

WHY WE SHOULD NOT DRINK SOFT DRINKS

Diseases flourish in an acid pH – All kinds of soft drinks are very acidic, especially colas. In order to neutralize a glass of cola, it takes 32 glasses of high pH alkaline water. It is well known by the medical profession that disease loves acid. In fact, a physician from Loma Linda University said in a speech that if we could get our cells to maintain a normal pH (slightly alkaline), cancer could not grow in our bodies.

Certain soft drinks and cancer may be related – Francisco Contrares, M.D., of the Contrares Cancer Clinic in Tijuana, Mexico said, “Cancer is like a plant cell, it can’t live in an oxygen-rich environment. Cola drinks make our bodies poor in oxygen. Cancer is the second cause of death in America and the average American is consuming 800 or more soft drink annually.

Soft drinks offend the kidneys – A three-year study of over 1,000 men with a history of kidney stones showed there was a clear-cut difference in the group’s experiences, with much less renal colic in the men who had avoided soft drinks. Of those who continued to use soft drinks, there was also a big difference in outcome, depending upon the nature of the soft drink consumed. Soft drinks acidified with phosphoric acid were the worst offenders. Colas of all kinds, of course, are well known for their high phosphoric acid content.

Cola drinks provide zero nutrients – In her book “Consumer Beware (published in 1971), Beatrice Hunter wrote, “Nutritionally soft drinks are low in value. Their food energy comes solely from refined sugar. Every element of nutritional importance, except calories, is zero.” Dr. Charles Best, the co-discoverer of insulin, states, “Soft drinks have much in common with hard liquor. Cirrhosis of the liver has been found among teenagers who drink large quantities of soft drinks.”

Caffeine is addictive – Soft drinks, including the cola and pepper-type drinks that have caffeine in them, are the number one beverage of Americans today, with coffee second. Caffeine is a drug and it acts as a stimulant to the central nervous system. In the amounts presently being consumed, it can cause insomnia, nervousness, irritability, anxiety and disturbances in the heart rate and rhythm. Cola and pepper-type drinks account for 80-90 percent of the caffeine added to foods today. Its long term effects on people are not clearly known.