

NEVER Grab a Soda as a Quick Thirst-Quencher

Two risky ingredients immediately come to mind with sodas and so-called soft drinks... and those ingredients are aspartame and high fructose corn syrup (HFCS).

There are many reasons why I believe you should never grab a soda to quench your thirst. But aspartame and HFCS are definitely at the top of my list.

Here's why...

Aspartame, found in most diet sodas, can possibly lead to...

- Headaches...Insomnia...Memory loss...GI tract disorders...Loss of energy... Depression...Even seizures

And this may only be the tip of the iceberg with aspartame. Many folks drink diet soda thinking it will help them take off some pounds. But due to aspartame's potential to block your brain from signaling you're full, the very opposite effect could actually happen.

As far as high fructose corn syrup (HFCS), this sweetener, which may be disguised using other names, is unhealthy because it's metabolized to fat in your body far more rapidly than any other sugar. And because most fructose is consumed in liquid form in soft drinks, its negative metabolic effects may become significantly magnified... potentially contributing to...

- Diabetes...Obesity...Metabolic Syndrome...An increase in triglycerides and LDL (bad) cholesterol levels...Liver abnormalities...

Fructose also contains no enzymes, vitamins or minerals. Plus, it leeches micronutrients from your body. Unbound fructose, found in large quantities in HFCS, can interfere with your heart's use of minerals... such as magnesium, copper, and chromium.

To add even more fuel to the fire, HFCS is almost always made from genetically modified corn. In my opinion, this type of GMO sweetener raises concerns about potential side effects and health.

There should be little doubt why I don't drink soda... In my opinion, you would be wise to take the same approach.

Super-Flavonoids Are Found in Many of These Beverages

Outside of pure, clean water, tea is a beverage that I often enjoy.

There are many teas available that are very healthful. But what are the most common health-supporting nutrients found in the best teas?

I believe the key nutrients in the most nutritious teas are antioxidants. You may be familiar with other sources of antioxidants including high quality, fresh, organic, and preferably locally grown foods. And the key to all this is a large family of natural antioxidant compounds called polyphenols.

And a subclass of the polyphenol family found in some of the most healthful teas is flavonoids.

These potent polyphenol flavonoids provide bountiful benefits because they may...

- **Help support** memory and concentration
- **Boost** the effectiveness of vitamin C in your antioxidant network
- **Regulate** nitric oxide – a potent free radical that supports blood flow
- **Help promote** a healthy heart
- **Support** the immune system

But just like everything else, there is a catch to flavonoids and the teas that contain them...

Why I Believe 'Organic' is So Important

When it comes to any tea or herb, my preference is to avoid any of them that are not organically grown.

And why is that?

Well, when it comes to flavonoids, if the tea is not organically grown and processed, here's what often happens and why...

- In response to environmental stressors like insects and other competing plants, tea plants produce flavonoids that have antioxidant effects on your body, but...
- Conventional growing methods that use pesticides, herbicides, and unnatural fertilizers hamper the production of flavonoids, and...
- Plants exposed to these synthetic chemicals have less of a need to even produce flavonoids