

Soft drinks-Slow poisons



Look at the wrapper on a Coca-Cola 1.5 litre bottle and in the ingredients you will find phosphoric acid in it. Minute quantities of ethylene glycol is also used (which is acknowledged in the soft drink world for making it "really chill"). This is popularly known as anti-freeze which prevents water from freezing at 0 deg C and instead drops it by 4-5 degrees with minute quantities. This chemical is a known slow poison in the caliber of arsenic. So, if you manage to drink about 4 litres of Coke within an hour or so, you can die. Read along and give up these dangerous things. Be natural, have flavoured milks, tender coconuts, butter milk, lassi, and plain water instead of these cold drinks.

Guess what's the pH for soft drinks, e.g. Coke? pH 3.4! This acidity is strong enough to Dissolve Teeth and Bones! Our human body stops building bones at the age of about 30. Soft drinks do not have any nutritional value (in terms of vitamins & minerals). It is high in sugar content, carbonic acid, chemicals i.e., colorings etc. Some like to take cold soft drinks after each meal. Guess what's the impact? Our body needs an optimum temperature of 37 deg Celsius for Digestive-enzyme functioning. The temperature of cold soft drinks is very much below 37 deg or even close to 0 deg Celsius. This will dilute the enzymes and stress the digestive system. The food taken will not be digested. In fact it will

be fermented! The fermented food produces gases, decays and becomes toxin, gets absorbed by the intestine, circulates in the blood stream and is carried to the whole body. Hence toxin is accumulated in other parts of the body, developing into various diseases. Think before you drink Coke-Pepsi (or any soft drinks) again.

Have you ever thought what you drink when you drink an aerated drink? You gulp down Carbon Dioxide, when nobody in the world would advise you to drink CO₂. Two months back, there was a competition at Delhi University- "Who could drink the most Coke?" The winner drank 8 bottles and fainted on the spot — too much CO₂ in the blood. Thereafter, the principal banned all soft drinks from the college canteen! Did you know that soft drinks use chemicals in them that cause immense harm to you. Someone put a broken tooth in a bottle of Pepsi and in 10 days it DISSOLVED! Can you believe it? Teeth and bones are the only human parts that stay intact for years after death. Imagine what the drink must be doing to your soft intestines and stomach lining! Request to All: Forward this message to your friends to increase the awareness of the great USA-made soft drinks. In India, people hesitate to pay Rs.5/- for a tender coconut but prefer to pay Rs.10/- and drink these dreadful products

(Received on E-mail)

Then What....?

Henry Ford bought flowers for his wife from a shop every Friday evening. Once, he asked the old florist, "Gentleman, you have a good shop. Why not open a branch?" Florist, "Sir, then what?" Henry Ford, "You will then have several branches in Detroit." Florist, "Sir, then what?" Henry Ford, "Then all over the USA." Florist, "Sir then what?" Henry Ford, angrily, "Damn it, you will then be able to relax." Florist, "That is what I am doing even now." Ford walked away sheepishly.