

THE TRUTH ABOUT SODA

Thursday July 22, 2010

How often do you order a healthy salad and drink a SODA with it? Not very often huh?

Do tacos, pizza or burgers taste as good without an ice cold SODA?

Do you ever drink a SODA and notice how it squashes your desire to eat veggies and other healthy foods?

Soda is one of the main reasons, nutritionally speaking, why many people suffer health problems. Aside from the negative effects of the soda itself, drinking a lot of soda is likely to leave you with little appetite for vegetables, protein and other food that your body needs.

How many sodas have you had today? How about your kids? The average American guzzles 56 gallons a soda a year. Consider this: one can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites. It's no wonder American's are gaining weight. It would only take 11 days of drinking 24 oz of soday daily to gain a pound.

I confess (says Dr. Hall) ...I do drink soda. I know, I know- it's BAD for me and I'm setting an awful example my kids by giving in to this refreshing delicious treat so often. But I tend to justify that I'm active, and maybe it is my only vice, and not as bad for me as drugs, alcohol, smoking, and certainly can't hurt any one else than myself right?

I've researched and read many articles on the dangers of soft drinks and how toxic they are. I know the research, and yet I still consume. Why? Is it because it is cheap and so available, or because I simply can't resist the sweet refreshing taste? Am I addicted?

Here is what we know about soda:

1. Soda contains High fructose corn syrup

The danger of high fructose corn syrup arises from the way it's metabolized by the liver – differently than table sugar. It is broken down more rapidly and this leads to a change in triglyceride and lipid metabolism which increases the risk of heart disease and fatty liver, not to mention diabetes. It is believed to be a major contributor to the obesity epidemic among children and teens.

2. Soda contains Phosphoric Acid

Phosphoric acid leeches calcium from the body. A high phosphate diet has been associated with bone breakdown and an increased risk of osteoporosis. When phosphorus is excreted in the urine, it takes calcium with it, depriving the bones and the rest of the body of this important mineral. This is an especially important to me as a CHIROPRACTOR because I see so many women between the ages of 25 and 60 with compromised bone density and osteoporosis... and I know that soda consumption has contributed to that. It is subtle and will affect your health while you

are unaware- and may not even make the connection unless you are educated on really how bad these “DIET COKES” are for you.

3. Soda contains Caffeine

Drinking soda regularly contributes to caffeine dependence and increase the risk of behavioral problems and hyperactivity, high blood pressure, poor sleep habits and insomnia.

4. Soft drink cans are coated with a resin that contains BPA (biphenyl-A).

This is the same cancer causing chemical found in plastic baby bottles, water bottles, and plastic containers that wrecks havoc on the endocrine system, potentially causing premature puberty and reproductive abnormalities. Soft drinks could be a particular problem when it comes to BPA leaching. They're often stored in hot warehouses where heat can accelerate the contamination process. Plus, the drink itself is acidic which could further facilitate leaching of BPA into the drink.

5. **Aspartame:** This chemical is used as a sugar substitute in diet soda.

There are over 92 different health side effects associated with aspartame consumption including brain tumors, birth defects, diabetes, emotional disorders and epilepsy/seizures. Further, when aspartame is stored for long periods of time or kept in warm areas it changes to methanol, an alcohol that converts to formaldehyde and formic acid, which are known carcinogens.

Soda and kids

FYI... Coca Cola has set the goal of raising consumption in the US by 25% per year. The adult market is stagnant, so kids are the target. Why shouldn't kids especially drink sodas? Consider attention deficit, bone mass, immune system, tooth decay, diabetes, heart disease, sinus irritations, insomnia, high blood pressure, obesity, and unhealthy diets which leads to overall poor nutrition.

Reasons to limit kids' caffeine consumption include:

1. Kids who consume one or more 12-ounce (355-milliliter) sweetened soft drink per day are 60% more likely to be **obese**.
2. Not only do caffeinated beverages contain empty calories (calories that don't provide any nutrients), but kids who fill up on them don't get the vitamins and minerals they need from healthy sources, putting them at risk for **nutritional deficiencies**. In particular, kids who drink too much soda (which usually starts between the third and eighth grades) may miss getting the calcium they need. A study published in the Journal of Clinical Endocrinology and Metabolism suggested that fructose, a sweetener found naturally in fruit juice and typically used in concentrated amounts in soft drinks, may induce a hormonal response in the body that **promotes weight gain**.
3. Clearly we are “treating” ourselves to death with this toxic substance. We as individuals need to be more educated as to what we are putting into our bodies, and make healthier choices. We need calcium from milk to build **strong bones and teeth**.
4. Drinking too many sweetened caffeinated drinks could lead to **dental cavities** (or caries) from the high sugar content and the erosion of tooth enamel from acidity. Not convinced that sodas

can wreak that much havoc on kids' teeth? Consider this: One 12-ounce (355-milliliter) non-diet, carbonated soft drink contains the equivalent of 10 teaspoons of sugar (49 milliliters) and 150 calories.

5. Caffeine is a diuretic that causes the body to eliminate water (through urinating), which may contribute to **dehydration**. Whether the amount of caffeine in beverages is enough to actually cause dehydration is not clear, however. It may depend on whether the person drinking the beverage is used to caffeine and how much caffeine was consumed that day. To be on the safe side, it's wise to avoid excessive caffeine consumption in hot weather, when kids need to replace water lost through perspiration.
6. Abruptly stopping caffeine may cause withdrawal symptoms (headaches, muscle aches, temporary depression, and irritability), especially for those who are used to consuming a lot.
7. Caffeine can aggravate **heart problems or nervous disorders**, and some kids may not be aware that they're at risk

Even a few cans of soda today can be damaging when they are consumed during the peak bone-building years of childhood and adolescence. Adolescents and kids don't think long-term. They are developing habits and preferences, not to mention addictions that could harm them later on. What happens when these soft-drinking people become young or middle-aged adults and they have **osteoporosis, sedentary living and obesity**? By that time, switching to water, milk or fruit juice may be too little, too late.

STUDIES

A 1996 study published in the Journal of Nutrition by the FDA's Office of Special Nutritionals noted that a pattern of high phosphorus/low calcium consumption, common in the American diet, is NOT conducive to **optimizing peak bone mass** in young women.

A 1994 Harvard study of bone fractures in teenage athletes found a strong association between cola beverage consumption and bone fractures in 14-year-old girls. The girls who drank cola were about five times more likely to **suffer bone fractures** than girls who didn't consume soda pop.

Research presented at an American Diabetes Association gathering in 2010 found that women who went from drinking one regular soda a day to more than one daily soda were twice as likely to **develop type 2 diabetes** over a four-year period as women who drank less than one soda a day. (The women who drank more soda also **gained more weight** over the same period.)

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We as individuals need to **be more educated** as to what we are putting into our bodies, and **make healthier choices**. We need to **be more wary** of the product manufacturers marketing, and realize what we do today can have real long-term effects on our health and quality of life..and our nutrition choices CAN affect others around us.

Let's count the real cost of that \$1 soda – and realize the pay-off is simply not worth the pleasure of it...except for on occasion. Ice water in a glass cup is sounding pretty delicious right now-huh?

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<http://www.globalhealingcenter.com/soft-drinks-america.html>SoftDrinks-America

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