

7 MINUTE WORKOUT



Created for

7 Minute Workout by **Claire Poulton** © 2011

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Energy Drinks - Poison?

Why Those So-Called “Energy Drinks” Leave You Feeling Tired and Frazzled

Reach for one of those tiny bottles that promises hours of energy with “no 2:30 feeling later”, and you’ll likely spend the afternoon crashed out on the couch.

Peel back the slick sales talk and those so-called “energy drinks” are nothing more than **chemically produced caffeine**.

Why does this matter?



Many energy drinks use a chlorinated hydrocarbon called *trichloroethylene* when being processed. It's banned in Europe because it's a known cancer-causing chemical, but it's still legal in the United States.

One of the chemicals used to process energy drinks is *sodium cyanide*. How would you feel if advertisers told you that in the commercial?

These gimmicks are nothing more than synthetic concoctions created in a chemistry lab. **They're not natural**. And just like anything you put in your body, natural is almost always better.

Energy drinks haven't been around long enough for us to really understand the potential side effects. But what we do know is that if you drink enough of them, you'll feel nervous, tired, burned out... or worse.

Would You Knowingly Drink Toxic Chemicals?

The energy drinks you see advertised on TV are pumped full of **synthetic caffeine**. This “fake” caffeine does not come from Mother Nature's coffee bean... it comes from a chemistry lab.

Manufacturers love the fake stuff because it's potent. And much cheaper than the real thing.

Even worse are the chemicals themselves. One of the popular methods of making synthetic caffeine uses a highly toxic cocktail of chemicals like *trichloroethylene*, *sodium cyanide*, *sulfuric acid* and *benzene*.

They include:

Trichloroethylene (TCE) is a chlorinated hydrocarbon commonly used as an industrial solvent. **It's so powerful, the Air Force uses it to clean jet engines.** Banned in Europe as a known cancer-causing chemical, it's still legal in the United States.

Sodium cyanide is a highly toxic, colorless salt used in gold mining to **strip gold from rock.**

Sulfuric acid is a **strong mineral acid** used in car batteries, ore processing, fertilizer manufacturing and oil refining.

Benzene is a known **cancer-causing chemical used as an industrial solvent** and in the production of drugs, plastics, synthetic rubber and dyes.

But it's not only the processing chemicals you have to worry about...

Sugar is another problem. Aside from not being a real source of energy, too much sugar will rot your teeth and increase your risk of chronic disease.

And when these energy drinks claim “zero calories”. That means they're using **artificial sweeteners instead of sugar**.

Artificial sweeteners like **aspartame** and highly processed corn sugars like high **fructose corn syrup (HFCS)** are also cooked up in labs.

Energy Drinks – The Culprit Behind 4,600 Emergency Calls To Poison Control

University of Massachusetts Medical School toxicologist **Richard Church** tracked 4,600 caffeine-related calls to poison control nationwide in 2005. Half involved people under age 19.

“We were noticing an influx of patients in our ER who were coming in with caffeine-related complaints and symptoms after drinking energy drinks,” Church said.

Church said when teenagers don't realize how much caffeine they are getting from these energy drinks, *“that's when we start to see kids coming in with intractable vomiting where they can't stop vomiting. They're having severe headaches and they're feeling like their heart is racing.”*

Story from: News Channel 5: WCBV TV Boston.

Your Brain Needs Choline For Thinking, Remembering... Even Moving

Your brain and nervous system have a huge appetite for **choline**. It's the primary building block for **acetylcholine**. You burn it up 24/7 because your brain uses it to maintain clear communication between trillions of neurons. You need it for all the basics like thought, memory and sleep. It even controls how you move.

Your muscles receive commands from your brain via **acetylcholine** through your peripheral nervous system. **Your muscles need acetylcholine** to contract and therefore move. That's why it's such a potent performance and endurance booster.

Starve Your Brain Of Choline And Your Brain Starts To "Eat Itself"

When your body is lacking sufficient **choline**, to survive, your body will scavenge materials from other sources when it can't get enough from its main supplier.

When **choline** levels drop off, your brain goes on a scavenger hunt and extracts **choline** from nerve cell membranes. This last resort is called "auto-cannibalism" and it's very dangerous.

In the short term, your brain will use this technique to keep your memory and other functions up and running. But if this condition lasts long enough, your nerve cells are at risk.

To help give your brain the optimum level of **choline**, there is another brain nutrient called **DMAE**.

What is DMAE?

DMAE is a natural, **brain-stimulating nutrient** found in anchovies, sardines and other fish. Studies show it increases levels of **acetylcholine**. **Acetylcholine** is critical for learning and memory.

DMAE can also support learning and promote a healthy mood. In one study, 50 kids showed improvement in just 10 weeks.⁴ In another study, children did better in concentration and skill tests with this nutrient.⁵ And there were no side effects like jumpiness or an increase in heart rate.

Boosting the level of **choline** in your blood has a powerful effect on *homocysteine* and **C-reactive protein (CRP)**. *They are both better indicators for heart and brain health than anything else, including cholesterol.*

Research shows an excess of *homocysteine* weakens your blood vessels. And maintaining **healthy levels** of *homocysteine* is important for heart health.

CRP levels are an early sign of inflammation in your body. We can evaluate heart health using CRP levels more effectively than with cholesterol levels.

The New England Journal of Medicine published a massive study on CRP. Almost 28,000 people participated in the trial. **Researchers discovered that CRP predicted cardiovascular health better than LDL cholesterol.**

An experiment published in the American Journal of Clinical Nutrition followed two groups of men. One group ate a diet with no **choline**. The other group took a **choline supplement**. The men with no **choline** saw a steep rise in *homocysteine*. After just 10 days, their *homocysteine* went up by 35%.

Researchers discovered people who consume higher amounts of **choline** have lower levels of *homocysteine* and CRP. The study followed two groups of people. One group averaged less than 250-mg of **choline** a day. The other group averaged more than 310-mg of **choline** a day. The group who averaged above 310-mg saw their **CRP drop by 22%**.

Foods Containing Choline

Food	Serving	Amount -mg
Beef liver - pan-fried	100 grams (about 3.5 oz)	418 mg
Eggs	Whole large	112 mg
Beef (ground) 80% lean/20% fat	3.5 oz patty	81 mg
Cauliflower	3/4 C cooked (1" pieces)	62 mg
Navy beans	1/2 C cooked	48 mg
Almonds - sliced	1/2 cup	26 mg
Peanut butter	2 Tablespoons	20 mg

One of the important messages of **choline** (and other recently-discovered nutrients) is that we are still learning so much about nutrition. This emphasizes the importance of eating a variety of whole foods, so we will be less likely to miss out on some yet-to-be-discovered nutrients.

Is it Possible to Get Too Much Choline?

Actually, yes. The Tolerable Upper Intake level for adults has been set at 3.5 grams (3500 mg) per day. Above this, adverse effects can include low blood pressure, diarrhea, and fishy body odor.

How Much Choline Do We Need?

An RDA for choline has not been established, but the National Academy of Sciences recommends the following for “adequate intake” of **choline**.

The information in this table (and a lot of information for this report) was taken from “*Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline*” by [The National Academies Press](#).

Recommended Choline Intakes (AI=Adequate Intake)

Age	Delimiter	Daily AI
Infants	0-6 mos	125 mg
	7-12 mos	150 mg
Children	1-3 yrs	200 mg
	4-8 yrs	250 mg
Boys	9-13 yrs	375 mg
	14-18 yrs	550 mg
Girls	9-13 yrs	375 mg
	14-18 yrs	440 mg
Men		550 mg
Women		425 mg
	Pregnant	450 mg
	Lactating	550 mg

About The Author

Claire Poulton is a Nutrition Research Specialist. Claire has spent over 25 years researching health, nutrition and chronic illnesses: Specializing in weight loss, premature aging, and nutrition for children.



Not only does Claire preach the value of healthy food, lifestyle, and exercise, she practices what she preaches. At 67 years, she leads a healthy active life on Vancouver Island BC Canada. Claire is the mother of 5 healthy active adults, and grandmother to 9 healthy active grandchildren.

She has been “accused” of sending “Helpful Advice” to her family, which is sometimes appreciated, and sometimes not. ☺

Hopefully, you will find the information in this Report useful in your journey to better health for yourself and your family.

With Sincerest Best Wishes For Success and Good Health,

Claire Poulton

Resources

[The 7 Minute Workout](#)

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