

TIPS AND TRICKS

ENERGY DRINKS



Energy drinks do fill you with energy and many of them do taste good.



They are full of caffeine which you can get addicted to and even though it will bring you up and give you energy, they can drag you



Large amounts of caffeine is not good for you as it can raise your blood pressure.



Energy drinks provide a boost of energy, which doesn't last long. They contain high amounts of sugar and over time can be dangerous as it leads to an increase in heart rate which could cause a heart attack or stroke



If you have too much caffeine, you may experience side effects, such as dizziness, nervousness, trouble sleeping, an upset stom-



In addition, your body can get used to caffeine and people who stop drinking caffeine after drinking it so much may get headaches and become cranky or tired for a few days once they stop having



The good news is that you can increase your energy without expensive energy drinks. All you need to do is eat well-balanced meals, drink plenty of fluids, and exercise regularly.



Basic tips to avoid tooth decay

- Drink the acidic beverage at once, instead of sipping it all day, sip all day get decay.
- Use a straw to prevent the teeth from being covered in the sugary and acidic liquid
- Substitute acidic beverages with water.
- If you are unable to brush your teeth, rinse your mouth with water.

