



JOHN LOGUE COLLEGE OF PROFESSIONAL KINESIOLOGY

All Purpose Cleaner?

There is no bias or malice intended against any company, distributor, researcher or professional who may hold contrary views.

It is my opinion that individuals who consume products of this kind should avoid them.

Here is a puzzle for you.

What will unblock blocked drains, clean corrosion from car battery terminals, remove rust spots from chrome bumpers, clean vehicle engines, loosen a rusted bolt, remove grease stains from clothes, remove blood from road surfaces after a traffic accident and de-ice the car windscreen for you because it contains anti-freeze?

Can you guess what it is? I'll give you a clue.

You may well have some in your refrigerator, or, you may even be drinking it right now!

What's the answer? A fizzy Cola drink. Now, how frightening is that?

I recently demonstrated a simple experiment using a can of Cola whilst teaching a Kinesiology course with my colleague in Birmingham. We wanted to show to the Kinesiology students just how damaging a can of Cola can be. I placed a freshly extracted adults tooth (kindly loaned to me by a local dentist) in a jar of fizzy Cola. After six days I removed the tooth, to find that it had turned **totally black** and was **eroding** and **decaying**. A child's tooth would have dissolved completely.

A 12 ounce bottle of Cola contains nine teaspoons of sugar. A 20 ounce bottle contains fifteen teaspoons of sugar. The ingestion of so much sugar causes the body to lose calcium and several other minerals, setting the stage for **osteoporosis**, and **arthritis**. Sugar creates high blood sugar levels, excess insulin production, insulin resistance and exhaustion of the pancreas leading to a disease called diabetes.

Apart from decaying teeth in less than a week, and possibly causing Diabetes, what other harmful effects can soft drinks cause?

Dr. Charles Best, the discoverer of Insulin, claims that teenagers who consume too many soft drinks have **cirrhosis of the liver** similar to that of a chronic alcoholic. There is no cure for cirrhosis of the liver except to receive a new liver through transplant. You may wonder how a fizzy Cola can cause this to happen, after all it's only a "soft drink."

All soft drinks are acidic but Cola's and pepper-type drinks are the most acidic. Cola's contain **phosphoric acid, gluconic acid, fumaric acid, acetic acid** and **carbon dioxide**. The increased levels of acid in the stomach cause **inflammation** and **erosion** of the stomach lining. This is characterised as a very painful stomachache so disrupting digestion and causing bloating, indigestion, and gassiness. The carbon dioxide that is emitted in the fizz is harmful. Carbon dioxide is a waste product that the body expels each time we breathe out. Why should we

ingest something that the body is trying to eliminate? The mixture of carbon dioxide and phosphoric acid emitted in the fizz can potentially burn the insides of human bodies.

Dr. Francisco Contraries, a cancer researcher, believes that, "cancer is like a plant cell; it cannot live in an oxygen rich environment." Soft drinks deplete the amount of oxygen in the human body thus increasing the **risk for cancer**. Don't be misled either into thinking that diet drinks are better for you, they aren't. Artificial sweeteners may be worse than sugar. **Aspartame** breaks down in the body into substances that are damaging to the nervous system. **Saccharin** is a sweetener that causes cancer in animals. In 1978 the National Academy of Sciences concluded that saccharin is a potential cancer-causing agent in humans.

According to the article "*Why I Don't Drink Soft Drinks (And Wish You Didn't)*" by **William Frazier M.P.H., N.C.** he states Aspartame is linked to, **convulsions, depression, insomnia, irritability, weakness, dizziness, migraine headaches, mood changes and mental retardation**

Most carbonated soft drinks contain **caffeine** and caffeine is a mild **addictive drug** that acts as a stimulant to the central nervous system and is probably a major cause of **hyperactivity and attention deficit disorder (ADD)** in children. It causes **rapid heartbeat, elevated blood pressure, excessive urination and constricts the blood vessels to the brain**. It increases the release of **adrenalin, stresses the adrenal glands and elevates the blood sugar**. Excessive doses will cause **aggression, recklessness and shouting** (sounds like road rage). Large amounts can lead to diseases and disorders such as **insomnia, anxiety, nervousness, and irritability**. Another major concern about caffeine is that it leaches **calcium** from the bones increasing the risk for **osteoporosis**. Some preliminary studies show that caffeine increases the risk of **birth defects**.

Many soft drinks contain caramel colouring to allow them to have their dark appearance. The chemical **polyethylene glycol** is used to achieve this dark colour. Glycol is used in **antifreeze**. Scientists are concerned that this caramel colouring may be a **carcinogen, i.e. cancer causing**.

The commercial vehicles that transport the Cola syrup concentrate, must display the '**Hazardous Material**' warning symbol, for highly corrosive materials!

How many cans of soft drinks have you and your family consumed this week?

Additional material from articles:

'The Curse of the Soft Drink', by **Dr. Tony Vendryes**

'The Harmful Effects of Soft Drinks', by **Justin Nylund, Professor Logan**, North Lake College.