

[IMAGE]

Want to Constrict Your Blood Vessels? Grab an Energy Drink

By Editorial Staff

OK, so let's start with a warning, in case you were confused by the title of this article: You *don't* want to constrict your blood vessels. The heart and brain are the primary organs that rely on blood, although every organ in the body requires a steady flow of blood to function properly, much less survive. If you're eating low-cholesterol foods and exercising regularly, you've taken two important steps to keep your blood flowing in ideal fashion; but if you consume energy drinks, you may be compromising it. Here's why...

A study presented last month at the American Heart Association (AHA) annual meeting in Chicago suggests consuming a single 24-ounce energy drink reduces the internal diameter of blood vessels dramatically within 90 minutes of consumption. The primary culprits, according to researchers: sugar and caffeine. Findings are particularly concerning because adolescents / teens often consume energy drinks, and many people consume energy drinks before, during and/or after exercise, when blood flow is critical.

This certainly isn't the first time energy drinks have been criticized for their potential adverse health consequences. Read "Watch Out for Energy Drinks: 4 Things You Should Know" for more information. And if you're looking for a natural, sugar- and caffeine-free source of energy, you've got one essentially at your fingertips: water. Adequate H2O intake benefits the body in numerous ways, including improving your overall energy. Click here to learn more.

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