



Diet Drinks May Be As Harmful To Teeth As Meth or Crack Cocaine Soft Drinks and Hard Drugs

Smart Sugars Lesson #94

by JC Spencer

A new study indicates that heavy consumption of diet soda can damage teeth as badly as methamphetamine or crack cocaine.

Many people have turned to diet drinks because of concerns about weight gain. Addiction to hard drugs or soft drinks can cause systemic health problems that affect dental hygiene. Acid is the culprit, not only for teeth but for lowering the pH of your body.

Constant exposure to acid in soda, be it citric or phosphoric, causes erosion and major oral damage. Teeth may become soft, discolored, and destroyed by the soft drink erosion. The damage is often compounded by sipping the drink and holding it in the mouth before swallowing.

In this new study, Dr. Mohamed Bassiouny, a professor of restorative dentistry at the Temple University School of Dentistry in Philadelphia looked at a side-by-side comparison of meth mouth and coke mouth to observe the rampant decay. Dr. Bassiouny said, "... *it is startling to see the intensity and extent of damage more or less the same.*" The study was recently published in the journal *General Dentistry*.

Dr. Eugene Antenucci, spokesman for the Academy of General Dentistry, said he was not surprised by Bassiouny's findings. But, the American Beverage Association said in a statement. "*To single out diet soda consumption as the unique factor in ... tooth decay and erosion -- and to compare it to that from illicit drug use -- is irresponsible.*"

Sugar-free soda is no better than regular soda when it comes to dental decay. Bassiouny added. "Both of them have the same drastic

effect if they are consumed in the same frequency, the same amount, and the same duration."

The solution is to listen to your brain for sound logic instead of letting your tongue tempt you for one more soft drink. Wait longer between drinks. Keep reducing, keep cutting back on mouth watering sweets even though they be "diet". Also, simply swishing clean water around in your mouth will wash away the acidity. Living with a clean mouth makes for a healthier life.

Your tongue is talking to you and when it says the wrong thing, speak back to it as if it were a little child, "*Bad tongue! Bad tongue!*" You may even have to spank the tip of your tongue when it misbehaves like a small child.

My craving for sweets has deminished over the last few years. No longer does French vanilla ice cream cry out from the refrigerator as I walk by. It's not just me. Those who have turned to Trehalose as their sugar have a reduced craving for sweets.

Xylitol and Trehalose are two sugars beneficial to healthy teeth. Okay, Xylitol is really not a sugar. It's an alcohol crystal but is still much better for your teeth than table sugar or sugar substitutes. And, Trehalose? Well, it leaves a clean taste in your mouth.

Source: <http://www.ncbi.nlm.nih.gov/pubmed/23454320>

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