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Effects Of Carbonated and Energy Drinks on Human Health

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ABSTRACT

This article discusses the effects of strong carbonated and energy drinks on human health.

Keywords:

Tourin, caffeine, theobromine, melatonin, stimulator.

Natural carbonated water has been known since ancient times and has been used by doctors for medicinal purposes. The famous Greek physician Hippocrates also recommended drinking this water and bathing in it. In the 1st century, mineral water was bottled and sold. However, it was more expensive and changed very quickly. Therefore, there were attempts to artificially gasify these waters [1-5].

For the first time carbonated water was discovered in 1767 by the chemist J. Priestley. Jacob Schwell set out to develop such waters on an industrial scale. He created industrial devices for the production of carbonated water. For a century, ordinary baking soda and natural carbonated water were used to gasify water, reducing production costs.

Considering how carbonated water is harmful or beneficial to human health. So, are the carbonated drinks produced today just as carbonated as the water used in Hippocratic therapy, or just as dangerous to human health [6-11].

While the carbon dioxide in sparkling water is not harmful to human health, it is harmful when combined with water. Indeed, as a result of the reaction of gas with water, it is considered dangerous for the stomach and digestive system, causing inflammation. This acid is quickly broken down, but remains in the stomach for a long time. When gases enter the stomach, it can lead to indigestion and dyspepsia, as well as constipation [12]. It should be noted that carbonated drinks should be completely excluded from the list of daily nutrition of young children. Carbon dioxide is a preservative and is labeled E 290 on the packaging. Another aspect of carbonated water consumption is that carbonated water enriches the body with electrolytes. It cannot be said that it is completely harmful [13-15].

However, it is clear that drinking sugary sodas can have negative effects. Sodium benzoate, found in carbonated drinks, is used as a preservative in foods. Sodium-containing preservatives reduce the amount of potassium in the body. The sugar and acid in sweetened

sodas erode the layer of tooth enamel [16-19]. When caries reaches the root of the tooth, base and nerve fibers, the tooth is destroyed. Most sweetened sodas are high in corn syrup, which can cause type 2 diabetes or heart disease. Eighty percent of people who drink carbonated drinks are more likely to develop diabetes. Colas and hard carbonated soft drinks are also high in phosphoric acid. This acid can cause kidney stones and bone problems. Under the influence of this acid, the bones become brittle and osteoporosis can develop. Phosphoric acid, which is excreted in the urine, carries calcium and other minerals [20-24].

The connection between obesity and soda has already been proven in various tests and studies. Well, scientists have done a lot of research on how the body changes after drinking a carbonated drink. In particular, drinking a glass of sugary soda raises blood sugar levels, and the liver converts carbohydrates into fat. Scientists also suggest that the use of carbonated sugary drinks is one of the carcinogenic (cancer-causing) factors.

It should be noted that cola is one of the most carbonated soft drinks. Cola drinks with different names are the most popular drinks. Let's look at the effect of a glass of cola on the human body [25-33].

After 10 minutes, 10 teaspoons of sugar (daily value) in the drink will hit the pancreas. You won't feel thirsty because the phosphoric acid in the drink reduces the effects of sugar. After 20 minutes, the amount of insulin in the blood rises sharply. After 40 minutes, the liver converts the sugar into fat, the caffeine is absorbed, blood pressure rises because the liver pumps more sugar into the blood, and the pupil dilates.

After 45 minutes, the amount of the hormone dopamine increases, which helps to improve the well-being of the brain. As a result, the mood rises, refreshes, drowsiness goes away, but after an hour and a half the person begins to feel lazy and impressed. Gradually, the brain adapts to a person's habit of drinking carbonated drinks without producing enough of the hormones he needs, since these hormones can also be obtained artificially by simply drinking cola [34-41].

Now let's talk about energy drinks, which have recently become a tradition. Since time immemorial, people have used natural anti-aging agents. Coffee is consumed in the Middle East, tea in Southeast Asia and China, coffee and tea in India, mate in South America, and kola nuts in Africa. In the Far East, Siberia and Mongolia, Chinese lemongrass, ginseng and aralia are popular. There were more powerful stimulants, such as ephedra in Asia and coca in South America. However, drinks made from these plants are not harmful. Because drinks are made from natural products.

In the last quarter of the 20th century, energy drinks began to appear on the consumer market. As time went on, the variety of such drinks increased. So what are their benefits? Energy drinks are quick to recharge and refresh for hours. Accordingly, at first glance, such a drink may seem useful, but its effect is temporary due to its composition. Now let's look at their composition [42-47].

Taurine is synthesized in the gallbladder and is involved in a number of metabolic processes, improving tissue nutrition. A small amount is considered harmless, but it is added to today's energy in excess of the daily allowance [48].

Caffeine mainly serves to increase mental and physical performance by improving reaction time and memory. At the same time, the heartbeat becomes more frequent, blood pressure rises, which in many cases leads to arrhythmias [49-52].

Theobromine is a very strong stimulant.

Melatonin activates human vital activity, activity and circadian rhythm.

It should be noted that, at first glance, non-alcoholic energy drinks do not cause concern. Because it contains caffeine, sugar, flavors and vitamins. However, the risk of drinking alcohol depends on the concentration of these substances. A 300 ml drink contains as much caffeine as a cup of coffee, which is a serious blow to the nervous and cardiovascular system. It is also a strong carbonated drink containing carbonic acid. It should also be noted that manufacturers of strong carbonated drinks also indicate safe consumption on the labels. But consumers certainly don't.

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