

Did you know...

*For every 20ounce can of “**Monster**” you drink, it allegedly takes 6.3 gallons of water to flush it out of your kidneys. It would take the average person more than 14 days to consume that much water.*

*For every 20ounce **Sugar Free Red Bull** you drink, it takes nearly a gallon of water to flush it out of your kidneys. The average person drinks less than a gallon of plain drinking water in 2 days.*

I don't have proof that the above statements are 100% factually true but the bottom line is energy drinks are NOT for athletes.

Energy drinks hyper stimulate your adrenal glands to increase hydrocortisone and adrenalin production, and then the GABA amino acid comes in to suppress the hyper stimulation, so you don't feel jittery. All this extra work for your adrenal glands can lead to adrenal fatigue or crash. The extra hydrocortisone your adrenal glands are producing makes you resistant to insulin. FACT.

Combined with all the artificial sweeteners that energy drinks contain, and your pancreas will be working overtime. This can lead to weight gain that shows up specifically in the abdomen. All this hyperstimulation and production can cause metabolic syndrome, the initial symptoms of which include abdominal obesity, hypertension, diabetes, and high cholesterol. As metabolic syndrome progresses, it leads to heart disease, stroke, kidney failure, and nerve damage. FACT

Each energy drink contains anywhere between 40 to 240 mg of caffeine in them. While they might increase mental alertness for a few hours, energy drinks have also been known to cause irregular heartbeat, anxiety, jitters, increased blood pressure and thickening of the blood.

Additionally, a 2015 study published in the Journal of Medical Cases found that consuming energy drinks can induce cardiac arrest.

So, drink smart, we all have better options!

disclaimer *I am not the original creator of this material, I saw this and thought energy drinks ARE bad for you.*