

10 Reasons You Should Never Drink Soda

Whether you're a fan of diet or regular, soda may be worse for you than you think.

Whether bottled or canned, sugar-free or regular, and no matter what the color — sodas can be very problematic.

The health dangers of soda have long existed: whether they are regular or diet, caffeinated or caffeine-free, **soda is just plain bad news**. Willingly drinking soda is almost like opting to smoke: if you know how harmful it is, then why do it?

Here are some reasons that will make you think twice before reaching for soda, whatever variety or flavor it may be.

Most sodas have **caffeine** which has a number of detrimental effects on the body such as **increase in blood pressure, heart palpitations, migraines, breast tenderness, urinary problems**, just to name a few.

One can of regular soda holds approximately 33 grams or **10 teaspoons of sugar**. Can you imagine how much insulin your body needs to make to combat the excess sugar? Over time, this has disastrous consequences, often leading to **obesity, diabetes, insulin resistance, and heart disease**. Even one soda daily can lead to these long-term issues, thus causing a downward spiral of health.

Caffeine and sugar aren't the only things your body won't agree with after drinking soda, though. There are also things like **high fructose corn syrup, phosphoric acid, and caramel coloring**. So, next time you go to open that can of pop, you might want to stop and think about your health.

10 Reasons You Should Never Drink Soda.

1. **Caffeine** - Sodas that contain caffeine can cause everything from heart palpitations to incontinence.
2. **Sugar Content** - One can of regular soda holds approximately 33 grams or 10 teaspoons of sugar. Can you imagine how much insulin your body needs to make to combat the excess sugar?
3. **High Fructose Corn Syrup** - High fructose corn syrup, found in most sodas, is manufactured using traces of mercury.
4. **Osteoporosis** - Soda has phosphoric acid which antagonizes calcium, leading to osteoporosis, bone loss, and dental decay.
5. **Aspartame** - Aspartame, found in most diet sodas, is typically used as the sugar substitute, which ironically is more harmful than sugar: aspartame may be incredibly toxic, and has been associated with everything from cancer (in a study published in Environmental Health Perspectives) to mood disorders (in a study published in Biological Psychology).
6. **Weight Gain** - Forget about beer belly, you can also get diet soda belly. Researchers from the University of Texas Health Science Center studied 475 adults over ten years. They noted a 70 percent increase in waist circumference compared to non-soda drinkers. Those who consumed two or more diet sodas daily resulted in a whopping 500 percent increase in weight size.
7. **Cans** - Soda cans have bisphenol A (BPA), which prevents acids from reacting with metal. BPA is linked to altering hormones, obesity, cancers, and infertility.
8. **Plastic Bottles** - You think switching from soda cans to plastic soda bottles is better? Think again. Plastic soda bottles and unrecycled plastic caps cause



widespread damage to sea and wildlife, especially birds. The "Great Pacific Garbage Patch" is a mass of plastic debris in the Pacific Ocean and is responsible for thousands of animals dying each year unnecessarily, due to human ignorance.

9. **Caramel Coloring** - The caramel coloring found in many sodas is known to cause cancer, according to Consumer Reports.
10. **Water Pollution** - Artificial sweeteners do not break down in the body. So what happens? It enters water supplies. Scientists in Switzerland tested waste water treatment plants, rivers, lakes and found alarming levels of sucralose, saccharin and acesulfame K.

Source: The Daily Meal, [article by Deepa Verma, MD](#)

This Is What Happens To Your Body When You Stop Drinking Soda

Soda is an addiction — similar to tobacco, alcohol, or drugs, it feels good when you consume it, but it can wreak havoc on your body long-term. As more and more research investigates the ill effects of soda on the human body (and the environment), it may be time for you to give it up, or at least reduce the amount you intake on a daily or weekly basis.

The evidence speaks for itself: Your health will drastically improve once you begin replacing your daily Coke or Mountain Dew with water. Pretty much every organ will benefit from quitting soda, as explained below.



HEART

First and foremost, you'll be taking better care of your heart the moment you put down the soda. A 2012 Harvard University study found that sugary drinks increased a person's risk of chronic heart disease (CHD). Participants who drank the most soda were 20 percent more likely to have a heart attack, the researchers discovered. Another study, published in 2011, found that sugary beverages raises a person's blood pressure, and it increases the more you drink. Even cutting back by one soda per day can decrease your blood pressure and improve your heart health.



BRAIN

Many people reach for a Diet Coke or a soft drink in the drowsy after-lunch hours at work, hoping to get a caffeine and sugar boost. It may help you focus temporarily, but in the long-term drinking a lot of soda can have a negative effect on your brain function and thinking processes.

One study found that long-term consumption of sugar could lead to impaired learning, memory, and behavioral plasticity.

"We have investigated a potential mechanism by which a diet, similar in composition to the typical diet of most industrialized western societies rich in saturated fat and refined sugar (HFS), can influence brain structure and function via regulation of neurotrophins," the authors of the study write. They found that animals placed on this high-sugar diet had reduced amounts of a chemical called brain-derived neurotrophic factor (BDNF), which in turn impacted their ability to learn and remember things.

Various other studies have also found a link between drinking a lot of soda and an increased risk of Alzheimer's disease or other types of dementia; the link showed an increased amount of plaque deposits in mice that were given sugary sodas — signals of Alzheimer's or other disorders.



TEETH

Soda destroys your teeth, so stepping away from this vice will lead you toward better oral health and a whiter smile. In some extreme cases, drinking a lot of soda can leave your mouth as corroded as that of a meth abuser, according to a 2013 study. In the study, researchers found that a woman who drank 2 liters of diet soda every day for three to five years had the same level of severe tooth erosion as that of a methamphetamine addict, as well as a crack cocaine addict. The citric acid in soda erodes tooth enamel, making it softer and more vulnerable to cavities and yellowing. Stepping away from soda and replacing it with water will protect and clean your teeth.



BLADDER

Soda is a diuretic, essentially meaning that it will make you need to pee urgently and frequently. It has also been known to irritate your bladder and exacerbate bladder infections or urinary tract infections. Switching it out with drinking clear fluids, like water, unsweetened juices, or seltzer water, could instead help keep your body and bladder clean.



BONES

Abstaining from soda will also improve your bone health and decrease your risk of osteoporosis.



KIDNEYS

Your kidney is also going to be in better shape once you kick the dirty sugar habit. Studies have shown that drinking a lot of soda can increase your risk of kidney disease and ultimately kidney failure. Diet sodas aren't exempt from this damage, either: researchers from the Nurses' Health Study found that women who drank a lot of diet soda every day had decreased liver function compared to women who didn't drink soda. So stay away from it and your kidneys will thank you.



REPRODUCTIVE ORGANS

In some cases, soda cans may contain bisphenol-A or BPA, which has been linked to an increased risk of cancer as well as impairment of endocrine function. Some studies have also shown that BPA is linked to premature puberty or infertility, essentially messing up a person's reproductive organs.

According to the Breast Cancer Fund, BPA is one of the most common chemicals out there — exposed to us via food and drink containers to dental fillings. It's a synthetic estrogen that impairs the hormonal system, increasing a person's risk for breast cancer, prostate cancer, metabolic disorders, and even type 2 diabetes.

Choose to lower your exposure to this chemical by not touching those soda cans and your risks will be lower.



WEIGHT LOSS

One of the easiest ways to lose weight is to cut soda from your diet. If you're a rabid drinker (drinking it several times a day without fail, day and night), cutting down to one can a day could be a good start, at least until you're eventually comfortable with cutting it out to once a week or leaving it behind completely.

According to Malia Frey, a weight loss expert writing on *About Health*, dropping a daily large Coca-Cola from McDonald's completely (if you drink about one per day) would result in reducing your annual calorie intake by over 200,000 calories — or about 60 pounds — in one year. Replace that soda with water and overcome obesity.



FIGHT DIABETES, OTHER CHRONIC DISORDERS

As the obesity epidemic continues to surge in the U.S., Americans will continue to stubbornly order McDonald's and their giant Coca-Colas, then proceed to sit on their couch for hours and watch TV — or sit in their office for hours. All of these factors lead to obesity, an increased risk of diabetes, and a higher chance of developing other chronic disorders like cancer or heart disease. Long-term consumption of large, sugary, fatty sodas will ultimately contribute to, and directly cause, diabetes. Lose the soda and lose the pounds.



LIVE LONGER

Here's one easy way to live longer: Drop the soda. A recent study published in the American Journal of Public Health found that people who drank a lot of soda had shorter telomeres in immune cells, meaning their risk of dying sooner was higher. Telomeres are protective DNA units that are situated at the ends of chromosomes, and the shorter they get, the more a person ages and is at risk for disease and death. So cutting out that good-for-nothing sugary drink from your life will seemingly only offer you good things, by lengthening your telomeres as well as your life span, and improve your overall health.

Source: MSN Health and Fitness

Editor's Note: We love the taste of good, pure water, but if you need to perk it up in a healthful way for your own preferences, you can add a fresh lime, lemon or other citrus slice, or any other whole, natural fruit. Our favorite is a slice or two of cucumber!