



IMAGE AWARENESS WELLNESS INSTITUTE

Beverage Consumption

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November 2009

Volume 5 : Issue 11

THE IMPORTANCE OF BEVERAGE CONSUMPTION

I have long felt that most individuals do far more damage to themselves with the beverages they consume than they do through the food that they eat. Not only is beverage consumption a big problem, but it is an increasing problem.

The typical beverages consumed in the United States are filled with sugar, high fructose corn syrup, caffeine, carbonation, phosphates, and acids to name only a few problem areas. This newsletter will address some of the obvious problems with these additives to beverages.

CARBONATION

Carbon dioxide is a waste product of animal metabolism. Waste products are toxic to the cells which produce them. Cells grown in culture live longer with no nutrient intake than they do if their waste products are allowed to accumulate. The human body labors day and night to rid itself of excess carbon dioxide.

By contrast, oxygen is a waste product of most plants while carbon dioxide is a necessary nutrient. As a matter of fact, it is estimated that the increased CO₂ in the environment, from whatever source, has resulted in an unprecedented agricultural boom. Lowering greenhouse gases (ie CO₂) will decrease the health and

vitality of plants and it will also decrease our ability to produce food.

The nutritive property of CO₂ for plants and its toxic property toward mammalian cells provide two good reasons for minimizing the consumption of carbonated waters and sodas.

The digestive tract of most people contains pathogenic fungal organisms such as *Candida albicans* which thrive on carbon dioxide. Fungal organisms have two prerequisites for robust growth: sugar and carbon dioxide. Many carbonated beverages provide both.

Candida albicans becomes disease causing when it produces an appendage called a germ tube. This is like the root of a plant. Robust *Candida* organisms will attack the lining of the digestive tract with these germ tubes increasing the likelihood of intestinal permeability.

Control of *Candida*, a major pathogen, is best achieved by reducing ingestion of sugar and carbon dioxide.

The capacity of *Candida* to produce germ tubes is also inversely proportional to the number of acidophilus organisms in the environment. For this reason, one of the best protections against *Candida* overgrowth is regular supplementation with *Acidophilus* Complex. Garlic has also been shown to kill *Candida* organisms in animals.

The carbonation in sodas and bottled waters is also under pressure. Some have suggested that carbonation may be a contributory factor to reflux disease. This is a condition in which the acid moves from the stomach into the esophagus, a highly undesirable situation. Statistical studies find that any country with an average consumption of 20 gallons of soda a year has a rising incidence of esophageal cancer.

REFERENCE:

“Study Links Soft Drinks with Esophageal Cancer,” International Herald Tribune, Wednesday, May 19, 2004.

CAFFEINE

Many sodas and of course coffee and tea are loaded with caffeine and similar compounds. Dr. John Minton found that benign breast lumps in women would often resolve when women avoided coffee, tea, chocolate, and colas.

Whilesomestudieshaveshownbeneficial effects of caffeine, others point to possible harm. Kuhlmann found that caffeine was a mutagen in mammals.

Coffee has been shown to





Campbell-McBride, Natasha, *Gut and Psychology Syndrome*, 89.

DIETARY PH

Most soda pop is quite acid. Acidity or alkalinity of a food is measured by what is known as the pH scale. The pH of the blood stays within a very narrow range of 7.35-7.45. By contrast, the pH of some soda pop is 2.8.

Highly acid foods and beverages take a toll on the body's mineral reserves. The body buffers acids with minerals like calcium, magnesium, and potassium before they are excreted. The result can be increased risk of demineralization, osteopenia or osteoporosis.

The preservation of an optimal pH balance for bone health is no secret. It has been tested and written about in medical journals. For example, the following quote is from the *New England Journal of Medicine*:

"In postmenopausal women, the oral administration of potassium bicarbonate at a dose sufficient to neutralize endogenous acid improves calcium and phosphorus balance, reduces bone resorption, and increases the rate of bone formation."

The pH of the body also plays a role in tooth decay. Dr. Weston Price, a pioneering dental researcher, found that the first key issue involved with tooth decay and oral diseases was a change "of the acid-base balance of the body from its normal slightly alkaline status to one which was acid."

REFERENCES:

Sebastian, Anthony, Harris, Steven, Ottaway, Joan, Todd, Karen, and Morris, Curtis, "Improved Mineral Balance and Skeletal Metabolism in Postmenopausal Women Treated with Potassium Bicarbonate," *NEJM*, June 23, 1994.

Meinig, George, *Root Canal Cover-up*, Ojai, Ca.: Bion Publishing, p. 83.

SUGAR

Sugar is an appetite stimulant. Paula Geiselman demonstrated that infusions of sugar into the digestive tract of rabbits caused them to eat twice the normal amount of food.

The animals ate faster and they ate longer than they normally would.

Geiselman's research was stimulated by the glucostatic theory of appetite control proposed by Jean Mayer over 50 years ago. Mayer's theory was that an increase in blood glucose would decrease appetite and food intake. This theory took such hold for a while that sugar was marketed as an aid to weight reduction and a trigger for reduced food intake.

Geiselman found that tiny intakes of sugar did actually tend to reduce appetite, but larger intakes made animals ravenous. This is probably because high intake of sugar tends to increase insulin production leading to a low blood sugar.

Today we know that high intake of sugar in liquid form tends to contribute to both weight gain and increased risk of diabetes. The body does a poor job of registering calories consumed in liquid form.

REFERENCES:

Geiselman, Paula and Novin, D., "Sugar infusion can enhance feeding," *Science* 218:490-491, 1982b.

Geiselman, Paula "Feeding Patterns Following Normal Ingestion and Intra-gastric Infusion of Glucose, Fructose, and Galactose in the Rabbit," *Nutrition and Behavior* 2:175-188 (1985).

Chaput, J-P, and Tremblay, A., The glucostatic theory of appetite control and the risk of obesity and diabetes, *International Journal of Obesity* (2009) 33, 46-53.

CHLORINE

One of the most harmful chemicals ingested with beverages is chlorine. This is tragic because chlorine is also one of the easiest substances



have an anti-thiamine effect.

Caffeine is also addictive. Many individuals develop a withdrawal headache when caffeine is discontinued. This is due to increased sensitivity to a chemical in the blood called adenosine which causes blood vessels to dilate.

REFERENCE:

Check, William, "Benign breast lumps may regress with change in diet," *JAMA*, March 23, 1979, p. 1221.

Kuhlmann, Wilhelm, et al, "The Mutagenic Action of Caffeine in Higher Organisms," *Cancer Research*, Nov. 1968, p. 2380.

Somogyi, J.C., and Nageli, U., Antithiamine effect of coffee, *Internal. J. Vit. Nutr. Res.*, 1976;46(2):149-153.

PHOSPHATES

Many sodas are loaded with phosphates. Phosphates bind with magnesium preventing it from being absorbed. I think of the taxi driver I talked with on one of my trips. He told me that when he arrived in this country he quit drinking water and consumed only soda pop. He wound up in the hospital with extreme magnesium deficiency.

The nutritional antagonism of phosphates of magnesium is highly significant. Natasha Campbell-McBride observes that "to metabolize only one molecule of sugar the body requires 56 molecules of magnesium." Magnesium is involved with almost every step of energy production in the human body. To ingest sugar with a substance which blocks the conversion of sugar to energy is asking for trouble.

Studies have shown that the risk of diabetes doubles for those who have one soda a day rather than one a week.

REFERENCE:



to remove from drinking water. Chlorine also has the drawback that it imparts a bad taste to water. The result is that many individuals do not drink enough water and become dehydrated.

Joseph Price, M.D., linked chlorine in food and water with increased risk of atherosclerosis in 1969. Price divided 100 roosters into two groups. One group was given purified water and the other received chlorinated water and chlorinated mash. This was because not only was water being chlorinated at the time he did his research, but while flour was also treated with chlorine. Today white flour is treated with bromine which poses other issues of toxicity.

Price found that roosters given chlorinated water lost the color of their combs. They showed evidence of poor circulation, shivering, and reduced physical activity. Autopsies demonstrated that animals given chlorinated water had developed atherosclerosis, while animals consuming purified water did not. Price wrote of the roosters given chlorinated water, "...gross atheromas of the aortas were found on examination within three months."

Price wrote, "the establishment has seen fit to seemingly ignore this amazing health breakthrough." Not everyone ignored Price's work, however. The study was well received by the poultry industry and is still used as a reference today. Most large poultry producers use de-chlorinated water. One would think that if chlorinated water is not good for chickens it would not be good for people either.

The importance of the removal of chlorine from drinking water

and its reduction of the risk of heart disease is illustrated by the experience of Ray which is detailed in the following letter he sent to me:

"I had two angioplasties and then in 1985 I had heart surgery. I had read that chlorine was bad for heart disease. I came in and bought a GNLD Water Dome. I have had no problem at all since I began using the unit in 1985. My health has been better in the last five years than prior to that time when I was experiencing a multitude of health problems. Our water tastes really good after it is filtered with the Water Dome." 2/2/90 Ray

Chlorinated water also increases the risk of cancer. The U.S. Council of Environmental quality suggests that people drinking chlorinated water have a 93% higher cancer risk. Chlorine increases the risk of rectal, colon, and bladder cancers.

Chlorine in the water is also released into the air by showering with chlorinated water. This is believed to contribute to asthma and bronchitis.

Chlorinated swimming pools are often such a problem that they are associated with a disorder called "swimmer's asthma." Brent Rushall, Ph.D., and Larry Weisenthal, M.D., Ph.D. provide the following criterion on pool safety: "The general rule-of-thumb about an over-chlorinated pool is: *If you can smell the chlorine in the pool environment, it is dangerously high.*"

Anyone showering with chlorinated water, spending time in a chlorinated pool, or drinking chlorinated water will have increased requirements for vitamin E and other antioxidants. Because vitamin E concentrates in lung tissue it is a particularly important nutrient for protecting lung tissues when they are exposed to chlorine. It is also important to realize that chlorine can be absorbed through the skin.

References:

Price, Joseph, *Coronaries/Cholesterol/Chlorine*, Saginaw, Michigan: Alta Enterprises, Inc., 1969, pp. 45-46.

Stanton, George A., "Annotations: The cause

of arterial disease," *American Heart Journal*, June 1974, Vol. 87, No. 6.

"Study Links Chlorination and Cancer," *Science* Vol. 211 No. 13, Feb. 1981, p. 694.

Rushall, Brent, and Weisenthal, Larry, "Swimmer's Asthma": The serious health problem with chlorinated pools, *Select*, December 2003. <http://www-rohan.sdsu.edu/dept/coachsci/swimming/chlorine/asthma.htm>

THE IMPORTANCE OF WATER

Water is a critically important nutrient. Man can live for weeks without food, but few of us would last longer than a few days without water. Those who want to understand the importance of water for health should read *Your Body's Many Cries for Water* by F. Batmanghelidj, M.D.

Dr. Batmanghelidj played a key role in the development of hospitals and medical centers in Iran. He was imprisoned in the infamous Evin Prison in 1979 when the Iranian Revolution broke out. He spent two years and seven months in prison.

While in prison Batmanghelidj was asked to treat fellow prisoners with peptic ulcer pain. He was given no medication and discovered with his first case that two glasses of water removed ulcer pain within 8 minutes. He instructed his patient to drink two glasses of water every three hours. The man had no further problems during his remaining four months in prison.

Batmanghelidj went on to treat 3,000 fellow prisoners suffering with stress-induced ulcers with water alone. He was so absorbed with his work on the healing properties of water that he chose to stay in





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prison an extra four months to complete his research. His findings were published in the Journal of Clinical Gastroenterology in June, 1983.

Batmanghelidj believed that an elementary mistake of advanced societies was thinking that beverages like tea, coffee, alcohol, and manufactured beverages could substitute for pure water. Most of these beverages contain dehydrating agents resulting in a net loss of water.

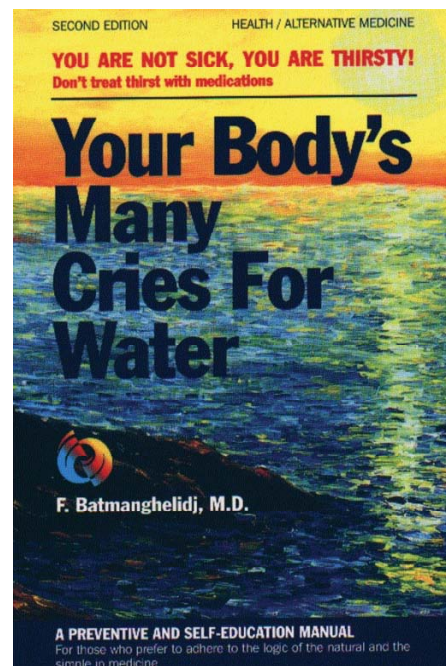
The implications of chronic dehydration are staggering. Lack of water upregulates histamine increasing inflammation throughout the body. Batmanghelidj found that chronic pains including stomach pain, rheumatoid arthritis, angina, low back pain, leg pain, migraines and hang-over headaches often improved with increased water intake. The amount of water required was 2 1/2 quarts.

Batmanghelidj believed that depression is associated with chronic brain dehydration. This is because the energy production of brain tissue is compromised by dehydration. Lowered energy results in deteriorating brain function. Dehydration induces stress which further dehydrates the body and brain leading to a wide

range of hormonal alterations and greater decrease of energy production.

Dehydration has negative effects on the circulatory system as well. blood pressure and cholesterol levels tend to rise. Simply drinking water will often lower both blood pressure and cholesterol levels.

Dry mouth is the very last sign of dehydration according to Batmanghelidj. By the time we feel the dehydration we may already be suffering the consequences of chronic dehydration.



REFERENCE:

Batmanghelidj, F., Your Body's Many Cries for Water, Falls Church, VA.: Global Health Solutions, Inc., 1992, 21. <http://www.watercure.com/>

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