**NEWSTART + 6 Temperance (Part 2b)**

**13 Ways Soda Destroys A Person's Health**

***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)

**“Tea has an influence to excite the nerves, and coffee benumbs the brain; both are highly injurious…the action of…many other popular drinks is similar...”** (CD 424.1)

<http://www.newsmaxhealth.com/headline_health/13_ways_colas_health/2010/07/12/330522.html>

Whether sweetened with sugar or artificial sweeteners, **sodas are playing havoc with your health.** The sugars and chemicals in both regular and sugar-free colas combine to create a witch's brew of health dangers that create problems in your body from head to toe.

**1. OBESITY:**

A British study found that when a child's fat cells mature, if fructose is present, more of the cells mature into fat cells in belly fat. And researchers at Princeton University found that rats who were fed high-fructose corn syrup gained 47 percent more weight than rats who were fed an equal number of calories, but without corn syrup. Diet drinkers aren't safe from weight gain, either. A study at the University of Texas Health Science Center, San Antonio, found that **people who drink soft drinks don't lose weight; they gain.** And the risk of obesity was even higher among those who drank only diet sodas.

**2. CANCER:**

When sodium benzoate, used for mold prevention in many soft drinks, is mixed with vitamin C, it **creates a carcinogenic substance** called benzene. Researchers at India's Tata Memorial Hospital found a “very significant correlation” between soft drinks and an **increased risk of esophageal cancer,** and **other studies have** **linked soft drinks to the risk of deadly pancreatic cancer.**

**3. BONE FRACTURES:**

Phosphoric acid **leaches calcium from the bones.** Diet sodas are just as much to blame as those sweetened with sugar. A study done at Walter Reed Medical Center found that **diet sodas leeched both calcium and phosphorous from the bones of healthy women, putting them at risk for osteoporosis.**

**4. YELLOW TEETH:**

Phosphoric acid, in addition to leaching calcium from bones, **causes tooth enamel to erode, leaving yellow teeth.** Normally saliva is slightly alkaline, but the phosphoric acid lowers the pH of saliva and causes tooth enamel to corrode. The result: yellow and rotting teeth.

**5. CHOLESTEROL:**

A study published in Circulation, the journal of the American Heart Association, found that people who drank one or more soft drinks each day were **25 percent more likely to develop high blood triglycerides** (a type of fat), and 32 percent more likely to have low levels of “good” cholesterol.

**6. DNA DAMAGE:**

British researchers also found problems with sodium benzoate — they found it may be able to switch off vital parts of DNA called mitochondria, the “power station” of cells. The result could eventually **causes cirrhosis of the liver and other degenerative diseases,** such as Parkinson's.

**7. DIABETES** (can exacerbate the problem)**:** Research at Harvard Medical School and Brigham and Women's Hospital in Boston suggests that women who drank **one sugary drink each day doubled their risk of developing adult-onset diabetes** when compared with women who drank fewer than one a month. And information from **the Framingham Heart Study found that drinking one or more sodas a day, whether regular or diet, increases the risk of metabolic syndrome, a group of risk factors which increase the odds of both diabetes and cardiovascular disease.**

**8. GERD:**

Studies have shown that **people who drink sodas suffer more from gastro esophageal reflux disease** than those people who didn't drink sodas. Sodas boost acid levels and often require medication. **Sodas also cause other gastrointestinal problems:** Chronic high-acid levels can inflame the lining of the stomach and duodenum.

**9. BRAIN DAMAGE:**

**More than 92 side effects are associated with aspartame,** a sugar substitute used in diet sodas. They include brain tumors, emotional disorders, and epileptic seizures. But the brains of those who drink sugared soft drinks aren't safe either: A study at Georgia State University found that a diet high in fructose impaired the memory of rats.

**10. HIGH BLOOD PRESSURE:**

Researchers at the University of Colorado found that a diet high in high-fructose corn syrup **increased the risk of developing high blood pressure by 87 percent.** And a recent study of volunteers who consumed 74 grams of fructose daily, the equivalent amount found in four soft drinks, showed that **a third of them had borderline** **high blood pressure,** and 8 percent had **hypertension,** even though none had experienced blood pressure problems.

**11. KIDNEY STONES:**

Numerous studies have shown that drinking colas **enhances the formation of kidney stones.** One study published in the journal Epidemiology found that drinking two or more cola drinks each day, whether regular or diet, doubled the risk of developing chronic kidney disease.

**12. FERTILITY ISSUES:**

A study published in the American Journal of Epidemiology found that men who drank more than a quart of cola daily had a **sperm count 30 percent lower** than those who didn't drink soda at all, putting them **at risk of becoming infertile.** And research funded by the European Union found that one cola a day containing artificial sweeteners **increased an expectant mom's risk of miscarriage by 38 percent:** Four or more cans a day increased the risk by as much as 78 percent.

**13. GOUT**:

Researchers from the University of British Columbia in Vancouver and Harvard Medical School in in Boston found that **men who consumed the highest levels of fructose** **– found in large amounts** **in sugar-sweetened colas —** **more than** **doubled their chances of getting gout.**

**HOW TO OVERCOME THIS HABIT:**

**Read:** **Counsels on Diet and Foods, pgs.484.3-485.4**

\*\*\*Questions on next page\*\*\*

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**(Questions)**

1. Please list the 13 ways Soda destroys health:

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