

Energy drink essay sample

[Food & Diet](#), [Coffee](#)



Many people, especially young people, athletes and students, drink energy drinks like: Red Bull, Rock Star and Monster almost every day to survive in their busy life. However, these people do not know the dangerous side effects and the harm which these energy drinks can make in their body. A research was conducted by Mayo Clinic hospital says that Energy drinks related emergency visit double in the hospital in the last 4 years. The same study also says that drinking energy drinks might lead to a very dangerous diseases such as Rapid heartbeat and blood pressure. Energy drinks do not cause only dangerous diseases but also it can cause death, and there are too many death cases which are related to energy drinks. According to CBS news, a 19 years old teenager Alex Morris died in California from a heart attack last year after consuming two cans of the energy drink Monster.

Another death case was reported by CBS news in Maryland for a 14-year-old Anais Fournier. Anais died after he consumed two cans of Monster. In 2011, Cory Terry 33 years old from Brooklyn new York died from heart attack during a basketball game after drinking the energy drink Red bull. In 2013, Michael Clarke a 35 years old truck driver from Australia died from caffeine toxicity after drinking four cans of Red Bull. According to Michael" s mother, Michael has never smoked and he used to run daily, and he was in a good health. According to ABC news, the 5 Hour energy drink has led to the death of 13 people in the past 4 years. Lanna Hamann, 16 years old girl from Rocky Point, Mexico, died from a heart attack after consuming 3 cans of the energy drink Rock Star These examples of the death cases which are related to the energy drinks are actually few from many reported and unreported cases.

My friend, I understand the need of being awake is very important for all of us since our life is very busy, but there are other safe alternatives which can make us awake and also in the same time do not harm our lives. For example, instead of drinking energy drink we can eat Chocolate, which contains caffeine also 100 gram of chocolate contains around 43 grams of caffeine. Moreover, Chocolate has some important minerals to our body such as Iron and magnesium.

Another alternative is drinking tea, a 100 gram of tea contains 11 milligram of caffeine. According to Today Health magazine, drinking Tea is very good for human health since it contain antioxidant which can protect human from cancer and also it increases human metabolism which can help in losing weight. Another alternative is drinking coffee, a 100 gram of coffee contains 40 milligram of caffeine. According to Harvard school of public health, coffee contains a substance called cafestol, which reduce the cholesterol level in the blood. Another study shows that people who drink coffee have a 23 to 50% lower risk of getting diabetes. In conclusion, my friend, in the media they says red Bull can give wings but actually it doesn't. These energy drinks can harm your health and might kill you. So in this busy life you can always eat or drink natural food or dinks to make you awake and healthy in the same time such as chocolate, tea or coffee.