassium, an essential electrolyte mineral that relieves fatigue. One serving of Teeccino has more potassium than popular sports drinks.

Teeccino Herbal Coffees are the top selling brand of coffee alternatives in the US. Teeccino comes in 10 popular flavors like Vanilla Nut, Mocha, Hazelnut, Chocolate, Chai, Almond Amaretto, Caffé and Java. It is distributed nationwide in natural food and specialty grocery stores. For more information about Teeccino, images, or samples., please contact Elizabeth on (213) 841-1920 or by email Elizabeth@teccino.com or visit the web site www.teccino.com

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