

*The Ugly Truth  
about Regular Soda*

---



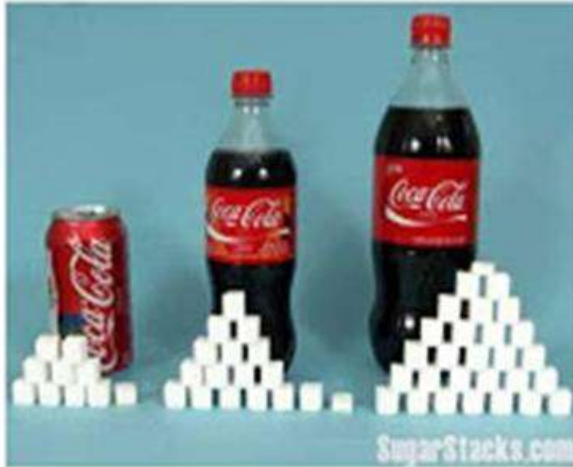
Lurking in the appealing colorful bottles  
are toxic liquids that create a true  
Horror Story for your body, mind and spirit.



## Did you know **soda** consumption is linked to...

- 💧 **High blood pressure** caused by added caffeine & sodium
- 💧 **Type 2 diabetes** due to continuous insulin spikes from the large amount of sugar - leads to pancreatic fatigue and insulin resistant cells
- 💧 **Metabolic syndrome**
- 💧 **Weight gain and obesity**
- 💧 **Heart disease and stroke**
- 💧 **Chronic Inflammation - root of all disease**
- 💧 **Increased plaque on teeth leads to cavities, gum disease**
- 💧 **Mood Swings, irritability, short attention span**
- 💧 **Soda contains a PH of less than 7 and is considered acidic.**  
Mountain Dew pH 3.2, Coke and Pepsi pH = 2.5 and battery acid pH = 1. All soda and energy drinks are acidic and can dissolve enamel on teeth. Acidity leads to overweight, stressed, fatigue, joint & muscle pains, bad skin, reflux, bad digestion, pre mature aging inflammation, heart disease, cancer & so on.
- 💧 **Osteoporosis and bone softening due to Phosphoric Acid.**  
Phosphoric Acid interferes with the ability to absorb calcium along with interacting with stomach acid, slowing digestion and blocking nutrient absorption.
- 💧 **Contains red, yellow, caramel dyes and so on.** Known carcinogens, hormone and mood disruptors, depresses immune system
- 💧 **Dehydration-** Because of the high sugar, sodium and caffeine content in soda, it leads to **chronic dehydration** and over time stresses the heart and kidneys
- 💧 **The Water-** The water used in soda is just simple tap water and contains chemicals like chlorine, fluoride and traces of heavy metals - carcinogens
- 💧 **Lack of Nutrients-** There is absolutely no nutritional value in soda. There are no positive benefits of consumption and creates a future financial burden due to illness.

You ingest AT LEAST 10 CUBES  
worth of sugar in ONE SODA!



One Cube of Sugar = One Teaspoon of Sugar = 4 Grams of Sugar



## Why Is Excessive Sugar Bad for Your Health?

Average Americans consume about **32 teaspoons (128 grams)** of sugar per day.  
Your body can safely metabolize about **6 teaspoons (24 grams)** per day.

### *What happens with the rest of the sugar?*

- It overloads and damages your liver leading to potential liver damage.
- Stresses and overworks the pancreas leading to exhaustion and diabetes
- It tricks your body into gaining weight and affects your insulin and leptin signaling. This causes you to eat more and develop insulin resistance
- It causes metabolic dysfunction. These include weight gain, abdominal obesity, decreased HDL and increased LDL, elevated blood sugar, elevated triglycerides and high blood pressure
- It increases uric acid levels. High uric acid levels are a risk factor for heart and kidney disease.

<https://www.consumeraffairs.com/food-dye-coloring-risks-and-warnings>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2957945/>

<http://www.livestrong.com/article/449074-health-dangers-of-drinking-soda/>

<http://articles.mercola.com/sugar-side-effects.aspx>

Open Happiness.....Do the Dew....  
It's the Real Thing.....Live for Now

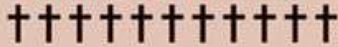


# A SIP OF SODA: HOW SOFT DRINKS IMPACT YOUR HEALTH

## ASTHMA

Sodium benzoate, found in sodas, is used as a preservative (microbial control) in foods. Sodium preservatives add sodium to the diet and reduce the availability of potassium. Some reported reactions to sodium benzoate include recurring urticaria (rash), asthma, and eczema.

Each day 11 Americans die from asthma



The annual cost of asthma to the healthcare system is estimated to be nearly \$18 billion



## KIDNEY ISSUES

Colas contain high levels of phosphoric acid, which has been linked to kidney stones and other renal problems.

You are more likely to get kidney stones if you are:



## SUGAR OVERLOAD

Twenty minutes after drinking a soda, your blood sugar spikes, causing an insulin burst. Your liver responds to this by turning any sugar into fat.

Forty minutes later, caffeine absorption is complete. Your pupils dilate; your blood pressure rises; as a response, your liver dumps more sugar into your bloodstream. The adenosine receptors in your brain are now blocked, preventing drowsiness.

45 minutes later, your body ups your dopamine production, stimulating the pleasure centers of your brain. This is physically the same way heroin works, by the way.

## OBESITY

The relationship between soft drink consumption and body weight is so strong that researchers calculate that for each additional soda consumed, the risk of obesity increases 1.6 times.

70% of Cardiovascular disease is related to obesity



42% of breast and colon cancer is diagnosed in obese individuals



30% of gall bladder surgery is related to obesity



## DISSOLVES TOOTH ENAMEL

Sugar and acid in soft drinks easily dissolve tooth enamel.



When tooth decay reaches the nerve, the root, and the area at the base of the tooth, the tooth may die and, if left untreated, an abscess can develop.

## HEART DISEASE

Most soft drinks contain high fructose corn syrup, a sweetener that's recently come under considerable scrutiny. High fructose corn syrup has been associated with an increased risk of metabolic syndrome, a condition associated with an elevated risk of both diabetes and heart disease.

In 2006, more than one in every four deaths were caused by heart disease.



## REPRODUCTIVE ISSUES

Soft drink cans are coated with a resin that contains BPA (bisphenyl-A). This is the same cancer causing chemical found in plastic baby bottles, water bottles, and plastic containers that wreaks havoc on the endocrine system, potentially causing premature puberty and reproductive abnormalities.



99.9% of plastic bottles contain BPA.

## OSTEOPOROSIS

Soft drinks contain phosphoric acid and 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.

Eighty percent of those affected by osteoporosis are women. Twenty percent are men.



## INCREASED RISK OF DIABETES

Those who drink more soda have an 80% increased risk of developing Type 2 diabetes.

Approximately 1 in 10 health care dollars is spent on diabetes



Now you know...don't reach for soda!

Thirsty?  
**Drink Water!**



**Hydrate naturally, choose water!**  
It's what your body needs.

# Drinking water is essential!



- 💧 Water is required for development and operation of your body
- 💧 Water makes up over HALF of your body weight
- 💧 By the time you feel “thirsty” you have lost 1% of your body’s water
- 💧 Adequate hydration reduces the appearance of fine lines and wrinkles
- 💧 Increases Energy & Relieves Fatigue
- 💧 Promotes Weight Loss
- 💧 Flushes Out Toxins- keeps all organs healthy
- 💧 Improves Skin Complexion
- 💧 Maintains bowel regularity
- 💧 Boosts Immune System
- 💧 Natural Headache Remedy
- 💧 Prevents Cramps & Sprains
- 💧 Lubricate and cushions joints
- 💧 Protect your spinal cord and other sensitive tissues
- 💧 Saves \$\$- most water is free!

<https://www.cdc.gov/healthywater/drinking/nutrition/>

<http://lifehacker.com/how-to-trick-yourself-into-drinking-more-water-every-da-1678956552>

<http://allaboutwater.org/water-facts.html>



## Stay Healthy! Drink Water!

**Eating well**, **moving your body** and **drinking water** are the simplest and best ways to reduce the risk of disease and obtain and maintain **optimal health!**

**Avoid the soda.**



*Keep your health, your money and  
NO horror stories!*



# ***Choose Water!***

**“Health *You*, Healthy *Us*”**  
**CFH Wellness Program**



***Coming soon...the truth about diet soda!***

Juli Romero, RN, CCWS, ACC  
Wellness Program Coordinator  
Central Florida Health  
[jromero@centflhealth.org](mailto:jromero@centflhealth.org)

**“Happy, Healthy & Whole” 2017**  
**Create your tomorrow....*today!***



