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.

LVDIEASE
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