

# Today's Chiropractic Weekly Handout

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## Your Body Within One Hour of Drinking Soda

According to the **Nutrition Research Center**, this is what happens to your body within one hour of drinking a can of soda:

**@10 minutes:** 10 teaspoons of sugar hit your system, which is 100 percent of your recommended daily intake. You'd normally vomit from such an intake, but the phosphoric acid cuts the flavor.

**@20 minutes:** Your blood sugar skyrockets. Your pancreas attempts to maximize insulin production in order to turn high levels of sugar into fat.

**@40 minutes:** As your body finishes absorbing the caffeine, your pupils dilate, your blood pressure rises, and your liver pumps more sugar into the bloodstream. Adenosine receptors in your brain are blocked preventing you from feeling how tired you may actually be.

**@45 minutes:** Your body increases dopamine production, causing you to feel pleasure and adding to the addictiveness of the beverage. This physical neuro-response works the same way as it would be if you were consuming heroin.

**<60 minutes:** The phosphoric acid binds calcium, magnesium and zinc in your lower intestine, which boosts your metabolism a bit further. High doses of sugar and artificial sweeteners compound this effect, increasing

the urinary excretion of calcium. The caffeine's diuretic properties come into play. (You have to GO!) Your body will eliminate the bonded calcium, magnesium and zinc that was otherwise heading to your bones. And you will also flush out the sodium, electrolytes and water. Your body has eliminated the water that was in the soda. And in the process it was infused with nutrients and minerals your body would have otherwise used to hydrate your system or build body cells, bones, teeth.

**>60 minutes:** The sugar crash begins. You may become irritable and/or sluggish. You start feeling terrible. Time to grab another?

*Now you may be thinking that diet soda is the way to go.....stay tuned for a future handout that will tell you why that's not a good choice either!! For now, warm up with this simple recipe!*

### Easy Roasted Red Pepper and Tomato Soup

- 1 tsp Extra Virgin Olive Oil
- ½ cup diced onion
- 1 clove garlic minced
- 12 oz jar roasted red peppers, drained and rinsed
- ½ cup canned, diced fire-roasted tomatoes
- 1 tsp balsamic vinegar
- 1 cup water



Heat oil in pot over medium heat. Add onion, and sauté 5 minutes, or until softened. Add garlic, and cook 1 minute more. Stir in peppers, tomatoes, and 1-cup water. Simmer 20 minutes. Remove from heat, and stir in vinegar. Transfer mixture to blender, and purée until smooth. Season with salt and pepper. Ladle soup into bowls.

## Today's Chiropractic Clinic

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### Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm