21 Reasons Why Soda Is Killing You

by *Sammy Nickalls* | *on February 19th, 2015* |

At a party with friends, it might seem totally innocent to grab a cup of soda for a nice mixed drink. But what if you buy a soda—or three, or four—every single day?

Why You Need To Stop Drinking Soda ASAP

9. The artificial sweeteners in diet soda are just as bad.

You may think that switching to diet soda to avoid that excess sugar will help, but not so fast. "Artificial sweeteners still induce the release of insulin causing the same metabolic syndrome, insulin resistance and ultimately, diabetes, that regular soda does," says Hollywood cardiologist **Dr. Adam Splaver**.

In fact, even just a little diet soda can prove deadly. "Even just one diet soda a day is linked to a higher risk of metabolic syndrome with symptoms including belly fat and high cholesterol," said Barbara Wade, personal trainer, fitness model, and founder of Fit And Ageless Over 50.

14. Soda may also cause osteoporosis…

Soda can steal those important nutrients from your bones, leading to osteoporosis. "Beyond the sugars, sodas also contain phosphoric acid, which is known to promote osteoporosis or bone loss by leaching calcium from bones, as well as benzoate or benzoic acid," **says Splaver**.

15. …and studies have shown that soda can cause cancer.

According to Splaver, when left in hot temperatures, that benzoic acid can transform into a scarier chemical: benzene.

"Ever notice your soda tasting chemically 'off' when it's been stored improperly? That's benzene you're tasting, a known carcinogen or cancer causing agent," **said Splaver**.

Takeaway

Soda may be available wherever you turn, but do your body a favor and stay away from it. To pour such nasty stuff into your system is to poison your body. There is no nutritional benefits from soda whatsoever, and experts agree that soda is the worst thing you can do to yourself. Remember: you only get one life.

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