



... Help Begins Here!

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Females & Soda

Not only are women not getting their much needed calcium because they are not drinking milk, BUT recent research now reveals that soda actually makes bones porous which puts elderly osteoporosis-prone women on some pretty thin ice. That's right... sodas cause osteoporosis to progress faster!

Studies show that drinking large quantities of soda, around 2 quarts or more a day, causes potassium levels to fall and potassium deficiency makes you feel weak and dizzy and causes your muscles to atrophy.

This article appeared in our Fall 2009 newsletter.

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