

What Happens to Your Body Within an Hour of Drinking a Coke

Do you want to be healthy? Drinking soda is bad for your health in so many ways; science can't even state all the consequences. Here's what happens in your body when you assault it with a Coke:

Within the first 10 minutes, 10 teaspoons of sugar hit your system. This is 100 percent of your recommended daily intake, and the only reason you don't vomit as a result of the overwhelming sweetness is because phosphoric acid cuts the flavor.

Within 20 minutes, your blood sugar spikes, and your liver responds to the resulting insulin burst by turning massive amounts of sugar into fat.

Within 40 minutes, caffeine absorption is complete; your pupils dilate, your blood pressure rises, and your livers dumps *more sugar* into your bloodstream.

Around 45 minutes, your body increases dopamine production, which stimulates the pleasure centers of your brain – a physically identical response to that of heroin, by the way.

After 60 minutes, you'll start to have a sugar crash.

Sources:

• Nutrition Research Center October 24, 2007



Dr. Mercola's Comments:

How many sodas have you had today? How about your kids? As of 2005, white bread was dethroned as the number one source of calories in the American diet, being replaced by soft drinks.

The average American drinks more than 60 gallons of soft drinks each year, but before you grab that next can of soda, consider this: one can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites. Not to mention the fact that it's also your largest source of dangerous [high-fructose modified corn syrup](#).

Let's take a look at some of the other major components of a can of soda:

- **Phosphoric Acid:** Which can interfere with the body's ability to use calcium, leading to osteoporosis or softening of the teeth and bones.
- **Sugar:** It is a proven fact that [sugar increases insulin levels](#), which can lead to high blood pressure, high cholesterol, heart disease, diabetes, weight gain, premature aging and many more negative side effects. Most sodas include over 100 percent of the RDA of sugar. Sugar is so bad for your health in so many ways, I even created an entire list outlining [100-Plus Ways in Which Sugar Can Damage Your Health](#)
- **Aspartame:** This chemical is used as a sugar substitute in diet soda. There are over 92 different health side effects associated with aspartame consumption including brain tumors, birth defects, diabetes, emotional disorders and epilepsy/seizures.
- **Caffeine:** Caffeinated drinks cause jitters, insomnia, high blood pressure, irregular heartbeat, elevated blood cholesterol levels, vitamin and mineral depletion, breast lumps, birth defects, and perhaps some forms of cancer.
- **Tap Water:** I recommend that everyone avoid drinking tap water because it can carry any number of chemicals including chlorine, trihalomethanes, lead, cadmium, and various organic pollutants. Tap water is the main ingredient in bottled soft drinks.

Clearly, the over-consumption of sodas and sweet drinks is one of the leading causes fueling the world-wide obesity epidemic.

One independent, peer-reviewed study published in the British medical journal *The Lancet* demonstrated a strong link between soda consumption and childhood obesity. They found that 12-year-olds who drank soft drinks regularly were more likely to be overweight than those who didn't. In fact, for each additional daily serving of sugar-sweetened soft drink consumed during the nearly two-year study, the [risk of obesity jumped by 60 percent](#).

Here's another sobering fact if you're struggling with weight issues: Just one extra can of soda per day can [add as much as 15 pounds](#) to your weight over the course of a single year!

Other statistics on the health dangers of soft drinks include:

- One soda per day [increases your risk of diabetes by 85 percent](#)
- Soda drinkers have [higher cancer risk](#). While the federal limit for benzene in drinking water is 5 parts per billion (ppb), researchers have found benzene levels as high as 79 ppb in some soft drinks, and of the [100 brands tested](#), most had at least some detectable level of benzene present
- Soda has been shown to [cause DNA damage](#) – courtesy of sodium benzoate, a common preservative found in many soft drinks, which has the ability to switch off vital parts of your DNA. This could eventually lead to diseases such as cirrhosis of the liver and Parkinson's

If you are still drinking soda, stopping the habit is an easy way to improve your health. Pure water is a much better choice, or if you must drink a carbonated beverage, try sparkling mineral water with a squirt of lime or lemon juice.

There is absolutely NO REASON your kids should ever drink soda. None, nada, zip, zero. No excuses. The elimination of soft drinks is one of the most crucial factors to deal with many of the health problems you or your children suffer.

If you struggle with an addiction to soda, (remember, sugar is actually [more addictive than cocaine!](#)) I strongly recommend you consider [Turbo Tapping](#) as a simple yet highly effective tool to help you stop this health-sucking habit. Turbo Tapping is a simple and clever use of the [Emotional Freedom Technique](#), designed to resolve many aspects of an issue in a concentrated period of time.