

# Sugary Drinks Are Making Us Sick

How many diseases can you identify that are linked to drinking too many sugary drinks?

**O** \_\_\_\_\_ **P** \_\_\_\_\_

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

**T** \_\_\_\_\_ **2**

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

**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, impacting their fertility, than those who drank less than one sugary drink a day.

\_\_\_\_\_ **O** \_\_\_\_\_ **Y**

The acid and chemicals in sugary drinks cause this disease.

**H** \_\_\_\_\_ **D** \_\_\_\_\_

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

**O** \_\_\_\_\_ **Y**

Drinking one can of soda a day can add more than one pound of weight gain a month.

**C** \_\_\_\_\_ **C** \_\_\_\_\_

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.



**Roughly 180,000 deaths worldwide are linked to sugary drink consumption.**

Source: Open Truth Website [www.opentruthnow.org](http://www.opentruthnow.org)