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# Download Ebook Why Soda Pop Is Bad For You

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## VN0J2R - CARLO MELODY

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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. Check out our slideshow and read on for 10 reasons you should never drink soda.

High rates of soda consumption have been linked with numerous health problems, including weight gain, poor dental health, diabetes and cardiovascular disease—which can ultimately lead to heart ...

### **10 Reasons You Should Never Drink Soda**

10 Reasons to Keep Kids Off Soda. 1. Soda contains zero nutrients, and is high in calories and sugar. Studies show a strong link between soda consumption and childhood obesity. 2. Soda suppresses the appetite so kids are less likely to eat nourishing foods.

Several hundred soda studies have been

published over the last two decades, but most of the ones done in humans (as opposed to mice or rats) relied on people's memories of what they drank. Observational studies like these can point to possible concerns, but they can't prove that sodas do, or don't, pose a health risk.

Soda could shorten your lifespan. The high levels of phosphorus in dark cola have some researchers concerned it could shorten lifespan. The high levels of phosphorus in dark cola have some ...

### **Why Soda Is Bad For You - Business Insider**

### **Why Is Soda Bad For You? | Black-Doctor**

### **Why Are Soft Drinks Bad for Your Health? | Livestrong.com**

### **Why Soda Is Bad For You | POPSUGAR Fitness**

### **Soda Health Facts: Are Soft Drinks Really Bad for You?**

### **10 Reasons to Keep Kids Off Soda - Healthy Child**

Diet soda has also been linked to increased risks of high blood pressure and heart disease.

Since drinking soda adds sugar and calories to the diet, it may also raise the risk of developing metabolic syndrome, which raises the risk of a heart attack or

stroke.

### **Why Is Soda Bad For You? - Poison In A Can**

#### **Diet Soda: Good or Bad?**

#### **How Bad Is Soda, Really? | Prevention**

#### **Soda Health Risks: 21 Ways Drinking Soda Is Bad for Your ...**

You've probably already heard countless reasons why soda is bad for you, but can it actually kill you? You already know that soda is basically sugar water with no nutritional value that can increase your risks for obesity and diabetes.

Diet soda is calorie-free, but it won't necessarily help you lose weight. Researchers from the University of Texas found that over the course of about a decade, diet soda drinkers had a 70% greater increase in waist circumference compared with non-drinkers.

While the acids in soda can themselves cause damage, it is the combination with sugar that makes soda particularly harmful ( 55, 56 ). Sugar provides easily digestible energy for the bad bacteria in your mouth. This, combined with the acids, wreaks havoc on dental health over time ( 57, 58 ).

#### **Is Diet Soda Bad for You? Here's What It Does to Your Body ...**

Not only are there many harmful effects of soda, but there are not even any positive benefits to outweigh them. Soda is an unnatural substance that harms the body. Dehydration - While it may taste refreshing, because of the high sugar, sodium, and caffeine content in soda, it actually dehydrates the body. Over a long period of time this can cause chronic dehydration (so reach for water instead)/

Sometimes it's the little things that we do to our body that puts us into a chron-

ic health problem. Ever wonder what soda pop does to your body? Ever wonder what's in a can of soda pop? Here are ... Drinking diet soda may also contribute to the following health problems, according to studies: 1. Depression. Drinking more than four cans a day of soda is linked to a 30 percent higher risk of depression. On the flip side, drinking four cups of coffee a day seemed to offer protective effects, lowering depression risk 10 percent.

#### **5 serious health risks of drinking diet soda - Clark Howard**

If you love Diet Coke or any other diet soda, we might have some bad news for you. And it isn't even related to caffeine! According to several different studies, even though diet drinks supposedly consist of zero net calories, they can have a lot of negative effects — including weight gain, kidney problems, increased risk of diabetes and increased risk of depression.

#### **Why Soda Pop Is Bad**

Several hundred soda studies have been published over the last two decades, but most of the ones done in humans (as opposed to mice or rats) relied on people's memories of what they drank. Observational studies like these can point to possible concerns, but they can't prove that sodas do, or don't, pose a health risk.

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### **Ten Reasons to Avoid Soda (& How to Kick the Habit ...**

The average 20-ounce can of Coca-Cola has the equivalent of 17 teaspoons of sugar, it's not hard to see that soda can be bad for your teeth and your overall health. 12. Soda contains artificial sweeteners.

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### **13 Ways That Sugary Soda Is Bad for Your Health**

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### **Why You Should Stop Drinking Diet Soda | Health.com**

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### **Diet Soda: Good or Bad?**

Even though you're consuming hundreds of calories, it's not registering to your body, which is why soda is linked to weight gain and a 60 percent increased risk of obesity.

### **Why Soda Is Bad For You | POPSUGAR Fitness**

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Why Is Diet Soda So Bad For Your Brain? ... A study in the journal Stroke showed a correlation between drinking diet soda and both stroke and dementia: ... ©2020 Forbes Media LLC. All Rights ...

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