

# Sugary Soft Drinks Linked to Pancreatic Cancer

By Mike Adams, NaturalNews

A 14-year study of 60,000 people in Singapore found that those who consume two or more sweetened soft drinks per week have an **87 percent higher risk of pancreatic cancer**.

Published in the journal *Cancer Epidemiology, Biomarkers & Prevention*, the study was led by Mark Pereira of the University of Minnesota who said, "The high levels of sugar in soft drinks may be increasing the level of insulin in the body, which we think contributes to pancreatic cancer cell growth."

Nearly 38,000 people are diagnosed with pancreatic cancer in the United States each year, and over 34,000 die from the disease each year. This research points to what may be the common culprit of all those preventable deaths: Sugary soft drink consumption.

## Poison in a can

NaturalNews has warned readers for years about the dangers of consuming soft drinks. The sweetener used in most beverages -- high-fructose corn syrup -- is linked to both diabetes and obesity. The phosphoric acid found in soft drinks is highly acidic, stripping minerals from bones and promoting osteoporosis. At the same time, **soft drinks can cause kidney stones**, too.

For those who consume diet sodas, the health risks may be even worse: Aspartame causes neurological side effects that include blindness, headaches and impaired cognitive function.

The beverage industry, of course, denies any links between soda consumption and negative health effects. It wants consumers to naively believe that liquid sugar, phosphoric acid and pressurized carbon dioxide are all good for you!

But experience tells us otherwise: Look at the people you know who consume the most soft drinks and ask yourself this simple question: Are they the healthiest people I know? Probably not.

Most likely, if they've been drinking sodas for many years, they're suffering from obesity, diabetes, kidney stones and perhaps even pancreatic cancer.

Sources for this story include:

<http://www.reuters.com/article/idUS...>