

Why I Stopped Consuming Energy Drinks

I used to have a low-carb Monster habit that was so strong I'd get horrible caffeine headaches that even coffee wouldn't touch.

I used to buy blue Monster by the case at Sam's Club because it was cheaper. I drank two Monsters a day. One in the morning and one in the afternoon. It seems it was somewhat addictive.

Then, one day, I sensed the **Holy Spirit** telling me to stop drinking Monster. I stopped immediately, and I figured there must be a good reason for the directive. I figured one day they'd find out it causes cancer or worse. Then I read an Associated Press story that confirmed what appears to be the potential deadly danger of energy drinks.

According to the AP, federal health authorities are investigating reports of 13 deaths possibly linked to so-called energy shots and cautioning consumers to talk to their doctors before they take them or other energy drinks. The AP reports:

"The Food and Drug Administration has received 92 reports over four years that cite illnesses, hospitalizations and deaths after consumption of a product marketed as 5-Hour Energy. The FDA has also received reports that cited the highly caffeinated Monster Energy Drink in five deaths and one nonfatal heart attack.

"The agency doesn't individually regulate caffeinated drinks or supplements such as the energy shots but can take action if they are proven to do harm. Makers of caffeinated alcoholic drinks took those products off the market in 2010 after the FDA sent the companies warning letters saying that combinations of caffeine and alcohol in the drinks was a

public health concern and could lead to alcohol poisoning, car accidents and assaults."

The jury is out on these energy drinks, but watch your kids. Young adults and teens are mixing energy shots with alcohol and it can be a deadly combination.