

Introduction

Findings from a variety of studies show that routine consumption of diet sodas, even one per day, can be connected to higher likelihood of heart disease, stroke, diabetes, metabolic syndrome and high blood pressure, in addition to contributing to weight gain." Susan E. Swithers, a professor of psychological sciences and a behavioural neuroscientist.

Daily consumption of diet soda was associated with a 36% greater relative risk of incident metabolic syndrome and a 67% greater relative risk of incident type 2 diabetes compared with non consumption in the Multi-Ethnic Study of Atherosclerosis (MESA)

Source: <https://therenegadepharmaicist.com/diet-coke-exposed-happens-one-hour-drinking-diet-coke-coke-zero-similar-diet-soda/>

First 10 Mins Tricks Taste Buds & Attacks Teeth

The phosphoric acid attacks the enamel in your teeth, while the artificial sweeteners like aspartame hit your system. Aspartame may trigger taste receptors and trick your body into thinking it has just processed sugar.

20 Minutes May Switch On Fat Storage Mode

Like regular Coke this can trigger insulin, which sends your body into fat storage mode.

Artificial sweeteners, and sugar alcohols (another type of low-calorie sweetener) present in diet colas can all interfere negatively with natural gut bacteria that is part of your immune and digestive system, according to Amanda Payne of Switzerland's Institute of Food, Nutrition and Health.

40 Minutes – Can Cause Addiction

The potentially deadly combination of caffeine and aspartame creates a short addictive high similar in the way cocaine works. Excitotoxins are released which may exhaust your brain by overstimulating it's neuroreceptors, especially if consumed on a regular basis.

- Excitotoxins are shown to freely penetrate certain brain regions and rapidly destroy neurons by hyperactivating the NMDA subtype of Glu receptor in studies.
- Cravings for more coke are explained by the release of two neurotransmitters in the brain, dopamine and glutamate.
- Caffeine and aspartame increases dopamine levels as shown in various studies.
- Aspartic acid taken in its free form (unbound to proteins), significantly raises the blood plasma level of aspartate and glutamate.

40 Minutes – Can Cause Addiction (cont)

- Researchers say glutamate is more essential to addiction than dopamine. Source: Phenotype Offers New Perception on Cocaine The Scientist Date: 21 Jan 2002

Diet Coke - What Happens 1 Hour



60 Mins Depletes Nutrients Making Hungry & Thirsty

Depletes Nutrients, Makes You Hungry & Thirsty For More

Unlike the small amount of satisfaction you get from regular coke your body may still crave sweets. This makes you likely to reach for another soda, or worse, some other junk food you consider to be safe and the cycle continues.

A can of diet coke provides no nourishment and would replace a more nutritious drink you could have drunk while potentially depleting your body of essential minerals

It will never quench your thirst as it dehydrates rather than hydrates your body. A lack of vital water can lead to brain fog, poor concentration, fatigue and feeling irritable.

The Big Problem With 'Zero' Calories

Artificial sweeteners are associated with a drop in the appetite-regulating hormone leptin. Leptin is the hormone that inhibits hunger so diet drinks like diet coke actually make you hungry and less satisfied with normal amounts of food, and finally when you eat or drink a lot of chemicals that your body simply cannot break down, your body makes more and more internal fat to wrap the chemicals in keeping those harmful chemicals away from your vital organs. As diet coke has no calories and no recognised ingredients we know it is a cocktail of chemicals that encourage your body to gain and store weight especially on your legs and bottom away from your organs. diet drinks are not good for your body your health or even as it turns out for dieting.'