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**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.

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.

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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!

This content is provided by Low Jeremy. It may be used only in its entirety with all links included. For more information on energy drinks, please visit

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

### **Stress Reactions in Introverts and Extroverts**

**By Nancy R. Fenn**

#### **Stress Reactions in Introverts and Extroverts by Nancy R. Fenn**

One of the biggest differences between introverts and extroverts is how they react to stress.

Some people don't understand how introverts react to stress. Because of this, they think that all introverts are "neurotic" or mentally ill. Let me explain why this is a misperception.

When extroverts are stressed they "act out". They may smoke, drink, yell and scream, throw a punch, stomp around or generally raise the roof. Although this behavior is difficult and even obnoxious, it is not considered "mentally ill".

When introverts are stressed, they withdraw. They do this to recharge their batteries, not because they are neurotic. Introverts need time alone to bring order back into their inner world. They give energy to others and receive energy when alone.

Let's look at some of the things that can stress introverts.

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- Introverts are territorial. Someone cannot take your seat, move your stuff, lean on your desk, ignore your closed door or borrow your clothes without making you very angry.
- Introverts need time alone to recharge their batteries. If denied time alone, you may become irritable and depressed.
- Introverts value privacy. When your boundaries are disregarded, when someone has a loud personal conversation on their cell phone in your captive presence, such as waiting in the checkout line at the grocery store, you can be annoyed and offended.
- Introverts fear failure in public and experience deep humiliation because of it.
- Introverts prefer to communicate in writing. They may feel exhausted by too much verbal communication that "isn't going anywhere". Introverts hate small talk and cell phones.
- Introverts like to be prepared. If rushed to present a solution or opinion, they may be extremely uncomfortable and sometimes refuse to do so at all.

What are some of the ways that introverts restore balance?

- Introverts need to spend at least half their time alone for optimal good health
- Introverts love long trips, walks in nature and usually enjoy the company of animals. These activities restore their peace of mind and equilibrium.
- Introverts give energy when they are with people and need to be alone to recharge their batteries.
- Introverts need a room of their own with a door that closes.
- Introverts need to give themselves permission to communicate via email or in writing and to ignore phone calls or get a good answering machine.
- Decision making should take place without time pressure if possible. Introverts like to be prepared!

If you're an introvert, it's important to understand your natural reactions to stress and what you can do to restore your equilibrium. Retreats into self are neither neurotic nor mentally ill. They are a natural

restorative to introverts.

Nancy R. Fenn is an intuitive consultant in the San Diego area. Her mission in life is to raise consciousness about introversion as a legitimate personality style.

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