



What about diet soda?

Many people think they are doing something good by drinking zero calorie “diet” sodas. Here are a few things to ponder.

1. Diet sodas taste sweet. In fact artificial sweeteners taste even sweeter than sugar.
 - a. The sweet taste “tricks” your body into thinking it is getting sugar.
 - b. Your body is designed to burn either sugar or fat. It does not burn both at the same time.
 - c. Because sugar is the fastest form of energy, your body stops burning fat the minute it thinks it is getting sugar. So every time you drink a diet soda, your body stops burning fat.

2. Diet sodas are almost always sweetened with aspartame. While aspartame is “approved” by the FDA it seems to us to have some troubling aspects.
 - a. When aspartame reaches temperatures above 85F, it turns to formaldehyde. The military stopped shipping diet sodas to the desert theaters years ago because it was turning to formaldehyde in the cans. Leave a can out in the heat, then open it and see for yourself. Of course your body is above 85F, right!
 - b. There is quite a bit of anecdotal evidence that aspartame can build up in a person’s system and cause symptoms which can be mistaken for debilitating diseases such as MS or lupus.
 - c. Diet sodas are actually dehydrating. Most Americans are already dehydrated. Dehydration is now being linked to many common ailments, ranging from arthritis to dementia.

3. A new study (conducted by the University of Miami Miller School of Medicine and presented at the International Stroke conference in California in April 2011) found that people who drank a soda everyday had a 48 percent higher risk of stroke or heart attack than people who drank no soda of any kind.
 - a. The study tracked 2500 adults for nearly 10 years. In that time there were 559 strokes and 338 of them were fatal.
 - b. Those who drank diet soda were 61% more likely to have had a stroke or heart attack!
 - c. Soda drinkers were still 48% more likely to have a stroke or heart attack AFTER taking into account rates of smoking, diabetes, waistline size and other differences among the groups.

If you miss the “FIZZ” of soda, try making your own. Add a little fruit juice to water and carbonate it naturally using a [soda stream](#)!