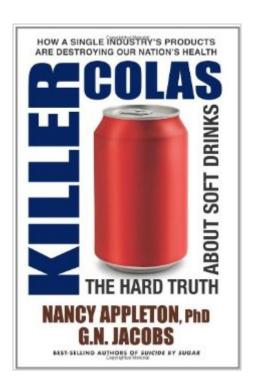
### The book was found

# Killer Colas: The Hard Truth About Soft Drinks





## Synopsis

Itâ ™s as American as fast foods, ice cream, and candy bars. So why are people saying all those nasty things about soft drinks? The answer is simple: All those terrible things are true. And while the facts may be hard to swallow, it is high time we look at the damage that has been done by our long-running love affair with the beverage industry. In their new book, Killer Colas, Dr. Nancy Appleton and G.N. Jacobs provide a startling picture of a greedy industry hell-bent on destroying our countryâ TMs health, no matter what the cost. Over the last twenty-five years, the sale of sodas, energy beverages, and sports drinks has exploded, as has the incidence of adult and childhood obesity, diabetes, hypertension, heart disease, cancer, and stroke. In Killer Colas, the authors detail why this downward spiral has occurred. They look at the history and growth of the soft drink industry from fountain shops to multinational mega-corporations; they examine the industryâ TMs powerful influence over the media; and they look at the addictive and harmful ingredients these companies have added to their formulas. The authors also offer scientific evidence that links our growing consumption of soft drinks with our declining health. In the light of our countryâ ™s health crisis, the consequences of our addiction to soft drinks can no longer be ignored. Killer Colas exposes the facts behind an addiction that is just as powerful and dangerous as our love of tobacco. Once you have read this book, you will never look at a soft drink in the same way. A

# **Book Information**

Paperback: 192 pages

Publisher: Square One; 1 edition (June 1, 2011)

Language: English

ISBN-10: 0757003419

ISBN-13: 978-0757003417

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews (9 customer reviews)

Best Sellers Rank: #1,002,371 in Books (See Top 100 in Books) #34 in Books > Health, Fitness & Dieting > Nutrition > Food Additives #565 in Books > Health, Fitness & Dieting > Diets &

Weight Loss > Food Counters #3930 in Books > Cookbooks, Food & Wine > Beverages & Wine

#### **Customer Reviews**

I once again applaud Dr. Nancy Appleton for educating us about the dangers of sugar, particularly those hidden in our sodas, sports and energy drinks...all of which have added tremendously to the

epidemic of childhood obesity, hypoglycemia and diabetes, hypotension, heart disease and most of today's health conditions and diseases. Killer Colas is a book that must be read by parents, teachers and our community leaders so that they can band together to help our children. It is our responsibility to teach and show them that what they eat and drink directly effects how they think, feel and act.Dr. Nancy Appleton and G.N. Jacobs....you did a fantastic job. Be assured that what you have written will save many lives!Roberta RuggieroPresident/FounderThe Hypoglycemia Support Foundation, Inc.

You'll never want to drink another soda again. Great book, very informative, with testimonials from people who were extremely addicted to colas, diet colas, etc. Well worth buying.

For years we knew that soft drinks were very hard on our teeth. Thanks to this well-researched book we see how soft drinks affect our general health. They can even be addictive. When I see people with those huge containers of colas and other such drinks, I shudder to think how their health is being affected. Certainly our country's obesity epidemic is due in part to the liquid sugars people are pouring down their throats. Being health conscious, I stopped using sodas many years ago, this book confirms that I made a really good decision.

As a therapist I am always on the look-out for books regarding healthy eating and drinking. It is always something that comes up in the work that I do with my patients. What we eat and drink impacts our mental state along with sleep, exercise and our mindfulness. I found it easy to read and informative. Important information. Thanks.

This is a must read for anyone who drinks soda! Especially soda addicts! It's been sitting on my kindle for a year, I wish I would have read it earlier!

#### Download to continue reading...

Killer Colas: The Hard Truth About Soft Drinks Soft Tissue Injuries and Hard Ball Tactics: Dealing With Soft Tissue Injuires and Insurance Companies Las aventuras de Uuk y Gluk, cavernÃ-colas del futuro y maestros de kung fu: (Spanish language edition of The Adventures of Ook and Gluk, Kung-Fu ... (Captain Underpants) (Spanish Edition) My Yonanas Frozen Treat Maker Recipe Book: 101 Delicious Healthy, Vegetarian, Dairy & Gluten-Free, Soft Serve Fruit Desserts For Your Elite or Deluxe Machine (Frozen Desserts & Soft Serve Makers) Electrostatic Effects in Soft Matter and Biophysics: Proceedings of the NATO Advanced Research Workshop on Electrostatic Effects in

Soft Matter and ... 1-13 October 2000 (Nato Science Series II:) Ultimate Plank Fitness: For a Strong Core, Killer Abs - and a Killer Body The Killer Handyman: The True Story of Serial Killer William Patrick Fyfe (Crimes Canada: True Crimes That Shocked the Nation Book 7) The Country Boy Killer: The True Story of Serial Killer Cody Legebokoff (Crimes Canada: True Crimes That Shocked the Nation Book 6) The Killer Inside: An absolutely gripping serial killer thriller with a brilliant twist (Detective Jessica Daniel thriller series Book 1) Free Beer - Kicks & Truth with Jack Kerouac & other strong drinks Grain Brain: The Surprising Truth About Wheat, Carbs and Sugar - Your Brain's Silent Killer Grain Free Diet: Against all Grain, The Surprising Truth about the Silent Killer of Wheat, Gluten, Carbs, and Sugar, The Extraordinary Grain Free Health for Weight Loss and Healthy Life Learn Python the Hard Way: A Very Simple Introduction to the Terrifyingly Beautiful World of Computers and Code (3rd Edition) (Zed Shaw's Hard Way Series) The Everything Hard Cider Book: All you need to know about making hard cider at home Learn C the Hard Way: Practical Exercises on the Computational Subjects You Keep Avoiding (Like C) (Zed Shaw's Hard Way Series) Learn Python the Hard Way: A Very Simple Introduction to the Terrifyingly Beautiful World of Computers and Code (Zed Shaw's Hard Way Series) Working Hard, Drinking Hard: On Violence and Survival in Honduras Afternoon Tea: Afternoon Tea: Inspiration and How to Host the Perfect Afternoon Tea Party at Your Home (Worlds Most Loved Drinks Book 4) The Everything Bartender's Book: Your Complete Guide to Cocktails, Martinis, Mixed Drinks, and More! (Everything Series) Imbibe! Updated and Revised Edition: From Absinthe Cocktail to Whiskey Smash, a Salute in Stories and Drinks to "Professor" Jerry Thomas, Pioneer of the American Bar

<u>Dmca</u>