

Published based on [Why Drinking Tea Is Better Than Energy Drinks](#)

Why Drinking Tea Is Better Than Energy Drinks

Natural herbs have been utilized by the human race for their beneficial properties since the era of cavemen. Our ability to discover ways that plants, herbs and chemicals can assist our lives has perhaps led us to become the most advanced species on Earth. Energy drinks are the latest trend in this consistent effort to get the most we can from nature's gifts. While teas such as [organic white tea](#) have been around for a while, new substances such as [organic rooibos tea](#) or tea with guarana can be seen to have beneficial effects on people who take them due to their large amounts of anti-oxidants.

There's no doubt that drinking tea has a number of positive implications. But one of the ingredients in tea is caffeine, which is very rarely good for you and should only be taken in small doses. In today's society, however, caffeine has become increasingly prevalent, and it's no big deal to drink a dangerous amount of caffeine every day.

Products that stunningly large amounts of caffeine are currently available. Coffee, without doubt, is the most popular choice for those looking to wake themselves up in the morning, or stay up a few extra hours before bed. A recent development in the world of caffeine has been energy drinks such as Red Bull. While these drinks are marketed as being good for you due to the presence of natural supplements like guarana and taurine, the only real effect the body feels from these drinks arises from the high content of caffeine contained in the liquid.

These drinks were first released in small cans, then bigger bottled drinks were sold. Now, a double-sized can is being marketed, along with "shots" of energy drinks, that are a concentrated mix, fitting the caffeine levels of a normal can into a tiny bottle.

The effects these drinks have on the body is unsurprisingly negative, and nothing like the natural positive effects that can be felt from tea. But this isn't the first time such a product has been released. In the '90's, a drink called Jolt Cola became trendy among people who wanted to stay up all night, either to program computers or get extra work done. Of course, like any drug that attacks the nervous system in the way caffeine does, there is a major "crash" effect which inevitably results. This is the same as the "crash" of any amphetamine type chemical, in which the body has pushed itself to unnatural levels of energy, and must now compensate with excessive "down" time.

While the effects of natural herbs that come from tea are beneficial for its users, more unnatural substances like energy drinks and coffee should be taken extremely carefully, and although it's quite common, drinking these dangerous chemicals every day can seriously affect your health. If you ever notice you're feeling particularly sick, shaky or disorientated after having excessive amounts of caffeine, contact your doctor immediately. And of course, if you're pregnant, don't risk the lives of you and your baby by drinking heavily caffeinated drinks.

You can also find this article published on [Why Drinking Tea Is Better Than Energy Drinks](#), and on the tag pages [organic rooibos tea](#), [organic white tea](#).