

# Acidic Energy

By Alex Taft

\*Tsss\*. You just cracked open an ice-cold can of pop. Ahh, it's refreshing to drink; you feel all of the artificial flavors sliding down your throat. All of that sweet, satisfying pop with a pH comparable to that of battery acid. Wait, what? Yep, most of the big brand pops are highly acidic, so acidic in fact, that they're comparable to battery acid; for example, the American Food and Drug Administration reports that Mountain Dew has a pH of 3.1, a level of acidity not far from the 1.1 pH of battery acid. In fact, according to American health information organization Healthline, Mountain Dew is so acidic that drinking it in high contents can lead to an actual condition known as "Mountain Dew mouth", where your teeth decay or are fully lost as a result of the acids in Mountain Dew weathering down your teeth. And if you think that's bad, then oh boy, let me tell you about Coca-Cola. Coca-Cola has a pH of 2.6, and according to professional international health researcher Anna Roberts, coke is so acidic that it has literally been used as a life hack to clean toilets without having to use toilet cleaner. Yeah, coke is literally able to CLEAN TOILETS because it's just that acidic. That is nuts, and what's even more nuts is that this stuff goes into our bodies. Right down the hatch, right through the esophagus, and right into your stomach; 8 ounces of an acid capable of cleaning toilets, just floating around in your stomach. Not only is pop dangerously acidic, but it's also loaded with high fructose corn syrup. In a 2014 research study conducted by a group of medical professionals, it was found that on average, 60.6% of sugar content in pop is made up of high fructose corn syrup (White et. al). That's a lot of



high fructose corn syrup, but why is that a problem? What exactly is it that makes high fructose corn syrup so terrible in high amounts? Well, according to the Cleveland Clinic Medical Center, "Eating too much high fructose corn syrup can lead to insulin resistance, obesity, type 2 diabetes and high blood pressure." Pop is loaded with high fructose corn syrup, as proven by White's research team, and that high fructose corn syrup leads to a host of health problems such as obesity. It's easy to see why the high fructose corn syrup contents in soda drinks is such a problem, yet another reason why it's damaging to drink. It's even estimated that the consumption of these beverages is linked to 4-13% of all new cases of type 2 diabetes in the United States (Roberts). Obviously, in accordance with the evidence presented, consuming pop can have very negative effects on your body. Now, does this mean that you have to just stop consuming pop altogether? No! But it's good to be aware of the dangers presented while consuming it, since drinking it too much or too often could lead to serious health problems. So, I leave you with my final resolution: drink pop, this acidic energy loaded with high fructose corn syrup, in moderation.