

Soda Pop - Exposing the Myth of Forever Young

Written by {ga=doris-temple}
Friday, 21 October 2011 19:35 -

By Doris Temple

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Soda pop causes bone loss. With bone loss, you then see osteoporosis. Not exactly the ideal youthfulness as promoted by soft drink manufacturers.

But wait...

How does this all happen? To understand the effects on the body, we need to look at the physiological responses to soft drinks. Or, to put it another way, what happens to the body after you drink soda pop and how your body tries to fix it.

Do you remember the Back To The Future series of movies. I am referring to the scene where Marty is in the drug store and fountain drinks are being served. From a long hose, spritzer is squirted into a glass and then ice cream added on top.

Well this is how soda pop used to be served. The addition of carbon dioxide gave the drink the pleasant fizz we have come to know. To add the carbon dioxide required a great deal of pressure. Far too much pressure to be make bottling for household consumption possible.

Then there was a change. It was realized that when the drink has an acidic base the amount of pressure needed to infuse the carbon dioxide into the drink was reduced. This then made bottling as used today possible.

Your body is really quite efficient at maintaining a constant balance. Not too acidic and not too alkaline. Your body also maintains a perfect balance of calcium and phosphorus to build and repair bone. With the ingestion of phosphoric acid this balance is disrupted and the body must act to neutralize its effects. The body uses the minerals calcium, potassium, magnesium and/or sodium to neutralize an acidic condition.

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Any available calcium would be used first. Then calcium would be released from the bones. The bones of the pelvis and spine are the first to be sacrificed. This sudden release of calcium neutralizes your soda pop. It also leads to the onset of osteoporosis. Even so, how does the body know how much calcium to release.

That is just it...

The body doesn't know the exact amount needed. So usually you see too much being released in anticipation of another assault. Unfortunately, this causes the balance to go the other way, too alkaline. The extra calcium is then disposed of by (1) excretion in urine; (2) deposit in kidneys (kidney stones); (3) deposit in joints (bursitis, arthritis, and other joint disorders); or (4) deposit as calcium plague in arteries.

The addition of sugar masks the taste of the acid. It also causes the body to work very hard at producing insulin to handle the sugar load. Excessive sugar intake is linked to Diabetes. Two things can happen here. The gland just gets exhausted at the demand. Or the cells no longer react to the insulin as they should.

The diet forms of soda pop avoid the sugar, but instead most use aspartame. This artificial sweetener has a list of 92 possible side effects as reported to the FDA. The list includes slow and steady weight gain. So this isn't a safe alternative.

Soft drinks also contain caffeine. Caffeine has no particular taste, but it does offer it's addictive properties to the brew. Do you think that without the sweet taste and addictive qualities that it would even be possible to successfully market this acid as a soft drink? No, that would be like expecting someone to drink a bottle of acid.

What you can do...

1. Stop consuming soft drinks. I suggest doing it all at once instead of slowly. You may find it easier than the tease of a drink. And you would also begin to heal faster too.
2. Drink filtered or bottled water instead. Herbal iced teas also make a tasty beverage.
3. Eat healthy to provide the nutrients your body needs for healing.

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4. You can use any remaining soda drink as a cleaning solution. It works great at taking the stains off of your toilet bowl or even removing corrosion from car batteries.

Can bone loss and osteoporosis be reversed just by removing soda pop? That I cannot guarantee. But with a major cause being removed, you offer your body a chance to heal itself instead of fighting for mere survival.

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Article by Doris Temple

Doris Temple created <http://mom-going-organic-sensibly.com> to fill the need for unbiased information. The Website provides information about organic food, products and healthy nutrition. Sign up for a free monthly email newsletter (ezine) to get the answers you need and keep updated: www.mom-going-organic-sensibly.com/ezine-signup.html