

Energy Drinks Awareness!

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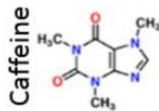
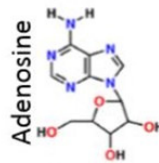
Content facts:

- One can of energy drink can contain up to 14 teaspoons of sugar.
- Consistent caffeine consumption can become addictive.
- The unnatural increased heart rate caused by energy drinks puts strain on your heart, blood vessels and kidneys, increasing your chances of cardiovascular and renal conditions.
- Your liver has to work very hard for about 12 hours after consumption to process and remove the high caffeine quantities consumed. During this process the liver metabolizes the caffeine into 84% of yet another psychoactive central nervous system stimulant, paraxanthine, which (in high blood concentration levels) have been linked to miscarriage in pregnant mothers.



Possible side effects:

Insomnia | Headache | Liver Damage
 Nervousness | Anxiety | Diarrhea | Agitation
 Rapid heart rate | Palpitations | Chest Pain
 Hypertension | Caffeine Addiction | Obesity
 Diabetes | Tooth decay | Tachycardia
 Shaking | Nausea | Vomiting | Fits | Seizures
 Respiratory Disorders | Increased urine flow
 Kidney Failure | Psychotic Conditions
 Increased sweat excretion | Abdominal Pain
 Myocardial Infarction | Interferes with calcium absorption
 Altered electrolyte levels
 Coronary / Cerebral Vasoconstriction



Why is it so addictive?

Caffeine, the main stimulant found in energy drinks (and coffee), works on a chemical level to give you a boost of energy. But how does the whole process actually work scientifically, and why do some people need more energy drinks / coffee to stay awake than others?

On the chemical level, caffeine is structurally similar to adenosine, a chemical that makes us sleepy. When we drink energy drinks / coffee, caffeine binds to our brain's adenosine receptors, preventing the chemical from binding with the receptors and making us tired. For those who regularly drink energy drinks / coffee in copious amounts, our brains develop more adenosine receptors, so it takes more energy drinks / coffee to keep us awake. That also helps explain why you feel intensely exhausted when trying to wean yourself off of the energy drinks / coffee, as having more adenosine receptors means more adenosine makes its way into your brain, leading to an increased feeling of sleepiness.

Caffeine also builds up the adrenaline supply, which increases heart rate, gets blood pumping, and opens up airways. And, caffeine prevents dopamine from getting reabsorbed into your system, leaving this feel-good chemical hanging around in your brain longer. This dopamine effect is also what makes energy drinks / coffee so addictive, because your brain gets used to high dopamine levels, and when it begins to wear off, starts craving to be on that 'feel-good high' again. Primary Reference: [this https://www.cnet.com/news/is-your-brain-on-caffeine/](https://www.cnet.com/news/is-your-brain-on-caffeine/)

Tips to help you



the habit:

- Never drink more than one a day.
- Replace your regular energy drink with a bottle of water.
- Caffeine dehydrates the body, so make sure you drink plenty of water if you do consume energy drinks.
- If you drink it daily, take a break: see if you can go at least 48 hours without an energy drink.
- Choose natural energy releasing food options in your diet.
- If you must consume an energy supplement, there are some low GI options available with less harmful effect to your long-term health.



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