

Caffeine for Energy?

Caffeinated beverages are widely popular. After all, who doesn't want more energy? But be cautious. Caffeine is a substance that mildly stimulates parts of your body and brain. It increases heart rate and blood pressure to give a quick, high buzz that feels like energy. Used moderately, caffeine may help improve performance when you haven't had a good night's sleep.

But that's really part of the problem, because overuse of caffeine can interfere with sleep, in some cases substantially. It takes about 3 to 4 hours for the caffeine to be eliminated from your body. In children and adults, caffeine can lead to disturbed sleeping patterns, anxiety and nervousness, upset stomach, headaches and difficulty concentrating.

For anyone looking for energy, the best way to get it is naturally. Eat healthfully, stay hydrated, get plenty of physical activity and don't neglect sleep.