



First of all, ANY soda -- diet or regular -- is acid in a bottle (or can). In fact, it's SO acidic that it takes 32 cups of water to neutralize the acid in just ONE can of soda in your body.

Having to neutralize that much acidity puts a tremendous strain on your kidneys, which are responsible for filtering acid out of your bloodstream and putting it into your urine. Your body also uses its own alkaline minerals (which includes calcium from your bones and teeth) to neutralize the acid. Contrary to what some people believe, there is NOT an endless supply of minerals in your bones. Sooner or later, they break down. When they do, it's called arthritis, osteoporosis, tooth decay and brittle, porous bones that fracture easily. Hmm...I notice they don't show pictures like THAT on the Pepsi, Coke or Mountain Dew commercials. Acid also destroys your stomach's ability to digest your food, so soda is, in all measures, the absolute WORST drink on the planet to have with a meal. So in addition to what poor food choices do, soda will add to bloating, diarrhea or constipation. "Do the Dew" is taking on a whole new meaning.

The average American now consumes 828 sodas a year--that's over 2 cans a day. Even scarier is that millions of people drink 7 or more sodas a day. Many drink more than 10 sodas a day! This is the #1 reason for people getting arthritis in their 20's. That kind of pain is hardly worth it.

OK, here's some info specifically about diet soda:

An 8-year University of Texas study showed that soda use was linked to excess weight and obesity, which isn't surprising. However, when the researchers looked at people only drinking diet sodas, their risk of obesity was even HIGHER than the regular soda drinkers! The study showed there was a 41 percent increase in risk of being overweight for every can or bottle of diet soda a person drinks each day. Shocked? Don't be... Here's why that happens:

The artificial sweeteners (more on those below) in diet sodas create a hormonal response in the body that increases your cravings for sweets and refined carbohydrates (sugar). So, those "diet" drinks are anything BUT diet. Another reason is that people often believe that because they are drinking a diet soda, that gives them more leeway to eat more of everything else, hence consuming more calories overall.

I used to work with a guy who used that ridiculous logic. He would eat a cheeseburger and fries for lunch and wash it down with a Diet Pepsi. He had then and still has a massive backside. Artificial sweeteners in diet soda: Simply put, they're poisons. No other way to say it. Most diet sodas contain aspartame (their better known brand names are Equal or Nutrasweet).

Here are just some of the documented side effects of aspartame:

Eyes:

- Blindness in one or both eyes
- Decreased vision and/or other eye problems such as: blurring, bright flashes, tunnel vision
- Eye pain
- Dry eyes/decreased tears

Ears:

- Ringing or buzzing sound in the ears
- Severe hardness of hearing

Nerves:

- Seizures
- Headaches/migraines
- Dizziness
- Confusion/memory loss
- Severe drowsiness and sleepiness
- Numbness of the arms and legs
- Slurring of speech
- Facial pain
- Tremors/trembling

Psychological/Psychiatric:

- Severe depression
- Irritability/agitation
- Anxiety/phobias (fears)
- Personality changes

Chest:

- Heart palpitations/rapid heart beat
- Shortness of breath
- High blood pressure

Digestive:

- Nausea
- Diarrhea, sometimes with blood in stools
- Stomach pain/pain while swallowing

Skin and Allergies:

- Itching without a rash
- Hives
- Worsening of asthma problems

Endocrine and Metabolic:

- Loss of control of diabetes
- Thinning or loss of hair
- Low blood sugar (hypoglycemia)
- Severe PMS symptoms

Other:

- Frequent urination or burning during urination
- Constant thirst, fluid retention, leg swelling, and bloating
- Increased infections

The most severe effects of aspartame poisoning are:

- Death
- Irreversible brain damage
- Birth defects, including mental retardation
- Ulcers
- Aspartame addiction and increased craving for sweets
- Hyperactivity in children
- Severe depression
- Aggressive behavior
- Suicidal tendencies
- Cancer

Welcome to the "Pepsi Generation."

"What about drinks with Splenda?" Splenda (sucralose) is essentially chlorinated table sugar. Chlorine is a carcinogen (cancer causer) and has been used in poisonous gas, disinfectants, pesticides and plastics. Studies are associating Splenda with a large and growing list of medical problems. Below are some of the reported adverse effects of Splenda use:

- Flushing or redness of the skin; rashes

- Itching
- Anxiety; panic attacks
- Nausea
- Stomach cramps
- Dry heaves
- Depression; becoming withdrawn
- Feeling forgetful; memory loss
- Dulled senses
- Unexplained crying
- Acne or acne-like rash
- Headache
- Altered emotional state, i.e. feeling irate, impatient, hypersensitive, moody
- Chest and body pain
- Bloating; diarrhea; vomiting
- Trouble concentrating/staying in focus
- Seizures

Doesn't that just sound "splend-id"?

Bottom line: Better alternatives to soda are iced herbal teas, water with a splash of fresh-squeezed lemon juice (and no, lemon is NOT acidic in the body!) and fresh vegetable juices.

If you want to sweeten your iced tea with a non-calorie sweetener, try Stevia. It's been around for centuries and has a proven track record of safety.

And if your motive for drinking diet soda is taking off pounds, the best way to do it is to eat more alkaline foods and correctly combine your meals.

Your body will respond quickly when you do this. Since you'll be getting more nutrients from your foods (because you won't have overproduction of acid), your body will feel satisfied and won't trigger the hunger signal.

So you end up eating less! ...And your elimination channels will be better able to detoxify your body and reduce fat without undue strain. Bye bye arthritis aches and pains.

To your health, Sherry Brescia