What Killed This Man; many of Us Drink every Day. Death Lurks in the Fridge

By bestfolkmedicine · 25/10/2018 · 2 min read

Once a loving father of two and a professional bodybuilder, Dean Wharmby was a fitness fanatic who invested a lot of time, effort, and money to fill his body with pure muscle. This is definitely not a straightforward task and one needs to remain dedicated to achieve this goal.

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What Do Bodybuilders Do to Maintain Their Body Figure?

They focus mostly on training and nutrition. Namely, to increase their muscle mass, they need to intake more than 10,000 calories on a daily basis and Dean did exactly this. He mixed fast food and balanced meals like fish, eggs, and chicken to reach the needed amount of protein in his body. While he worked out, he also drank 2 energy drinks each hour to maintain his optimal focus and to stay awake during more strenuous workouts.

Things Went South for Dean

Sadly, 5 years ago, Dean was diagnosed with cancer and his oncologists recommended that he undergoes chemo, which he refused because he wanted to treat his illness naturally. The tumor began to shrink as he was changing his bad habits and using natural medicine. Unfortunately, he went back to his old habits, which were the main reason for his cancer. This resulted in Dean being diagnosed with liver cancer soon after. He refused chemo once more and wanted to treat his cancer with a healthier lifestyle.

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Dean lost a lot of weight and the tumor was not shrinking despite his efforts and it was now too late to do anything. The 39-year old bodybuilder found out that it was the energy drinks that caused his health problems. His doctors explained that these popular drinks completely destroyed his liver and encouraged the growth of cancerous cells. Sadly, after a long and tiring battle with cancer, the once popular bodybuilder died back in 2015 and left a beautiful wife and a young daughter behind.

The Adverse Effect of Energy Drinks on Our Health

Energy drinks contain a high level of caffeine and when one consumes more than one of these beverages daily, the risk of heart attacks in teenagers is much higher. When it comes to its cancer-causing effects, it is the sugar content that is problematic because some studies indicate that cancer cells thrive on sugar. They use fructose for cell division, which in turn speeds up the growth of cancer.

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