

## **The Trouble w Diet Soda**

### **Kidney Problems**

Just 2 sodas/day causes twice the risk for kidney disease say and 11-year Harvard Medical School study, over 3,000 women.

### **Messed-Up Metabolism**

even just one diet soda/day linked to higher risk of belly fat and high cholesterol, says Univ of Minnesota study of almost 10,000 adults,.

### **Obesity**

2 cans diet soda/day makes you gain and not lose weight says U of Texas Health Science Center study. Diet foods trick ur brain into craving sugar and carbs so get get fat.

### **A Terrible Hangover**

Cocktails made with diet soda gets into your bloodstream much quicker than those with sugar.

### **Cell Damage**

Diet sodas contain mold inhibitors Sodium benzoate or potassium benzoate. These preservatives are linked to hives, asthma, and other allergic conditions.

### **Rotting Teeth**

Diet soda is very acidic Adults who drink 3+ sodas/day have worse dental health...Far greater decay, more missing teeth, and more fillings.

### **Reproductive Issues**

Soft drink cans are coated with the endocrine disruptor bisphenol A (BPA), linked to everything from heart disease to obesity to reproductive problems.