

The Truth About Energy Drinks

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The popularity of energy drinks like Red Bull is nothing new. Millions of people all over the World consume these products for different reasons from wanting extra energy, increasing concentration and even losing weight. But the effects of these drinks is actually quite different.

These drinks count on caffeine and an amino acid to promote the desired effect. Caffeine is a stimulant that makes the kidneys work harder. Short term and in limited amounts, like in a cup of coffee, this isn't a problem. But it can get out of control if these drinks are consumed frequently and for extended periods of time. The situation is even worse if the quality of nutrition is deficient, which is usually the case when someone is taking the drink to lose weight. In this case, the effect can lead to weakness, loss of vitality and even physical exhaustion. The symptoms start as tachycardia, dizziness and a constant feeling of being tired.

Caffeine is also a diuretic, which means that it promotes the elimination of water from the body (increase in urine). In the case of energy drinks which have a high level of caffeine (about 3 times the amount in a cup of coffee) this can lead to dehydration if the person is not drinking enough water to compensate.

Many people say they consume the drinks to lose weight. A study designed to demonstrate that these drinks do in fact increase the level of energy also demonstrated that the increase in burned calories is about 106 cal in 24 hours for men and significantly less for women. That is, it works if you are a male, young, healthy and thin. Women, however, don't enjoy the same effects.

We suggest a different way to burn 106 cal and all of them in less than 1 hour! If you are a woman, doing the following will provide much better results than drinking an energy drink and without the side-effects.

10 minutes—running, jumping rope, climbing stairs, or an elliptical machine
30 minutes—fast walking
1 hour—cleaning house or working in the garden

Interesting fact: Energy drinks blended with vodka have a total of 329 cal