

“THINK TWICE BEFORE YOU CONSUME SODAS OR COLAS REGULARLY”

Why I don't drink soft drinks (and wish you didn't)

Broadly speaking Soft Drinks (the type that bubbles and fizzes and is cool, marketed in the name of Cola's, Lemonades and what not!) can cause the following problems to the human body.

- It can cause Peptic ulcer
- It can cause Cancer
- It can cause kidney problems like stones
- It can lead to such liver problems as Cirrhosis
- It can be highly addictive causing insomnia, irritability, nervousness, anxiety and disturbances in the heart rate and rhythm
- It can cause irreversible birth defects, malformed foetus mainly due to bone disorders
- It can soften and dissolve your teeth
- It can soften your bones and cause Osteoporosis
- It can drastically affect metabolism in the body
- It can badly affect the natural anti-bacterial action of the body
- It can increase blood pressure
- It can cause acute and chronic allergies

Since none of the manufacturers reveal exactly what the composition of their soft drink is, it is difficult to pinpoint the consequences of taking soft drinks. But with the little knowledge that is available of the contents of the drink, the physiology of our body and the various scientific studies and experiments that has been done all over the world, let us find out how soft drinks can cause such a wide range of problems. Let us be reminded that all the problems mentioned above is, quite unfortunately, on the increase to day and hence we need to approach the whole problem with an open and rational mind.

Soft Drinks are Highly Acidic

“All kinds of soft drinks are highly acidic. Especially, colas. In order to neutralize a glass of cola, it takes at least 32 glasses of high pH alkaline water.” It is well known by the medical profession that disease loves acid. In fact a physician from Loma Linda University said in a speech that if we could get our cells to maintain normal pH (slightly alkaline), cancer could not grow in our bodies. Moreover cola will make our body poor in oxygen which again helps in the growth of cancer cells.

All Soft Drinks Contain Phosphoric Acid

Most soft drinks are highly acidified with phosphoric acid. A three-year study over 1000 men with a history of kidney stones showed that the incidence of

renal colic was high in the case of those who used to take soft drinks, especially the ones that are acidified with phosphoric acid. The bubbles and fizz in these drinks are due to phosphoric acid and carbon dioxide. The phosphorus in the acid is known to upset the body's calcium-phosphorus ratio and dissolve calcium out of the bones and teeth. This can cause such conditions as osteoporosis, weakening of the skeletal structure, which can make one susceptible to broken bones. Too much of phosphoric acid can cause bone malformation in fetus. This has already been experimentally proved on mice. Also the phosphorus reacts with the hydrochloric acid in the stomach and renders it ineffective, causing indigestion, bloating and gasiness. In the United States, a study done on the harmful effects of phosphoric acid had, in fact isolated the problems and had made the Govt. issue a warning to the “manufacturer of certain world famous refreshing soft drink for the suspected effect to the bones of children because of the large amount of phosphoric acid contained in it.” But they ultimately “soft pedaled on the issued to avoid disrupting the industry and the economy as a whole”.

Soft Drinks are Addictive

Soft drinks-colas and the pepper type drinks have an overdose of caffeine, which is an addictive. and it is not a wonder that soft drinks are the number one beverage in America and is on the path of being so in India as well. Caffeine is an alkaloid; belonging to the same family of chemicals as morphine, nicotine, cocaine, purine and strychnine all of which have one thing in common; they are addictive. Caffeine acts as a stimulant to the central nervous system. “In the amounts presently being consumed, it can cause insomnia, nervousness, irritability, anxiety and disturbances in the heart rate and rhythm. the long-term effect of this drug on people are not known. But experiments on mice have forced the FDA-US, to make an announcement to pregnant mothers to avoid taking substances, which is suspected to have caffeine as an ingredient. Caffeine is known to be harmful to the unborn child.

Soft Drinks- Just A “Sweetened Carbonated Beverage”

Soft drinks are basically just sweetened, carbonated water with no nutritional value. Their only food energy comes from refined sugar – saccharin, and aspartame have been shown to cause cancer in laboratory animals and Nutra-sweet and equivalents are linked to convulsions, depression, insomnia, irrita-

bility, weakness, dizziness, migraine headaches, mood changes and mental retardation. (All these are so common ailments nowadays, especially among the youth! One wonders, why?) Dr. Charles Best, co-discoverer of insulin claims that soft drinks have much in common with hard liquor. He says, "Cirrhosis of liver has been found among teenagers who drink large quantities of soft drinks, as well as among chronic alcoholics" and cirrhosis of the liver has no real cure even today! One other sugary fact is that on an average 300 ml of cola contains atleast an ounce (9 teaspoons) of sugar. Doctors have found that taking in 24 teaspoons of sugar a day can destroy 92% of the body's ability to destroy bacteria.

Soft Drinks Are so Artificial

Apart from the artificial sweetening and taste enhancing chemicals used. "Cola drinks contain Caramel coloring which, according to researchers, has genetic effects and is a cancer causing suspect. Dr. George M. Halpen, Division of Allergy at the University of California Davis School of Medicine says "Soft Drinks may cause allergies". Acute or chronic hives may be symptoms caused by low calorie, artificial sweeteners. Polyethylene glycol is also sometimes used as an ingredient. Glycol is the same anti-freeze used in automobiles and as an oil-solvent (Perhaps you have noticed in USA that pouring cola drinks on windshield in a snow or ice storm will keep the windshield from freezing over with ice!). This prevents cola from solidifying even if stored in freezer! Heavy soft drink consumption can interfere with our body's metabolization of iron and diminish nerve-impulse transmission. Colas may contain - but are not required to disclose - such ingredients as ethyl alcohol, sodium alginate (possibly hazardous for pregnant woman) and brominated vegetable oil (considered harmful to vital organs of animals and considered a health risk to heavy consumers of beverages containing it).

SOFT DRINKS – MORE AND MORE PROBLEMS !

Apart from all this, Cola drinks can interact adversely with antacids, possibly causing constipation, calcium loss, hypertension, nausea, vomiting, headaches and kidney damages. Soft drinks are known to

Check it Yourself

You may buy a can of cola and put into it an extracted baby tooth or a small iron nail. Keep it for a couple of days. You will then notice that the tooth or the iron nail. Whichever you have used has either softened, diminished in size or has altogether dissolved. (Our experiment with an adult tooth revealed a loss of 10 mg. in weight of the tooth in just half an hour and in two days the tooth had lost 20% of its total weight!)

Well this could exactly be what is happening to your teeth, bones as well to the iron your body!

decrease the anti-bacterial action of Ampicillin and Penicillin. The high Sodium content in Diet Sodas and the regular Cola drinks can adversely affect people with a history of Blood Pressure. Patients with certain types of tumours, kidney diseases, adrenal, thyroid or pituitary gland malfunction, diabetes and arteriosclerosis or the hardening of the arteries are asked by doctors to keep away from soft drinks.

WHAT CAN BE DONE ABOUT THIS?

One wonders why, after all, should people (especially children and the young fall for such artificial thirst-quenching attitudes, when we have the natural fruit juices and other beverages that comes along with no diseases attached and is much cheaper. The "Contains no fruit juice/pulp" and "Artificially flavoured, Artificially coloured" declaration that we find in all soft drinks should naturally keep us away from taking these drinks. Parents should take special care not to shower your love on your children, buying them this "tasty, colourful, addictive bottle full of chemicals and crippling them for the rest of their lives!

This is an analytical write-up on Soft Drinks, adapted and produced here from a study conducted by Mr. William Frazier. M.P.H., N.C, Courtesy-WWW. In case you would like to clarify or continue discussion on this matter contact:

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Life Styles Do Matter - 1
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