

## Will it be water or soda?

The average American Teenager consumes over 50 gallons of soda per year!!

**WATER:** We all know that water is important...

- 75% of Americans are chronically dehydrated
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even mild dehydration will slow down one's metabolism as much as 3%
- One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study
- Lack of water is the number one trigger of daytime fatigue
- Preliminary research indicated that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or a printed page
- 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
- *ARE YOU DRINKING THE AMOUNT OF WATER YOU SHOULD EVERY DAY?*

**COKE (or most sodas):**

- In many U.S. states the highway department carries two gallons of Coke in the truck to remove blood from the highway after a car accident
- You can put a T-bone steak in a bowl of Coke and it will be gone in two days
- To clean a toilet: pour a can of Coca-Cola into the bowl and let the "real thing" sit for one hour, then flush clean, The citric acid in Coke removes stains from the vitreous china
- To remove rust spots from chrome car bumpers: rub the bumper with a crumpled up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola
- To clean corrosion from car battery terminals: pour a can of Cola over the terminals to bubble away the corrosion
- To loosen a rusted bolt: apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes
- To bake a moist ham: empty a can of Coke into the baking pan, wrap the ham in foil and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for sumptuous brown gravy
- To remove grease from clothes: empty a can of Coke into a load of greasy clothes, add detergent and run through the regular cycle. Coca-Cola will help loosen grease stains
- It will also clean road haze from your windshield
- FYI...the active ingredient in Coke is phosphoric acid. Its PH is 2.8; this will dissolve a nail in about 4 days
- To carry Coca-Cola syrup (the concentrate) the commercial truck must use hazardous material placards reserved for highly corrosive materials
- The distributors of Coca-Cola have been using it to clean the engines of their trucks for about 20 years
- Think diet sodas are 'better' for you? *Think again!* Aspartame, the artificial sweetener used in over 100 'diet' products, is a known carcinogen and attacks the neurological system. When exposed for a period of time to 86 degree Fahrenheit, aspartame converts into formaldehyde. When was the last time your soda was transported or stored at this temperature?

## ***So what will it be? Water or Soda?***

On competition days **NO SODAS ALLOWED!** Parents it will be easier for your athletes if you can refrain as well.