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2 Energizing Drinks You Will Love

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By Cara Nitz

If you are in need of an energizing boost, skip the energy drinks and caffeine sodas, full of sugar or artificial sweeteners. Instead, try one of these healthy energizing drinks!

I am a huge fan of green tea. It has sooooo many health benefits, including giving you tons of antioxidants, helping with cancer prevention, giving you anti-bacterial and cholesterol reducing effects, helping you lose weight, and giving you a boost of energy!   
  
I love my green teas from TeaVivre. They offer the highest quality Chinese teas, and right now they are sharing their Chinese spring green teas to all the tea lovers around the world.   
These are the teas (all of which are organic) in their[Spring Tea assortment](http://www.teavivre.com/2015-green-tea-sample-assortment-vip-invitation/):  
  
Premium Dragon Well Long Jing Green Tea  
Bi Luo Chun Green Tea (Pi Lo Chun)  
Huang Shan Mao Feng Green Tea  
Lu Shan Yun Wu Green Tea  
Xin Yang Mao Jian Green Tea

Each tea is unique in its own way. Some taste a little more fruity and some more floral. Some of them are more bold than others, but they are all quite refreshing. You can tell these are chosen very carefully by people who love tea!  
  
Another company that makes great energizing drinks is [Organo Gold](http://www.organogold.com/). They also offer green tea, but they are more known for their unique coffee. You have got to check out their Premier Gourmet King of Coffee, an organic coffee with the added bonus of pure organic Ganoderma lucidum spores.

What is Ganoderma? It is a mushroom extract used for thousands of years in traditional Asian medicine for its possible antioxidant, immune support and other beneficial attributes. In fact, it is so full of healthy benefits,  it is Manny Pacquiao’s sports drink of choice!   
  
Paired with the known beneficial effects of coffee itself (improved circulation, memory and muscle preservation), the addition of Ganoderma to Organo Gold gourmet coffee is truly unique! My husband loves this coffee, and he really loves the energy boost it gives him!  
  
What else do you use for a healthy energy boost? I personally cannot go a day without my [Vitalizer pack](http://caranitz.myshaklee.com/us/en/shop/healthyfoundations/essentialsvitaminsandminerals/product-_p_vitalizer_p_)and [B complex](http://yourworldnatural.blogspot.com/2011/08/b-happy.html), which give me the nutrients I need to stay full of energy!