

Get Instant Energy -- Without Those Energy Drinks!

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By Lisa Hyde-Barrett

In today's world there is no such thing as too much energy. Everyone wants energy, as much as

they can pack in. And they want to have the energy instantly. Energy drinks have filled in this modern human need quite effectively. They give you the instant burst of energy that you always wanted. Energy when you need it -- like flicking a switch.

Many people go for energy drinks at times of increased physical and mental stress -- to improve their alertness, concentration, and performance. Surveys have shown that many of the world's top athletes and drivers consume energy drinks. Many people with active lifestyles depend on energy drinks to revitalize their body and mind. While the short-term effectiveness of energy drinks cannot be disputed, their long-term effects need to be carefully studied.

Energy drink companies also claim that their products enhance focus and concentration, improve short term memory, and contain much less sugars than normal soft drinks. Most energy drinks are said to provide a combination of B vitamins, amino acids, and stimulants such as caffeine or guarana. Energy drinks come in different fruity flavors. What energy drinks do is convert sugars contained in them (fructose and glucose) into energy and at the same time stimulate the red blood cells to release more oxygen. This is the source of the instant energy in the energy drinks. Energy drinks also contain citric acid which is harmful to the teeth. The unpredictability of the use of energy drinks lies in the fact that they produce different reactions in different people. Energy drinks have stimulating properties that can boost the heart rate and blood pressure. Taken in excess, energy drinks can dehydrate the body and, like other stimulants, they also prevent sleep.

But as long as the modern world demands high-intensity bursts of energy from the human beings who run it, people will continue to consume energy drinks. The question is how to get instant energy without the drawbacks associated with energy drinks.

Fortunately, there is a way out. The wonder sugars that can keep you in a high-energy orbit without the harmful effects associated with energy drinks have now been discovered. A lot of research is currently going on into the role played by glyconutrients, a class of saccharides usually found in plant sugars, in the development of the human body. Glyconutrients are called 'sugars that heal' for the amazing role

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they play in human health.

Glyconutrients are necessary for some of the fundamental biochemical processes in the body, such as cell-to-cell communication. Eight of these sugars have been identified as particularly useful for the body. Our diets usually provide us with two of these eight sugars. The rest of the sugars can also be supplemented by taking fruits and vegetables. But glyconutrients are found only in fruits grown organically and these have to be consumed within 24 hours to get the right amount of nutrition.

Energy drinks and supplements with glyconutrients – called glyconutritionals --are now available. For your body to be free of fatigue and to perform optimally, the bodily functions have to take place like clockwork. This is what the glyconutrients do – they keep the communication links open between cells. With glyconutrients keeping cellular communication pathways open, and the immune and endocrine systems in top working order, your body will not feel any fatigue.

Lisa Hyde-Barrett, a registered nurse and wellness advocate, understands the relationship between good nutrition and good health. She's become passionate about the new research behind sugars, specifically

glyconutritional products

. Learn more about

energy drinks

and supplements with

glyconutrients at http://www.deadly-health-myths.com/energy_drinks.html

Recharge And Buy Energy Drink Now

By Low Jeremy

When you want to buy energy drink, you will surely compare the different energy drinks that are displayed in the store or at the vending machine. It can be a tough decision especially if it is your first time to buy energy drink. Some people buy energy drink depending on their body condition.

Some of the energy drinks are mild while some are strong. If you want to buy energy drink, you can look at the nutritional information at the back of the bottles or cans to make sure that you get the vitamins that you need.

Usually, energy drinks are concocted which is for the purpose of increasing the performance of a person and also increase the stamina to work the long day ahead. The physical performance of your body is increased when you buy energy drink.

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If you want to work the night out despite the heavy day you had, you can buy energy drink and refresh your body. You will surely have a different feel when you buy energy drink. This can eventually change the condition of your body but it will surely be an advantage.

To make sure that you buy the right energy drink, look at the ingredients and see if there are harmful ingredients which are not compatible with your body. These energy drinks usually contain taurine, a little caffeine and glucuronolactone. The glucuronolactone is responsible for keeping you on the go.

However, some people think that drinking too much energy drinks is not advisable because caffeine contains chemicals which may bring bad effects to the nervous system. However, when you buy energy drink, you can choose one which has light caffeine percentage.

Some people just ignore the effect that it might possibly bring because they consider energy drinks as the main source of their energy and strength. Now if you want to have a taste of energy, buy energy drink and see it for yourself. There are a lot of popular drinks to choose from if you want to buy energy drink.

You will even get confused as to which energy drink is effective but sometimes, they have same ingredients. Most energy drinkers claim that drinking energy drinks at the first sip will instantly give a boosting effect that will make you want to start the activity and the whole day off.

To start off with the choices, some of them are KMX, Monster, Red Bull and Full Throttle. These products taste just like the other. There are still some energy drinks but some of them don't have a desirable taste at all. When you buy KMX energy drink, it will surely give you a burning sensation that runs through your stomach.

Red Bull is for extra strength which is so far, the most popular energy drink that people buy. Full Throttle is a product of Coca-Cola which is starting to grow in the market lately. More and more people are buying Full Throttle because they know that it is manufactured by Coca-Cola which is a famous brand for drinks.

These drinks have nice taste because they have a fruity flavor which will not hurt your appetite and

tongue. So what are you waiting for, recharge and buy your energy drink now to get that extra energy to keep you going!

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<http://energy-drink.articlekeep.com>

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