

Why Should We Avoid Consuming Soft Drinks?

Soft drinks steal water from the body. They work very much like a diuretic, which takes away more water than it provides to the body. For your body to process the high levels of sugar in soft drinks it steals a considerable amount of water from the body. In order to replace the water stolen by soft drinks, you need to drink at least 8-12 glasses of water for every glass of soft drinks that you consume.

Soft Drinks never quench your thirst, certainly not your body's need for water, in fact they make you want more of the same especially diet drinks. Ask anyone who drinks diet drinks how much they consume they think they are being healthy?but in fact the opposite is true and these drinks also make you gain weight ! Constantly denying your body an adequate amount can lead to a Chronic Cellular Dehydration, a condition that weakens your body at the cellular level most symptoms are DRYNESS e.g. dry skin, dry mouth, constipation etc. This can lead to a weakened immune system and all your system really needs is hydrating with WATER.

The elevated levels of phosphates in soft drinks leach vital minerals from your body. Soft Drinks are made with purified water that also leaches vital minerals from your body. A severe lack of minerals can lead to Heart Disease (lack of magnesium), Osteoporosis (lack of calcium) and many other diseases. Most vitamins can not perform their functions in the body without the presence of minerals. Neither of these can perform without a medium ?WATER.

Soft Drinks acidity can remove rust from a car bumper or other metal surfaces like coins. Can you imagine what it's doing to your digestive tract as well as the rest of your body.

The high amounts of sugar in Soft Drinks causes your pancreas to produce an abundance of insulin, which leads to a "sugar crash". Chronic elevation and depletion of sugar and insulin can lead to diabetes and other imbalanced related diseases. This is particularly disruptive to growing children and can lead to life-long health problems.

Soft Drinks severely interfere with digestion the caffeine and high amounts of sugar virtually shut down the digestive process. That means your body is essentially taking in NO nutrients from the food you may have just eaten, even food that was eaten hours earlier. Soft drinks consumed with french-fries can take WEEKS to digest. This can also lead to a syndrome called leaky gut?where large proteins pass into the blood via the small intestine and cause allergic reactions.

Diet soft drinks contain Aspartame, which has been linked to depression, insomnia, neurological

disease and a plethora of other illnesses. The FDA has received more than 10,000 consumer complaints about Aspartame, that is 80% of all complaints about food additives. Soft drinks with Aspartame left in the sun / heat can turn the drink into Formaldehyde!

Action of Formaldehyde in Body

There is an increase in sensitivity to formaldehyde when there is a disruption in the methionine (sulfur) pathways. Has been listed as carcinogen by EPA. vapours intensely irritating to mucous membranes. Topical application may produce an irritant dermatitis. Ingestion may cause severe abdominal pain, hematemesis, hematuria, proteinuria, anaemia, acidosis, vertigo, coma, and death. Presenting Symptoms and Conditions for Consideration in Antigen Usage Aching - upper arms and shoulders ?Asthma ?Brain allergy ?Candidiasis ? Chemicals/chemical sensitivity Chest pain ?CNS disturbances ?Crying ? Depression ?Dizziness ?Eye problems - burning eyes ?Food allergy General malaise when in fabric or furniture stores, new buildings, new mobile homes or malls Hallucinations - Turn head and see things and hear voices that are not there, walls move. Hay fever - Mucous membrane ?Muscle spasms ?Numbness ? Paralysis ?Pollen allergy ?Rapid heart beat Shakiness ?Spaciness ?Strabismus ?Throat inflammation.

As soft Drinks are EXTREMELY acidic, that they can eat through the bottom of a liner of an aluminium can. This can leach aluminium from the can into the drink if it sits too long on the shelf. Alzheimer patients who have been autopsied ALL have high levels of aluminium in their brains. Heavy metals in the body can lead to many neurological symptoms and other diseases.

Soft Drinks are EXTREMELY acidic: Soft Drinks have a pH of about 2.5, below pH 6.5 means Acidity which in turn means you are putting something into your body that is thousands of times more acidic than your body is designed to cope with. Critical pH is 5.5 at which tooth and mineral will dissolve ! Unhealthy cells flourish in an acidic environment. Soft Drinks and acidic foods deposit acid waste in the body which accumulates over a period of time. These wastes manifest themselves as joint problems and organ dysfunction. The Body pH of cancer or arthritis patients is always low. Alkalosis is another scenario, in that your body could have a very high pH, this is caused by an acidic cell base. However, as a rule of thumb the more ill a person is the lower their Body pH is.

Soft Drinks are one the most acidic forming substances that you can possibly put into your body, especially avoid these when you are ill, even with a cold, flu or something that may be worse, the acidic content of the drink will help to maintain the condition. It will be much harder for your body to ward off any illness whilst it is also trying to correct your pH.

If you have amalgam fillings and drink soft drinks then this is not a good scenario. Having a soft

drink will bring about what is known as an **백**cid attack? on the fillings and so leach out more of the mercury vapour in your amalgam fillings. Combine this with the possible leakage from the aluminium of the can and you have a potent cocktail of acidity and heavy metals attacking your precious pH levels, as well as enabling disease processes that may be going on to consolidate or proliferate.