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In this issue of our Newsletter:

Top Ten Reasons Never to Consume Soft Drinks!..in addition to dental enamel erosion & tooth decay



1. Soft Drinks steal water from the body. They work much like a diuretic which takes away more water than it provides to the body. Just to process the high levels of sugar in soft drinks steals a considerable amount of water from the body. To replace the water stolen by soft drinks, you need to drink 8-12 glasses of water for every one glass of soft drinks that you consume!

2. Soft Drinks never quench your t hirst, certainly not your body's need for water. Constantly, denying your body an adequate amount can lead to Chronic Cellular Dehydration, a condition that weakens your body at the cellular level. This, in turn, can lead to a weakened immune system and a plethora of diseases.

3. The elevated levels of phosphates in soft drinks leach vital minerals from your body. A severe lack of minerals can lead to Heart Disease (lack of calcium) and many other diseases. Most vitamins can not perform their function in the body without the presence of minerals.

4. Soft Drinks can remove rust from a car bumper ot other metal surfaces. Imagine



what it's doing to your digestive tract as well as the rest of your body.

5. The high amounts of sugar in Soft Drinks causes your pancreas to produce an abundance of insulin, which leads to a "sugar crash." Chronic elevation and depletion of sugar and insulin can lead to diabetes and other imbalance related diseases. This is particularly disruptive to growing children which can lead to life-long health problems.

6. Soft Drinks severely interfere with digestion. Caffeine and high amounts of sugar virtually shut down the digestive process. That means your body is essentially taking in NO nutrients from the food you may have just eaten, even that eaten hours earlier. Consumed with french-fries which can take WEEKS to digest, there is arguably nothing worse a person can put in their body.

7. Diet Soft Drinks contain Aspartame, which has been linked to depression, insomnia, neurological disease and a plethora of other illness. The FDA has recieved more than 10,000 consumer complaints about Aspartame, that's 80% of all complaints about food additives.

8. Soft Drinks are EXTREMELY acidic, so much so that they can eat through th liner of an aluminum can and leach aluminum from the can if its sits on the shelf too long. Alzeheimer patients who have been autopsied ALL have high leels of aluminum in thir brains. Heavy metals in the body can lead to many neurological and other diseases.

9. Soft Drinks are EXTREMELY acidic: The human body naturally exists at a pH of about 7.0 Soft Drinks have a pH of about 2.5, which means you are putting something into your body that is hundred of thousands of times more acidic that your is. Diseases flourish in an acidic environment. Soft Drinks and other acidic foods deposit acid waste in the body which accumulates over time in the joints and around the organs. For example, the Body pH of cancer or arthritis patients are always low. The sicker the person the lower the Body pH.

10. Soft Drinks are the WORSE THING you can possible put in your body. Don't even think of taking a sip of a Soft Drink when you are sick with a cold, flu, or something worse. It only will make it that much harder for your body to fight the illness.

P.S. Do drink one full lemon squeezed in pure/distilled water twice per day.

Do drink 4 fresh brewed green teas per day.

Do drink 4 oz. glass of red wine per day.

Do drink "fresh squeezed" fruit juice and vegetable juice.

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