POP—BURST THE BUBBLE

We have already warned of the dangers of various sweet drinks from Mt Dew to apple and grape juice. The Center for Science in the Public Interest now warns of the dangers of soda pop consumption. The center has linked soda intake to kidney stones, heart disease and osteoporosis in addition to the obvious relationship to tooth decay.

So why are informed scientists down on pop?

Because it is:

1. Highly acidic and that is bad for teeth and contributes to ulcers.
2. High in sugar which promotes tooth decay.
3. A poor substitute for water, pop actually dries you out because it is a diuretic.
4. A poor substitute for milk which adds calcium to your bones. Pop contains phosphoric acid which leaches calcium out of your bones.
5. Contains so much sugar that it reduces interest in eating a balanced and healthy diet.

So the pop consumers, especially children, are drinking a caffeinated, sugary acid solution that keeps them from eating and drinking properly, while substituting a dehydrating drink which robs their bones and teeth of calcium.

Today’s pop swigging kids can look forward to multiple adult onset diabetes (Type 2). These diabetics can form insulin, but the cells responsible for clearing sugar from the blood begin to require more and more insulin to do their job. Eventually the body can not supply enough and these patients develop high blood sugar levels and must be treated.

The cells removing sugar from the blood are like junkies. It takes more and more insulin for them to do their job. This is called insulin resistance. So years of flooding our cells with sugar and insulin increases insulin resistance and can result in adult onset diabetes.

This view of the relationship between sugar and adult onset diabetes is not universally accepted, but it is gaining support in the scientific community.

SUGAR = DIABETES

Common sense suggests a link between sugar consumption and sugar diabetes. The link has been very hard to prove scientifically. Many physicians and dieticians contend there is no connection between the two. And yet, the number of diabetics rises consistently with the rapidly increasing usage of sugar. We Americans each drink on average 54 gallons of soft drinks and consume 150 pounds of sugar per year.

Part of the reason there is so much controversy is that there are 2 different diseases we call sugar diabetes. These 2 separate diseases are often lumped together in research. Juvenile diabetics (Type 1) lack the ability to form insulin and therefore can not metabolize sugar. A second separate disease is
chronic medical problems as a result of their huge consumption of pop. Young girls should be especially careful to increase milk drinking and reduce pop intake to guard against osteoporosis.

**TUMS AND OSTEOPOROSIS**

Tums are often suggested for women as a supplement to increase calcium intake. Good advice, but watch out for the sugar content. Don’t pop Tums at bedtime without brushing immediately afterwards. You are best off taking them after meals so saliva can protect your teeth from the sugar.

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**Eat, Drink and Be Merry can be, if you are careful, the secret to a long, healthy and happy life.**

**EAT** — balanced diet high in fiber and low in refined carbohydrates.

**DRINK** — 8 glasses of water each day to flush your kidneys and keep your organs systems functioning properly. Coffee, tea and pop do not count.

**BE MERRY** — Have a positive mental attitude, be thankful for the gifts you’ve been given.

*Not a contradiction to Luke 12:16-21

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**THE SHOTS YOU NEED**

**RUBELLA (GERMAN MEASLES)**

Women of childbearing age who do **not** have proof of rubella immunity can be tested for it. If they do **not** have immunity—and they are **not** pregnant—they should get a rubella (MMR) shot. This can help protect their baby from serious birth defects if and when they ever become pregnant.

**MEASLES**

Many schools require that kids get a measles booster shot before entering the sixth grade. Since the MMR baby shot is **not** completely effective for some kids, a second measles shot is needed for everyone by age 12, to be safe.

Greatest risk for measles: college-age kids who live in crowded residence halls who did **not** get their booster.

**HEPATITIS A, B**

Health care and public service workers (who are exposed to feces and/or sewage), and world travelers (who are exposed to feces-contaminated food and water) should consider getting the single hepatitis A shot, plus the booster.

Health care and public service workers who are exposed to blood, patients who receive blood products, people who use injectable (illegal) drugs, and people who are "sexually active" should get the series of three hepatitis B shots.

**TETANUS DIPHTHERIA**

A booster shot is needed every 10 years. “Middecade” birthdays (45, 56, etc.) are good times for these.

If you have a puncture wound or a serious crushing tissue injury, get a tetanus shot if you haven’t had one within five years.

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Source: American Academy of Pediatrics, U.S. Centers for Disease Control and Prevention

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**CHICKEN LITTLE (FAT)**

What’s the fuss about chicken? Is it really better than red meat? Perhaps! 3 1/2 ounces of skinless chicken breast has 4 grams of fat and the same weight of lean ground beef has 18 grams. But be careful. Leave the skin on and the number of grams doubles. Leaving the skin on a piece of dark chicken meat and the total fat is about the same as ground beef.

Beef can actually be as lean as chicken, if you choose a lean cut like flank or round steak and trim the fat. Also if you want to cut down on fat and their calories never fry only broil, grill or bake without oil.

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