

Soda's Cold, Hard Process

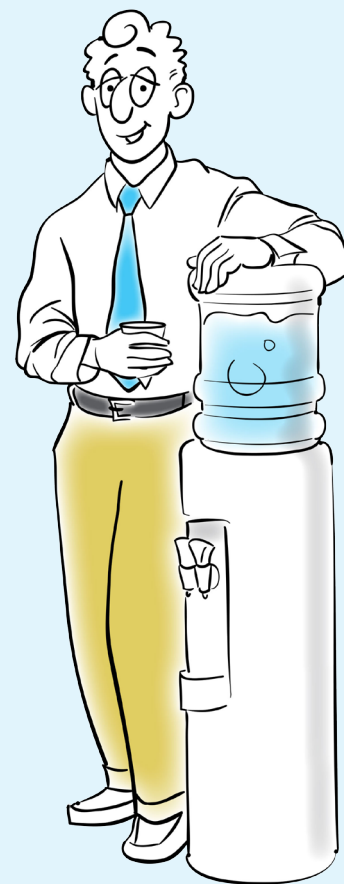
Drinking soda has no nutritional benefits for our bodies, but we already knew that. It isn't the healthiest choice, nor does it provide much hydration. The taste is generally why Americans consume more than 44 gallons per person per year. So what really happens when you drink a 12 oz. can of, let's say, Coke?

About 20 minutes in, your body receives 100% of its daily intake of sugar (that's ten teaspoons!). The only reason you don't instantly vomit from the sugar overload is because the phosphoric acid cuts the flavor. With so much sugar at one time, your blood sugar spikes, creating an insulin burst, and your liver starts turning all sugar into fat. Within 40 minutes, the caffeine absorption is complete. Your pupils dilate, your blood pressure increases, and your liver is now dumping all of the sugar it can grab into your bloodstream.

The final 20 minutes, dopamine is released in the brain, and a compound in your lower intestine is created to further boost metabolism. But before that compound can make its way to your bones (along with the sodium, electrolytes, and the minimal water consumed), it will be excreted via the urinary track. You are now only left with the irritable and drowsy feeling known as a sugar crash.

Not only are the short-term effects of drinking a can of soda less than appealing, so are the long-term effects. Some studies have shown there is a connection between drinking soda and conditions such as stroke, weight gain (linked to type II diabetes), kidney stones, liver damage, and much more.

Is that taste still worth it?



H₂O is the Way to Go

Choosing to drink water over sugary alternatives like soda has numerous benefits.

- The body is composed of 60% water. Replenishing it keeps maximum functionality.
- About 20% of fluid intake comes from what we eat. Choose foods like fruits and veggies to add hydration.
- Food with high water content tends to look larger, require more chewing, and is absorbed more slowly, which helps you feel full.
- Hydration from drinking water keeps the skin looking youthful.
- Water helps to keep your kidneys healthy and to maintain normal bowel function.
- Cells that don't maintain their balance of fluids and electrolytes shrivel, meaning less functionality.

SOURCES: WebMD, eMedExpert, Huffington Post, The Renegade Pharmacist