

## **Water vs. Coke**

Anthony M. Antonacci NMD, CSCS, DC, FASBE

### **WATER**

1. 75% of Americans are chronically dehydrated.
2. In 36% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism by 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger short-term memory loss, trouble with basic math and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79% and one is 50% less likely to develop bladder cancer.
9. Are you drinking the amount of water, daily, to properly maintain your health?

### **COKE**

1. In many states, the highway patrol carries two gallons of Coke in the trunk to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of Coke and it will dissolve in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminal: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.

7. To remove grease from clothes: Empty can of Coke into the load of greasy clothes, add detergent and run through regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.
8. HFCS (High Fructose Corn Syrup) – Sweetener in Coke
  - #1 source of calories
  - Usually produced from GMO (genetically modified organisms) corn
  - Increases LDL's plus triglycerides
  - Metabolizes to fat faster than any sugar
  - Contributes to increased diabetes
  - Contributes to increased obesity
  - Contributes to increased metabolic syndrome
  - Contributes to hormonal changes
9. Aspartame (amino sweet) – Sweetener in Diet Coke
  - Known neurotoxin
  - Avoid at all costs!
  - Should be banned!
  - A GMO (genetically modified organism)

#### **FOR YOUR INFORMATION**

1. The active ingredient in Coke is Phosphoric Acid. It will dissolve a nail in about four days. Phosphoric Acid leaches CALCIUM from bones and is a major contributor to the rising increase of osteoporosis. And, yes, Diet Coke also.
2. To carry Coca-Cola syrup (the concentrate of Coke) the commercial trucks must use a hazardous material placard reserved for highly corrosive materials. And you are drinking that same syrup.

**NOW THE QUESTION IS, WOULD YOU LIKE A GLASS OF WATER OR COKE?**