

THE HEALTH RISKS OF DRINKING SODA

Soda is not good for you. Of course, you have probably suspected this, but perhaps you don't know the extent to which drinking carbonated, caffeinated, sugared, or artificially sweetened beverages negatively affects your health.

If you look at the list of ingredients in most sodas, you will likely see most or all of these listed:

- ***carbonated water***
- ***caffeine***
- ***phosphoric acid***
- ***sugar or high fructose corn syrup***
- ***aspartame***
- ***acesulfame-k***
- ***sucralose***

Let's start with **carbonated water**. As you know, our bodies require oxygen to remain healthy. For every can of carbonated soda ingested, the amount of oxygen in the blood is decreased by 25% for up to three hours. If you are drinking several sodas per day, you are depriving yourself for a significant amount of oxygen.

As for **caffeine and sugar**, they both cause dehydration and a massive depletion of minerals. A study was done in which two groups of children ages 13-18 were given one of two drinks, a caffeinated sugar-free drink, or a drink containing both caffeine and sugar. With caffeine alone, calcium excretion in the urine increased by 25%. When sugar was added, urinary calcium loss almost doubled!

Sugar in particular is destructive because its ingestion lowers immune function by reducing the ability of white blood cells to ingest and destroy bacteria that will last up to 8 hours. Don't forget that this lowering of the immune system is ***per*** sugar ingestion!

Sucralose, also marketed as **Splenda**, breaks down into small amounts of a chemical similar to chlorinated pesticides. There has not been adequate testing of this product before it was released for public use, and many of the post-approval studies are alarming.

Let's talk **phosphoric acid**. Soft drinks are infused with phosphoric acid to add a tangy flavor. In nature, this type of flavor can be found in ginger or lemon. Phosphoric acid is used in shipyards to remove rust from aircraft carriers. YIKES!

Consuming acidic substances is bad for your teeth and terrible for bone health. Essentially, drinking phosphoric acid dissolves away your skeletal system. It has been said that the

fastest growing group of people with osteoporosis in this country is the teenager, because of the huge number of sodas they consume.

Soda has a pH of about 1.5 where normal blood pH is tightly regulated between 7.35 and 7.45. It takes 32 glasses of alkaline water at a pH of 9 to neutralize the acid of **ONE** 12 oz can of soda. Most people don't drink that much water, and if they do, it's just regular water, not water that has been alkalized. So in order to keep your blood at a neutral pH, your body uses the only thing it has to buffer that acid...the calcium from your bones. For every can of soda, your body withdraws 20mg of calcium from the bones. WOW!

When your body is in an extremely acidic state, disease develops!

HCFS [high fructose corn syrup] is a food additive and preservative. Most is made from genetically altered corn. It is ground into a fine powder and then it is broken down further with a fungus and a bacterium through a process. It lasts longer than real sugar, and more importantly it's cheaper. This is the number one reason it is in anything and everything.

In science labs, they are trying to figure out why rats fed HCFS are having consistent problems. It seems male rats are not developing their testes fully after ingesting this chemical and the female rats hearts explode. Certainly something to ponder.

HFCS is in almost everything we consume, and unfortunately our bodies cannot break it down the same way as naturally occurring sugars. It must be broken down by our liver. This can cause problems like a fatty liver and is linked to the increase in type 2 diabetes and some forms of heart disease.

The biggest dangers of high fructose corn syrup are that most of us are unaware of what it is exactly or just how much we are consuming it. We have a responsibility to our own health to read the nutrition labels on the foods we buy! We also need to contact food makers and tell them we want better ingredients. I don't need ketchup with a 3 year shelf life, but I do need healthy ingredients I can feel safe feeding to my family!

Aspartame was *never* and *cannot* be proven to be safe. It is *not* and *cannot* be a diet aid because the formaldehyde gets stored in the fat along with some water. The National Soft Drink Association did a 30-page protest in the '80s (Congressional Record, Senate S 5511, 5/7/85) that complained that aspartame is unstable, and that it reduces the levels of serotonin (a substance that gives that "full" feeling), which can create a constant craving for carbohydrates. So much for weight loss!

Equal & NutraSweet are composed of (at least) three ingredients:

1.) aspartic acid (40%) 2.) phenylalanine (50%) 3.) methanol (10%)

Aspartic acid is the aspartame ingredient that Dr. John Olney (Washington School of Medicine medical researcher) identified as the agent that caused "holes" to form in the brains of laboratory mice.

Phenylalanine breaks down into diketopiperazine (DKP), a known tumor agent. The FDA *mandated* a warning label due to this scientific fact.

Methanol breaks down into formaldehyde. The body has difficulty eliminating formaldehyde so it combines some of it with water and stores it in the fat.

So know you have the facts on soda. Drink at your own risk!

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