

18 Facts About Diet Soda That Might Make You Finally Stop Drinking It

By *MSM Lifestyle*



So how many diet sodas have you had today? Some people can stop at just one. Others rarely imbibe any, preferring water or juice or some other healthful beverage. Yet there you are, guzzling soda after soda, morning, noon, and night.

Hi, my name is ___ and I'm a diet soda addict. It's time for Diet Sodaholics Anonymous. That stuff is really, really bad for you.

You've heard this speech already — yeah, yeah, yeah. Cancer, chemicals, all that jazz. But I mean, a super sweet and satisfyingly cool beverage for zero calories?! No amount of coverage of the cancer potential of soda is going to get you to quit. So day after day, you keep coming back for more.

Plus, the risks seem so rare and distant that they basically don't apply to you, anyway. Or so you might think. In reality, the risks of diet soda can be immediate and relevant to your life right now — not just in some distant, elderly future. And when you break it all down, the side effects of drinking diet sodas are just downright unpleasant. Here are 18 of the worst facts about them; they're so disturbing, they might finally get you to stop drinking it.

Artificial sweeteners have been known to trigger painful headaches.

Many diet sodas are sweetened with aspartame, a controversial sweetener that tastes 200 times sweeter than regular refined sugar. Some studies have linked the sweetener to headaches in some people, suggesting that it might trigger the unexplained pain.

Diet soda can cause breakouts.

It may not be greasy, but diet soda is an absolute disaster for your skin. The spike it causes in your blood sugar can trigger hormone fluctuations and breakouts from inflammation. Plus, the dehydrating effect can dry out your skin — if you're suffering from dry skin, one of these remedies might help!

Diet soda drinkers are likely to be depressed.

A survey of 263,925 adults revealed some frightening correlations between soda and depression. The study, suggested that consumption of diet sodas was associated with an increased chance of a depression diagnosis. Soda drinkers overall were 30 percent more likely to be depressed — diet soda added another 22 percent of risk into the equation.

Diet soda drinkers have a lower bone density.

Drinking diet soda ruins you to your bones — literally. In a 2006 study, women who drank diet soda had significantly lower bone mineral density than those who abstained. Low bone mineral density can set you up for osteoporosis later in life. Take care of your bones with these foods instead.

Diet soda messes with your mood.

Diet sodas cause your blood sugar to fluctuate — your body thinks it's ingesting a bunch of sugar, but it isn't. So when you release the insulin to process the sugar, your blood glucose plummets. This can make you irritable, moody, and a little snippy to the unsuspecting people around you. This is part of why some nutritionists say Donald Trump's diet makes him moody — he loves Diet Coke.

Diet soda mixed with alcohol gets you drunker than a sugary cocktail would.

If you're worried about calories, pick a different flavor of vodka. Don't opt for the diet drink. Diet soda is just not a wise choice for a mixer. A diet soda mixed with any sort of spirit is bound to make you feel drunker than the liquor would on its own. Studies show that diet soda drinks result in higher blood alcohol concentrations.

Sugar slows down the absorption of the alcohol, giving you a steady, controllable buzz. Artificial sweeteners, on the other hand, have no such effect. But they do spike your insulin, resulting in a crash that leaves you feeling tired and foggy on top of your already quickened intoxication.

Drinking diet soda increases your risk of metabolic syndrome and diabetes.

You do not want metabolic syndrome — that's a metabolism disorder that can cause diabetes, heart problems, weight fluctuations, and even death. Diet soda is known to increase your risk of the deadly disorder by up to 30 percent. It's even more likely than that to contribute to your risk of diabetes. The artificial sweeteners mess with your insulin response, increasing the likelihood that yours becomes irregular.

Drinking diet soda makes it harder for you to concentrate.

After you drink diet soda, your blood sugar crashes and you might become dehydrated. That's a killer combination — you probably won't be able to concentrate very well. The caffeine jolt you wanted from your cold cup of soda might not really do much for your attention span. You're better off with a cup of coffee. Not coffee soda — yes, that's a thing. We mean regular old, healthy coffee.

Drinking diet soda puts you at high risk for hypertension.

Diet soda drinkers are far more likely to experience high blood pressure than those who avoid it and opt for a healthier beverage. Even if you avoid the foods that could put your blood pressure through the roof, your zero-calorie cola habit could be pushing you over the edge.

Drinking too much diet soda could be bad for your kidneys.

According to the National Kidney Foundation, diet soda is bad news for your kidneys. One study showed that women who drank several diet sodas a day showed a significant decline in kidney function. Your kidneys are really important — they filter out the toxins from your body.

It's not in your head — the addiction is real.

Diet Coke addicts are hardcore. Some of them even drink up to 11 sodas a day. The more you drink diet soda, the more you crave it. It's not in your head — there's a biological addictive response to the beverage. Dopamine and glutamate, two neurotransmitters in the brain's reward center, are released from the caffeine and aspartame. Basically, the soda spikes your brain to crave it again after you finish your can, chasing the next soda-fueled high.

It's one of the few beverages that actually dehydrate you.

Diet soda messes with your hormone response — and hormones from your kidneys are responsible for keeping your fluids balanced. Your kidneys signal your brain to release an anti-

diuretic hormone when it needs to conserve water. Diet soda, specifically the caffeine in many diet sodas, disrupts the process. You retain less water and will probably have to pee.

Just one diet soda a day boosts your risk of a heart attack.

According to a study from the University of Miami, regularly drinking diet soda can significantly escalate your risk of a heart attack. Regular soda drinkers who opted for the sugary drink instead did not have as strong a risk. You might be better off with the sugary soda — or, you know, water.

Over time, diet soda can cause your skin and muscles to wither.

Some believe this effect is due to the phosphoric acid used in most diet sodas — it's fine to drink in moderation, but if you're guzzling can after can, it can have chronic implications. Phosphoric acid can disrupt the nutrient absorption process in your body. In excess, this can prevent skin and muscles from getting the nutrients they need. This can speed up the aging process, giving you more wrinkles and a weaker frame.

Some studies show drinking diet soda causes problems during pregnancy.

According to a study from Denmark, just one diet soda a day was associated with a 38 percent increased risk of preterm delivery. Four sodas a day increased the risk by 78 percent. So if you're pregnant, you might want to quit the habit ASAP. Here are eight other drinks you should avoid if you're pregnant.

One study found that diet soda drinkers' teeth are just as eroded as those of meth addicts.

If you don't want to look like someone out of the show *Breaking Bad*, you might want to quit your diet soda habit. According to a case study published in the journal *General Dentistry*, the mouth of one habitual diet soda drinker was just as eroded as the mouths of a meth user and a crack addict. This dangerous addiction might not be as strong, but it's certainly more common. Diet soda is something out of a dentist's nightmare.

Too much diet soda can give you brain damage.

According to a terrifying study from Boston University, diet soda drinkers are up to three times more likely to develop Alzheimer's or dementia or suffer from a stroke than people who didn't drink the soda. You'd be better off loading up your diet with these foods that can protect your brain from Alzheimer's and leave your diet soda days behind.

Your liver produces carcinogens after you drink diet soda.

Ever heard the rumor that diet soda gives you cancer? This is where that comes from. When you digest aspartame, it creates a by-product called methanol. Methanol is a toxin, so your liver

converts it into formaldehyde. But here's the thing — formaldehyde is a carcinogen. So drinking diet soda could potentially release cancer-causing chemicals into your body.

Dark chocolate, on the other hand, can help prevent cancer. If you're craving something sweet, it might be wise to snack on that instead. There are over 20 perfectly legitimate health reasons to eat dark chocolate every day.