

Why NOT Diet Drinks?

Well it turns out drinking diet drinks INCREASES your likelihood of being overweight! Several years ago Susan P. Fowler, MPH from the University of Texas Health Center in San Antonio Texas compiled statistics after following 1500 people and their consumption of sodas & diet drinks. It was not surprising there was a correlation between the consumption of regular sodas and obesity. A regular 12 ounce soda contains about 9 teaspoons of sugar, or about 150 empty calories. The surprising finding was **FOLKS DRINKING DIET SODAS ARE MORE LIKELY TO BE OBESE THE ONES DRINKING REGULAR SODAS!** And with each diet soda they drink per day, the more likely they are to be overweight, by an increase of as much as 41% per soda!

Another study at Perdue University done by Terry Davidson and Susan Swithers found that rats fed artificial sweeteners consistently ate MORE calories than rats fed high calorie sweeteners. The theory is that there are some physiological effects and brain chemical confusions caused by the artificial sweeteners that cause us to eat MORE calories!

Check the ingredients on that can of diet soda. In addition to CAFFEINE, which is a diuretic, ARTIFICIAL SWEETENERS which do NOT support weight loss after all, they contain a laundry list of other chemicals and additives that do not support our health. Maybe I'm not missing my diet Mountain Dew as much as I thought I was after-all. Seems that habit was only working to undermine my efforts!

Hmmm ... a nice tall, thirst-quenching glass of cool filtered water is sounding a whole lot better to me these days!

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