

Reasons to Stop Drinking Soda

1) Soda shortens your lifespan

- Studies show that soda actually ages and damages the cells in your body
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2) Soda greatly increases your risk of type 2 diabetes

- Just 8 to 16 ounces of soda per day makes it much more likely to become diabetic

3) Soda greatly increases your risk of gout

- A study of 80,000 women showed that soda-drinkers were 75% more likely to develop gout, which is a painful condition that can also damage your joints, kidneys, and heart

4) Soda increases your risk of a myocardial infarction (heart attack)

- Studies show that soda increases inflammation and alters lipids and a hormone called leptin, all of which increase the likelihood of having or dying from a heart attack

5) Soda causes obesity

- Sugar-sweetened drinks are the single largest source of added sugar in the diets of Americans. Cutting way down on sugary drinks can dramatically affect your weight, which in turn dramatically affects your health in a good way

6) Soda can cause nerve damage

- 10% of sodas and other sugary drinks contain brominated vegetable oil, a substance that when consumed in large amounts can cause memory loss, impaired neurological development and functioning, skin lesions, and thyroid problems

7) Soda changes your metabolism

- A study gave healthy people a large soda daily, and found that after only 4 weeks their metabolism had completely changed, making it more difficult for them to lose weight

8) Soda can interfere with your hormones

- Most cans & plastic bottles contain BPA, a chemical that interferes with the Endocrine (hormone) system in humans. BPA is linked to abnormal menstruation, sexual & neurological problems, breast & prostate cancer, hypertension, heart disease, & obesity

9) Soda leads to thin bones and tooth decay

- Soda is extremely acidic (pH as low as 2.5), only slightly less than battery acid (pH 1). Our blood must maintain a pH of about 7.4, so calcium ends up being drained from our bones to maintain this level. Also, acid wears away tooth enamel, promoting decay. "Mountain Dew mouth" appears almost exactly like "Meth mouth"

10) Soda causes dehydration

- Many sodas contain caffeine, which is a diuretic. This means your body urinates out more water than normal. Dehydration is directly linked to headaches, fatigue, kidney stones, bladder infections, constipation, worsening arthritis, and "brain fog"