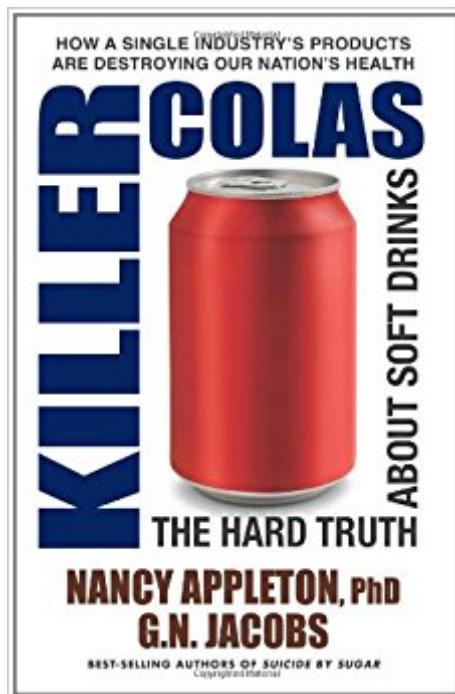


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# Killer Colas: The Hard Truth About Soft Drinks



## **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™s 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™s 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.Â

## **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 starsÂ See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #1,002,371 in Books (See Top 100 in Books) #34 inÂ Books > Health, Fitness & Dieting > Nutrition > Food Additives #565 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #3930 inÂ 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!

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