

Abstract

Image Awareness Wellness Institute Healthletter

Beverage Choices

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Individuals suffer more health problems from poor beverage choices than from virtually any other factor. Sodas are particularly damaging and have been associated with development of diabetes, hypoglycemia, and GERD (gastroesophageal reflux disease). Major problems associated with beverages include a number of factors. Carbon dioxide in sodas and even water promotes the hardiness of plant based pathogens such as *Candida albicans* in the human body. Caffeine has been implicated in fibrocystic breast disease and may interfere in some way with iodine metabolism. The low pH of sodas can promote mineral loss as the body buffers these acids with essential minerals in order to excrete them. Phosphates bind magnesium and prevent it from being absorbed. Sugar in liquid form tends to contribute to excessive calorie intake. Chlorine in regular tap water can contribute to heart disease as this substance is highly toxic to the heart and blood vessels. Pure water is the safest beverage for optimal health and we need a fair amount of it to carry toxins out of the body. Dehydration can create a wide variety of problems and dehydration is not uncommon. Diuretics and many beverages such as sodas and alcohol commonly consumed can lead to dehydration. Dehydration is common in older people on multiple medications.

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