



The 3 Worst Foods to Eat & Why

'Tuesday Talks w/ Dr. Doug'

C. **SODA!!!**

A Dozen Ways Soda Damages Your Health:

- 1) **Weight gain** - Soda is a significant contributor to obesity. Drinking a single can a day translates to more than a pound of weight gain every month. Diet soda is just as likely to cause weight gain as regular, if not more. It may sound counterintuitive, but drinking diet soft drinks actually will NOT help you lose weight. Artificial sweeteners induce a whole set of physiologic and hormonal responses that actually make you gain extra pounds. (Not to mention the fact that artificial sweeteners are more dangerous for your health than high fructose corn syrup in many other ways.)
- 2) **Liver damage** - Consumption of too many soft drinks puts you under increased risk for liver cirrhosis similar to the increased risk faced by chronic alcoholics.
- 3) **Tooth decay** - Soda dissolves tooth enamel and is thought to be responsible for doubling or tripling the incidence of tooth decay. Soda's acidity is even worse for teeth than the solid sugar found in candy.
- 4) **Kidney stones and chronic kidney disease (CKD)** - Colas of all kinds are well known for their high phosphoric acid content, a substance that changes urine in a way that promotes kidney stone formation. Drinking one quart (less than three 12-ounce cans) of soda per week may increase your risk of developing kidney stones by 15%.
- 5) **Diabetes** - Drinking soda stresses your body's ability to process sugar and increases your risk of metabolic syndrome and diabetes. Some scientists now suspect this may explain why the number of Americans with type 2 diabetes has increased by 90 percent in the last 10 years.
- 6) **Heartburn (acid reflux)** - Heavy consumption of soda neutralizes stomach acid leading to heartburn.
- 7) **Osteoporosis** - Soft drinks containing phosphoric acid are definitely linked to osteoporosis (a weakening of your skeletal structure) because they lead to lower calcium levels and higher phosphate levels in your blood. When phosphate levels are high and calcium levels are low, calcium is pulled out of your bones.
- 8) **Hypertension (high blood pressure)**. Experts have reasons to believe that overconsumption of soda leads to an increase in blood pressure. It doesn't matter if the soda is regular or diet.
- 9) **Heart disease**. Heavy soda drinkers are more likely to develop risk factors for heart disease. Research shows that drinking more than one soft drink a day is associated with an increased risk of developing metabolic syndrome -- a group of symptoms such as central obesity, elevated blood pressure, elevated fasting blood sugar, elevated fasting triglycerides, and low levels of HDL or "good" cholesterol. Having three or more of the symptoms increases your risk of developing diabetes and cardiovascular disease.
- 10) **Impaired digestion (gastrointestinal distress)**. Drinking soda, especially on an empty stomach, can upset the fragile acid-alkaline balance of your stomach and other gastric lining, creating a continuously acidic environment. This prolonged acid environment can lead to inflammation of your stomach and duodenal lining.
- 11) **Mental health problems**. One Norwegian study found a clear association between soft drinks and hyperactivity, and additional links to other mental disorders.
- 12) **Gout**. Another recent study found that men who drink two or more sugary soft drinks a day have an 85 percent higher risk of gout than those who drink less than one a month. Why? Uric Acid!

Potassium Depletion – The Latest Danger Facing Chronic Soda Drinkers

The latest study of cola-induced hypokalaemia (abnormally low potassium in your blood) makes a compelling argument that potassium depletion should be added to the long list of soft drink-related health problems. This can lead to constipation, muscle weakness and even paralysis! Severe cases can even result in cardiac arrhythmias and can actually kill you.

Pepsi is now considered *HEALTHY*!?

Pepsi has created a new “healthier” version of their brand of flavored sugar water, called *Pepsi Raw*.

- **Pepsi** contains: fructose corn syrup, sugar, artificial colors, phosphoric acid, caffeine and citric acid.
- **Pepsi Raw** contains: apple extract, caramel coloring, coffee leaf, tartaric acid from grapes, gum arabic from acacia trees, cane sugar and sparkling water. It has very slightly fewer calories -- about 10 calories less in a 300ml bottle.

Thinking of going diet? Think again!

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.

Shocking Statistics:

- Soda accounts for more than ¼ of all drinks consumed in the US.
- Soda provides more added sugar in a 2 year olds diet than cookies, candies & ice cream combined.
- 56% of 8 year olds drink soda daily
- 33% of teenagers consume at least 3 cans of soda per day!
- Diet soft drinks often pack a lot more caffeine per can than regular.
- Number of 8 ounce servings of soft drinks consumed by the avg Chinese person in '07 = 35
- Number of 8 ounce servings of soft drinks consumed by the avg American person in '07 = 828

What Happens to Your Body Within an Hour of Drinking a Coke (Mercola.com)

Within the first 10 minutes, 9-10 teaspoons of sugar hit your system. This is 100 percent of your recommended daily intake, and the only reason you don't vomit as a result of the overwhelming sweetness is because phosphoric acid cuts the flavor.

Within 20 minutes, your blood sugar spikes and your liver responds to the resulting insulin burst by turning massive amounts of sugar into fat.

Within 40 minutes, caffeine absorption is complete; your pupils dilate, your blood pressure rises, and your livers dumps *more sugar* into your bloodstream.

Around 45 minutes, your body increases dopamine production, which stimulates the pleasure centers of your brain – a physically identical response to that of heroin, by the way.

After 60 minutes, you'll start to have a sugar crash.

For more information on this topic check out:

- “Setting Things Straight” by Dr. John Madeira
- “The Sugar Fix” by Dr. Richard Johnson
- “Sweet Deception by Dr. Joseph Mercola
- Dr. Joseph Mercola @ www.mercola.com