

The Influence of Energy Drinks on the Human Body of Factors Affecting a Healthy Lifestyle

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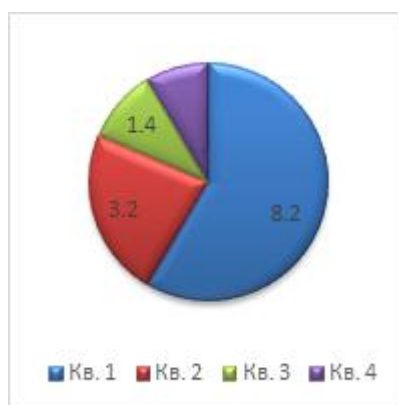
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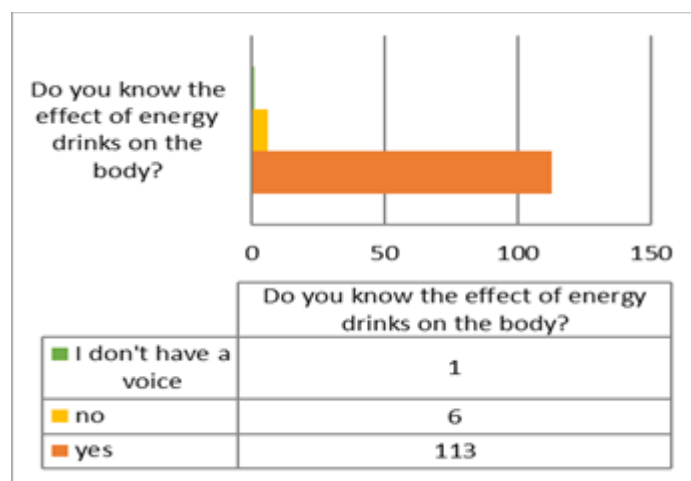
Abstract: The relevance of the selected research topic: conducting a survey about the consumption of energy drinks among people in the current rapidly developing world and providing information about the harmful and beneficial aspects of energy drinks. The demand for energy drinks among young people is increasing, because of this rapidly developing period, getting extra energy, sleeping less, and drinking more drinks are becoming more and more common.

Keywords: Energy drinks, additional energy, youth, physical activity, stimulation.



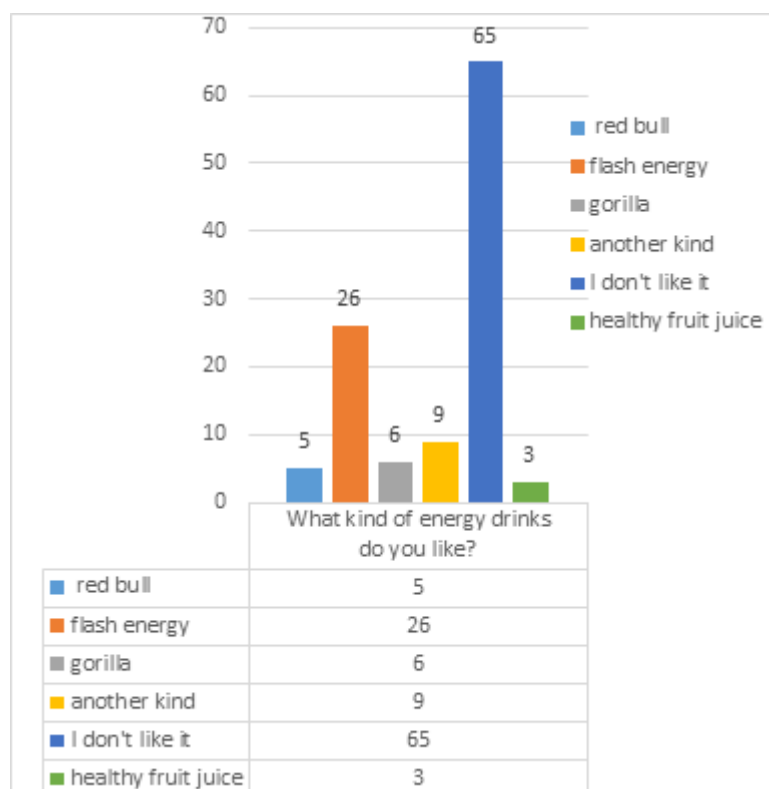
What is an energy drink: drinks that emphasize the ability to activate the central nervous system of a person or anti-sedative effect. Energy drinks, which have their beneficial and harmful aspects, **stimulate physical activity:** restoring strength, activating the hidden resources of the body; - **and stimulating mental activity.** Reaction speed and attentiveness increase. Cognitive abilities improve, information perception becomes easier and memory improves. **Stimulation of emotional processes.** The drink improves mood and relieves anxiety, **providing nutrients.** Energy drinks with a high content of glucose and vitamins serve as a source of nutrients to a certain extent; **Acceleration of metabolism.** Under the influence of certain components of drinks, metabolic processes in cells, food digestion, absorption of nutrients, and

breakdown of fats are accelerated. Blood circulation is also stimulated, and the oxygen supply of cells is improved. US researchers concluded that energy drinks increase the QT interval (electrical systole of the heart) by 10 milliseconds in 2 hours on average.



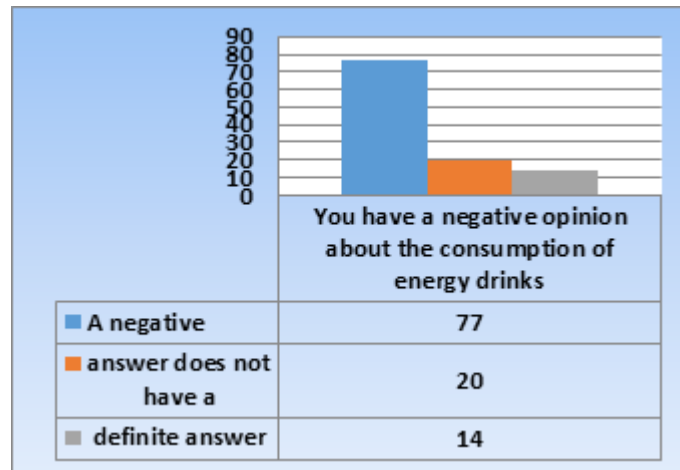
"If this time interval, measured in milliseconds, is too long or too short, there are serious changes in the heartbeat. This can lead to life-threatening arrhythmia," the scientists said.

"When energy drinks are consumed more than the norm, the amount of glucose in the blood increases," says Guli SHAYHOVA, professor of the Department of Children, Adolescents and Nutritional Hygiene of the Tashkent Medical Academy, doctor of medical sciences. — Excess sugar turns into fat and insulin increases in the body, leading to diabetes. The worst thing is that a person becomes unwittingly addicted to this drink.

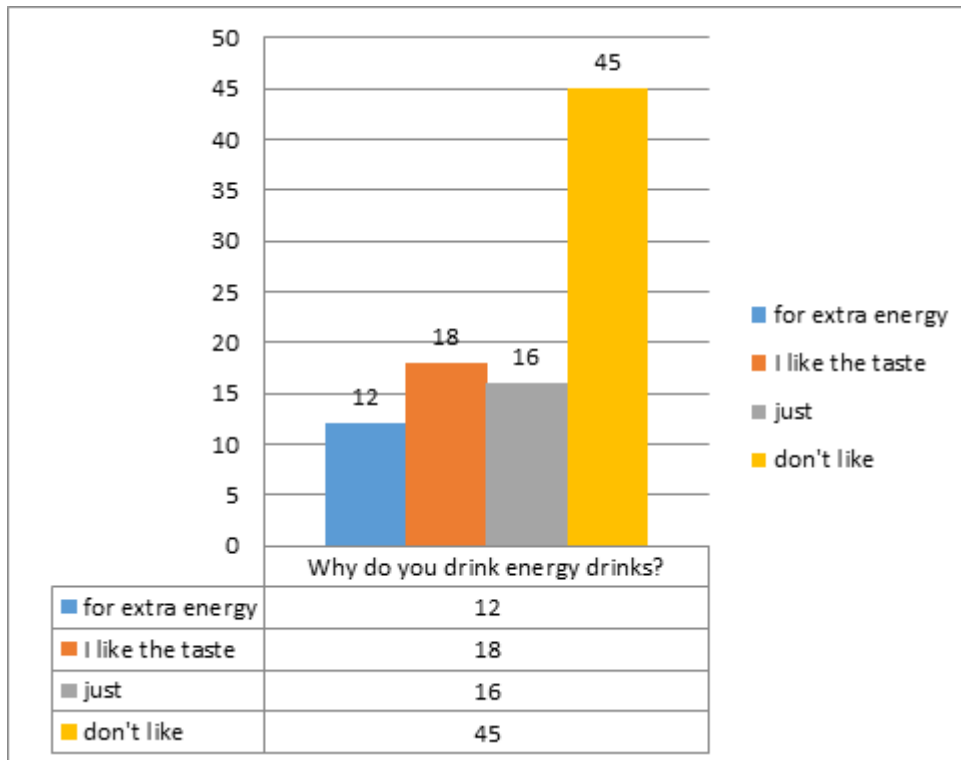


Doctors warn that energy drinks start to hurt the body in a short period. But you won't notice it because it contains orthophosphoric acid.

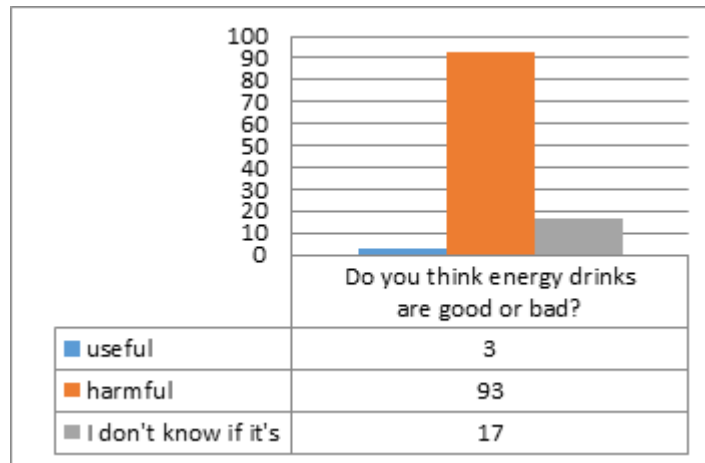
For example, after 45 minutes, the production of dopamine increases, stimulating the center of pleasure and satisfaction in the brain. After 70-80 minutes, the reaction time begins and the body becomes weak.



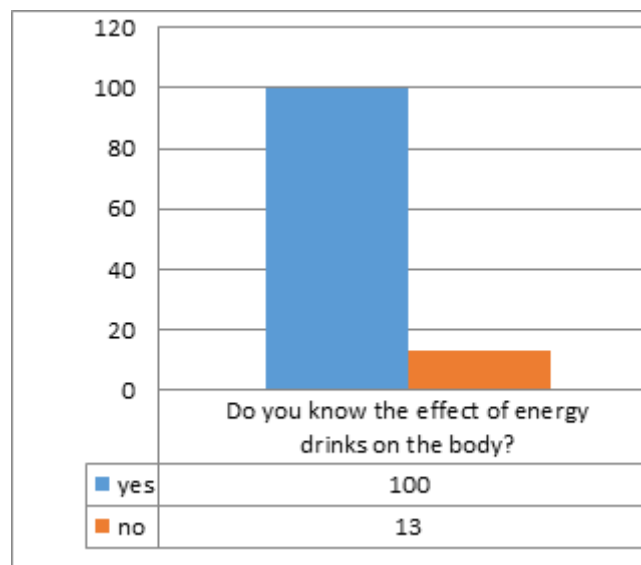
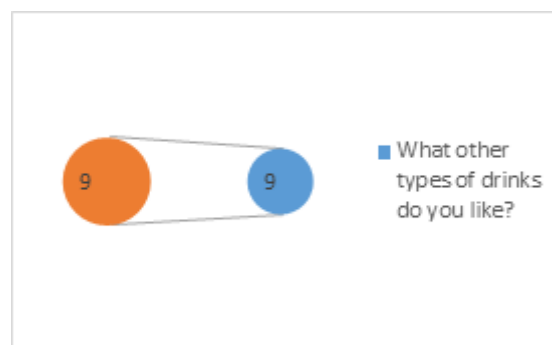
The analgesic effect causes Headaches and muscle fatigue to eliminate reach can Energetic drinks consumption from doing then, man's body's active to components effect of doing one how many from stages will pass **raise stage**. The gastrointestinal tract enters after all ingredients quickly to the blood is absorbed and strong warning activity starts Someone person strength, strength feels the wave, more active and active will be **Wake up stage**. This one how many hourly periods encouraging effect internal stocks with is provided, i.e. organism by collected reserves. A person high efficiency and activity saves, does not feel tired or does not want



Strength loss stage. Studies have shown that internal energy consumption sometimes very big is the body becomes tired So 1-2 boxes of the product consumption from doing after 3-5 hours after man weakness and fatigue can Drink addition part drinking is always second to rise take does not come because ... of the body resources infinite it's not. It is, on the contrary, more to fatigue take will come, and serious side effects development probability increase.



A drink the effect after losing in a negative they affect surface will come in this in my organs substances exchange fast gone because from your heart in the cup urine separate comes out and the organism is dehydrated and of blood viscosity increases sleep the era to be broken take will come



Summary. In addition, energy drinks' nervous system from work releases Spiritual to diseases danger increases people's aggressiveness increases. Children's mental classes without passing mastery decreased leaving, disabled, mind-weak children birth the same so of vices too complicated, so to speak error won't be.

So it is harmful to habits own to give up on time necessary! This original also, our offspring too indestructibility for important is a solution! "One thing emphasizing transition must - consumer anyway himself conscious respectively product consumption to do need In advertisements we see, [such in stocks] winner of those who most of them young children Of course, the norm to be needed " Standard " in medicine very necessary understanding Har how in the thing to the norm to be need From the norm more than thing human being life for always a risk being came

Recommendations:

1. Do not take two types of energy together on the same day
2. Do not drink with alcohol
3. Do not drink before and after physical exercises ;
4. Do not take before exams (for trigger first then relax feature)
5. Energy drinks to drink between a break to do to reduce body toxicity.

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