



Unhealthy Beverages

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A Introduction

There are so many wonderful and healthy drinks for us to consume, why would you waste your time on unhealthy drinks?

The truth is, we are always actively building up our health, or knocking it down. It's always one way or the other.

I'm going to show you many wonderful alternatives which can be added to your daily diet to improve your health and help you lose weight. But first, let's see what is unhealthy for us.



Fizzy Soft Drinks

Soft drinks are so acceptable but in reality, they need to be removed from our diet.

They are full of sugar, together with all kinds of additives such as preservatives, colours, flavours... all unsuitable for a healthy diet.

Try to make healthier choices wherever you can... I will show you a lot in this class.



Diet Soft Drinks

Many people believe if they consume a 'diet' soft drink that they are looking both after their weight and their health. Nothing could be further from the truth!

The very word 'diet' means they have not used sugar but have opted for artificial sweeteners instead... often this is aspartame.

The supermarkets are crammed full of diet soft drinks of all colours and flavours, but you simply must learn to walk right past them and leave them sitting on the shelves.

Do you know that if enough of us did that they would eventually disappear off the shelves? They are only there because people buy them. That's uninformed people of-course!

They can cause weight GAIN, rather than weight LOSS! One of the reasons for this is that it causes you to eat more food during the day.

Numerous studies potentially link the consumption of diet drinks to diabetes, heart problems, dementia and stroke.



Energy Drinks

I'm sure we are all familiar with Red Bull. Many people, in particular young people, like it's quick energy boost.

It is filled primarily with caffeine and sugar. When the energy wears off, you'll be left feeling lethargic. This is when you can begin to crave another can.

Interestingly, it has been banned in many countries, but you'll still see it everywhere here.

Popularly known to 'give you wings', sometimes it gives wings straight into the next life!

According to studies, it can increase your risk of heart attack or stroke. It is related to deaths where people have died of caffeine overdose. Too many cans?

It can cause the heart to beat either too fast, or too slow... or erratically.

From a health point of view, it definitely should be completely avoided.



Sports Drinks

Once again, you'll find if you read the labels, that sports drinks are loaded with sugar, additives and calories.

Seductive marketing leads us to believe it's a great drink to have when you are really thirsty. Unfortunately, it's little more than sugar water.

One bottle contains about 5 ¼ teaspoons of sugar which means we've virtually reached our daily limit according the American Heart Association, in one drink.

Lovely alternatives to a sports drink of this nature is:

- Coconut Water
- Blended Watermelon to make a juice
- Bananas, together with sufficient water

Sports drinks are designed for endurance and elite athletes only and shouldn't be used by others. But even they would do better sticking to a natural alternative.



Cordial

Cordial of all types and descriptions are not something that should ever be consumed if you are looking to be healthy.

Do you know that just 1 litre of any cordial concentrate contains 2 ½ cups of white sugar?

Imagine that over a year... let's say your family consumes 1 litre per week... that's 52 kilos of sugar they have consumed there alone! That's frightening!

What with their array of added colours, flavours and preservatives, you are best to leave them right alone.

Diet cordials are no better as they then contain artificial sweeteners that wreck havoc in your body.



Fruit Juice

Swapping out your favourite fizzy drink for a fruit juice is not really that clever! It doesn't matter whether it's organic or not because the truth is that it contains FAR too much sugar.

“Oh, but it's natural sugar” you may claim!

Sugar is sugar wherever it comes from.

Think for just a moment how many oranges do you have to use to create just one glass of orange juice?

Depending upon their size of-course... heaps! Could you, would you, eat that many oranges in one sitting? I don't think so.

So, if you need to wean yourself off fruit juice try treating it more like cordial and add lots of water. Each time you make it, add less juice and more water. You could add a pile of ice. You could blend your drink using whole fruit instead of just the juice... now that is healthy for you.

You really must have the fibre with the sugar in fruit to slow down the digestion process.



Alcohol

I am not the best person to be talking to you about alcohol. I was brought up not to drink and have never shown any interest in the substance.

But having said that, that's not the case for everyone, so it really needs to be addressed.

If you are in the habit of consuming a drink or two... or three... and you desperately want to lose weight... you are barking up the wrong tree!

Indeed, alcohol of all sorts contains a lot of sugar and is therefore calorie heavy. My advice to you is you really do need to curtail alcohol consumption, especially if you are wanting to lose weight.

Once you have lost your weight, you will still need to be very careful drinking any kind of alcohol as it will quickly add weight back on.

As always, we need to learn to make lifestyle changes which are designed to last forever, rather than simply cutting back until you've lost weight.



Alcohol Facts

Another interesting fact is that alcohol affects your Growth Hormones.

One of the jobs of your Growth Hormone is at night while you sleep. They release fat from your body fat stores. This is a BIG part of how you lose weight!

This is truly a wonderful system working within your body as it causes you to lose weight while you do absolutely nothing! 😊



But, if you've been drinking, when you go to sleep your body will first use the alcohol to burn for energy. This means, your body doesn't require any fat to be released as it already has its fuel source.

What happens is that your body sobers up while you're sleeping rather than bothering about burning any fat. 😞