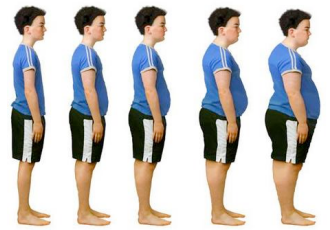


Before Drinking that Soda READ THIS!

The United States ranks first among countries in soft drink consumption. In fact, Americans guzzle more than 13 billion gallons of soda annually. Soft drink suppliers maintain that consuming their products is completely safe; however, we beg to differ.

There are multiple risks involved with sipping soda. In fact, it presents several threats:

- Children who drink soda develop a significant risk factor for impaired calcification of growing bones.
- Adolescents who consume soft drinks increase their risk of fractured bones by three or four fold.
- Acids and sugar found in carbonated drinks dissolve tooth enamel and cause cavities, gingivitis, periodontal disease, and tooth loss to occur.
- The pH of soda is 2.5, which is equal to vinegar! Most disease develops in an acidic state!
- Dr. Michael Murray from the Encyclopedia of Natural Medicine concluded, "It appears that increased soft drink consumption is a major factor that contributes to osteoporosis."
- Heavy soft drink consumption interferes with the body's metabolism of iron.
- Drinking soda regularly can diminish nerve impulse transmission!
- A study published in the American Journal of Clinical Nutrition earlier this week suggested that **a single can of soda a day can add 15 pounds a year.**
- Each **Additional Soda Increases Risk for Obesity by 1.6 times.** Dr. Nestle also concluded, "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."
- In an interesting experiment the sugar from one soft drink was able to damage the white blood cells' ability to ingest and kill bacteria for seven hours.
- **Diabetes is now being linked to high fructose corn syrup**, a substance used sweeten soft drinks - And, do not think you are safe because you only drink diet soda...While diet soda lacks calories and high fructose corn syrup, they contain artificial sweeteners (Feel free to ask us for more information.)
- The high sugar content in soda elevates blood sugar level overworking the pancreas. In fact, a recent study led by Dr. Mark A. Pereira and his colleagues from the School of Public Health University of Minnesota showed that **people drinking two or more soft drinks per week were at 87 percent higher risk of pancreatic cancer**, compared with those who did not consume soft drinks. This startling study, published in 2010 in various journals including the **Cancer Epidemiology, Bio-markers, Nature**, and **Prevention** concluded that the "Regular consumption of soft drinks may play an independent role in the development of pancreatic cancer."



Evidence is mounting – STOP Drinking Soda!

Ask Dr Dan how he can help you take this life-changing step?

Dr. Dan Kuehne, ACN, BS, DC
Whole Health Associates
1406 Vermont Street Houston TX 77006
(713) 295-9358

