

What makes us different? Read our [Declaration of Journalistic Independence](#) ▶

COMMUNITIES ▾ REFERENCE INFO ▾ BOOKS & GUIDES ▾

Search

BROWSE BY CHANNEL: [HEALTH](#) [ENVIRONMENT](#) [TECHNOLOGY](#) [ENERGY](#) [LIFE](#) [HUMOR](#) [VIDEOS](#) [CARTOONS](#)

RSS

Browse by topic:

- [Diabetes](#)
- [Breast cancer](#)
- [Prostate cancer](#)
- [Heart disease](#)
- [Depression](#)
- [High cholesterol](#)
- [Osteoporosis](#)
- [High blood pressure](#)
- [Arthritis](#)
- [ADHD](#)
- [Infertility](#)
- [Weight loss](#)
- [Cancer](#)
- [Alzheimer's](#)

Food topics:

- [Hydrogenated oils](#)
- [Refined sugar](#)
- [Aspartame](#)
- [High-fructose corn syrup](#)
- [Soft drinks](#)
- [Monosodium glutamate](#)
- [White flour](#)
- [Red meat](#)
- [Mad cow disease](#)
- [Sodium nitrite](#)

What works:

- [Nutrition](#)
- [Phytonutrients](#)
- [Superfoods](#)
- [Blueberries](#)
- [Antioxidants](#)
- [Supplements](#)
- [Vitamin D](#)
- [Omega-3 oils](#)
- [Natural sunlight](#)
- [Exercise](#)
- [Medicinal herbs](#)
- [Zinc](#)
- [Chinese medicine](#)

Health warnings:

- [Trans fats](#)
- [Acrylamides](#)
- [Fluoride](#)
- [Mercury](#)
- [Personal care products](#)
- [Toxic chemicals](#)

What's wrong:

- [The FDA](#)
- [The AMA](#)
- [Prescription drugs](#)
- [Antidepressants](#)
- [Statin drugs](#)
- [Organized medicine](#)
- [Big Pharma](#)
- [Ritalin](#)
- [Drug advertising](#)

Children should avoid energy drinks

Print this article Link to this article

[Help children lose weight](#)

Safe weight loss & better health with age-appropriate products

[Weight Loss for Teens](#)

Highlight:

Health experts advise that children should not drink energy drinks because of various health concerns, including the drinks' high caffeine content, which can lead to sleeplessness, nervousness, elevated blood pressure and heart rate, and their high calorie content, which can contribute to childhood obesity.

Original source:

<http://www.wcfcourier.com/articles/2005/08/31/features/lifestyles/478c5db70e1b4a118625706e00468884.txt>

Summary:

- Red Bull, Amp, Adrenaline Rush, Lost Energy, Full Throttle and scores of other so-called energy drinks are a million-dollar market, padding the pockets of their makers and revving up the consumers who drink them.
- "As a physician, I don't recommend them for children," said Dr. Ronald Flory, a family practitioner at Covenant Clinic.
- A survey by an Australian consumer group showed 27 percent of 8- to 12-year-old boys, 12 percent of 8- to 12-year-old girls, 24 percent of 12- to 18-year-old boys and 20 percent of 12- to 18-year-old girls had had at least one energy drink in the two weeks prior to the survey.
- In the United States, where health officials are struggling with a growing childhood obesity epidemic, the calorie count in [energy drinks](#) amounts to more bad news.
- Hansen's Energy Pro packs 120 calories in its 8-ounce can.
- Caffeine does provide a quick energy boost, but it doesn't come without a cost, especially in children.
- "A can of Red Bull has two times the amount of caffeine as a can of Coke," said Lori Fincher, a dietitian at Allen Hospital.
- It gives them a quick, high buzz and makes them feel like they have all this energy."
- But caffeine also is a diuretic that can quickly rob kids of fluids, leaving them dehydrated, said Fincher.
- "It will enhance concentration and performance, but it can interfere with the appropriate fluid balance and enhances the chances of heart rhythm disturbance," said Flory.
- Combined with caffeine, ephedrine has been proven to cause deadly heart problems.
- High school officials in Burbank, Calif., banned energy drinks in 2000 when two student athletes who had consumed drinks with ephedrine fainted.
- Taurine, an ingredient which, at high levels, is said to boost the effects of stimulants, is a common ingredient in many energy drinks, as is guarana or extracts from its seeds, yet another source of caffeine.

[Energy Drinks On Sale](#)

We'll instantly beat any advertised price on Energy Drinks by 5%!

[SupplementWarehouse.com/SaveNow!](#)

[Energy Drinks Online](#)

Use our Energy Drink Product Guide and Buy Energy Drinks Online

[Energy-Drinks-Online.com](#)

[Go Girl](#)

Go Girl Energy Drink Buy it here. Free shipping.

www.gogirlenergy.com

[Business Info](#)

Free company & industry info, news, financials, competitor info & more.

www.Hoovers.com

See more articles and news on [caffeine](#)

Stay informed

Receive the NewsTarget Natural Health Newsletter for free!

- Stay informed on breaking news about natural health, renewable energy and more.
- 100% free of charge. Unsubscribe anytime.
- Absolutely no spam. We respect your privacy.
- Receive a **free instant download** of our \$29 *Secret Sources* guide that reveals top sources for little-known health and diet solutions.

[Click here to subscribe now to our Natural Health Newsletter \(it's free!\)](#)

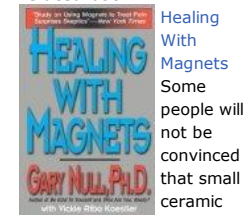


This page powered by the [WebSeed Content Management System \(CMS\)](#) created by Mike Adams.

Explore more:

- [caffeine](#)
- [energy drinks](#)
- [red bull](#)

Related book:



Healing With Magnets Some people will not be convinced that small ceramic magnets can be used for healing, but my experience of over 15 years using such magnets is proof that they can. I have recently been corresponding with...

Related article:

[The hidden dangers of caffeine: How coffee causes exhaustion, fatigue and addiction](#)

Free downloadable books and reports

on health, disease prevention and emerging technology at TruthPublishing.com.

[Cancer industry](#)
[Vaccines](#)
[The USDA](#)

Issues:

[Health freedom](#)
[CODEX](#)

About:

[About Mike](#)
[Adams](#)
[Contact us](#)
[Privacy policy](#)

"Mike you are a true American hero. All of us are lucky to have you out there not only fighting for our rights but protecting us, informing us, educating us and making it a better place to live." -

Gregory Kunin,
Principal, Ola Loa /
[DrinkYourVitamins.com](#)

"Mike Adams has brought his towering intellect and uncompromising integrity to bear in this truly important work." -

Jan Eastgate,
International President,
[Citizens Commission](#)
[on Human Rights](#)
[International](#)