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Bad Behavior

"Soft drinks are harmful to one's health, but by reducing the amount one drinks, the practice of proper oral hygiene and seeking dentists' and hygienist's help can counteract its effects and enjoy better oral health." Drinking soft drinks will negatively affect a person's way of life. Soft drinks are considered medicinal "tonics" and can cause obesity, tooth decay, and cancer. Some of these effects can even be deadly, making a choice to improve your way of life can greatly diminish these negative effects soda has on your body (“What Effect Do Carbonated Sodas Have on the Body?”).

Obesity is one of America’s biggest concerns today. Some people think drinking diet soda makes it okay and eliminates all the adverse effects regular soda has on their body. However, these assumptions are wrong and produced by the soda companies trying to sell more of their product. Soft drinks are addictive, and those who consume soda are two-thirds higher risk of getting type 2 diabetes than those who don't. I was a kind that could eat or drink anything and still stay the same 100 pounds. It wasn't until my final year of high school that drinking soda before an athletic event or even too much would make me feel sick. Over time I started to gain weight and stopped eating fast food, not much changed, I continued to gain weight. This is very relevant to the famous, "freshman 15" everyone talks about your first year of college. My first

semester of college I gained 17 pounds, I knew I needed to change something. I started supplementing soda with Gatorade or water and gradually stopped gaining weight. This is also very critical at a young age after a study found that “the more children drink sweet drinks, the quicker their body mass index rises as they grow (“The Deadly Side Effects of Drinking Soda”). The human body does not process calories from soda the same as whole words or water, and this causes an unbalanced diet. One can of coke contains about nine teaspoons of sugar, and this sugar has increased the risk of heart disease, obesity and even makes your teeth fall out!

The most significant causes of tooth decay are the consumption of soft drinks, the sugar builds up along the gum line and causes plaque buildup. The acid attacks the tooth creating cavities and in extreme cases even tooth loss (“What Does Soda Do to Your Body?”). To enjoy better oral health and not have to worry about losing your teeth or having to go to the dentist every month with three cavities then reduce the number of soft drinks you consume in a week and practice good oral care (brushing teeth, flossing, and mouth wash). Being a college student, I struggle to maintain a perfect schedule of oral care and drink way too many sodas then I should. The opportunity to get a soda and the freedom college can give kids the choice to make an unconscious choice of drinking soda instead of water or a healthier option. Waking up late to class means there is not enough time to brush my teeth, we all have priorities in our day to day life that oral hygiene falls low on that list sometimes. Take care of your body daily, make a schedule/reminder to brush your teeth, these “low priority” tasks will hurt you in the long run.

Drinking sodas could lead to one of the fatal cancers, pancreatic cancer. Since soda contains sugars primarily, it will increase the level of insulin in your body that contributes to

pancreatic cancer growth. Too much insulin has very bad effects on someone’s body. It’s like

being a diabetic who has too little or too much insulin, you have to stay in the middle, or you will start to have negative side effects. This is very serious and even fatal, not many people think about dying when drinking soda, but it is in fact not good for your body to consume too much soda (“Carbonated (Sparkling) Water”). I have never thought or cared about the effect's soda had on my body. I am drinking on average two sodas a day, continuing to do this will cause major issues in a couple of years. Something must change now, cutting the soda down to one a day and eventually one a week will greatly improve or lower the risks involved with drinking soda. Supplementing soda with other flavored drinks to start is a great way to push away from soda. Things like Gatorade or vitamin water can break those bad hobbits of consuming too much soda.

Why do people continue to drink soda when there are so many negative effects? There are so many people that consume ounces of soda every day, but many are unaware of their bad or even fatal consequences. Programs that push for fewer sugars or better labeling of what the customer is putting in their body can make a huge impact on lowering obesity, improving people's oral health, and lowering the fatalities of patriotic cancer. Breaking bad habits is not something anybody wants to do and should be taken in steps, planned out to be successful.

Work Cited

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