**A SIP OF SODA:**
How Soft Drinks Impact Your Health

**Asthma**
Soda contains sodium benzoate (preservative) with reported reactions including recurring rash, asthma, and eczema.

**Kidney Issues**
Sodas contain high levels of phosphoric acid, which has been linked to kidney stones and other renal problems.

**Sugar Overload**
20 minutes after drinking a soda:
- Blood sugar spikes, causing an insulin burst;
- Liver responds to this by turning any sugar into fat.

40 minutes later:
- Caffeine absorption is complete;
- Pupils dilate; your blood pressure rises;
- Liver dumps more sugar into your bloodstream.

45 minutes later:
- Increase dopamine production (stimulating the pleasure centers of your brain);
- This is physically the same way heroin works.

**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.

**Heart Disease**
High fructose corn syrup has been associated with an increased risk of metabolic syndrome, an elevated risk of both diabetes and heart disease.

**Reproductive Issues**
A lot of soft drink cans are coated with a resin that contains BPA (bisphenyl-A) which can cause cancer.
- 99.9% of plastic bottles contain BPA.

**Osteoporosis**
Soft drinks contain phosphoric acid.
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.

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