

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Give up soft drinks

A typical can of soda has about 10 teaspoons of sugar, 150 empty calories and artificial colors, flavourings and preservatives -- all this from a beverage that has absolutely no nutritional value.

Consider what's inside the typical soda can:

Phosphoric Acid. This common ingredient compromises your ability to use calcium, leading to osteoporosis and other bone disorders.

Corn Sweeteners. Sugar, in its various forms, raises insulin levels and can invite diabetes, weight gain, tooth decay and other adverse affects.

Artificial Sweet-eners. Diet sodas with aspartame may be even worse. There are dozens of known health risks linked to this chemical, which may intensify if the soda is stored for long periods or has been allowed to warm. This neurotoxin continues to be the centre of controversy. Critics blame it for a variety of autoimmune diseases.

Caffeine. This nervous system stimulant is added to sodas to provide a drug-induced energy boost. Caffeine is an addictive substance that can produce a daily craving.

Pure water is a wiser choice. But if you feel compelled to drink a carbonated beverage, consider sparkling mineral water with some lemon juice.