

Sugary Drinks Are Making Us Sick

Fill in the blanks to identify the diseases linked to drinking too many sugary drinks.

T ____ **2**
I A _____

Just one to two sugary drinks a day increases your risk for this disease by 26%.

O _____ **P** _____ **S** ____ **S**

Phosphoric acid weakens bones and caffeine interferes with calcium absorption, leading to this disease.

L ____ **V** ____ **DISEASE**

Drinks high in fructose lead to the build-up of fat in this organ. Previously related mainly to alcohol, studies show that those who drink soft drinks have higher incidence of this disease than those who do not.

I ____ **F** _____ **Y**

In a recent study, young healthy men who drank more than one sugary drink a day had significantly lower sperm quality than those who drank less than one sugary drink a day.

____ **O O** ____ **D** ____ **Y**

The acid and chemicals in sugary drinks cause this disease.

H _____ **D** ____ **S** ____ **E**


People who drink 2 to 3 sodas per day are almost 3 times more likely to die of a heart attack.

C ____ **C** ____ **R**

Obesity is a risk factor for different forms of this disease and studies have linked sugary drinks to this disease in the uterus and liver.

G O ____

This form of arthritis causes severe pain, redness, and tenderness in joints.



**Sugary Drinks
are making us
sick from head
to toe.**

Source: Open Truth Website www.opentruthnow.org