



Biological scientist Dr Hans-Peter Kubis, who's just led a study into what soft drinks do to our bodies, has reached some shocking conclusions. When you read what he discovered, you may well choose never to touch the fizzy stuff again.

Even moderate consumption — a can a day, or just two a week — may alter our metabolism so that we pile on weight.

The drinks also appear to increase the risk of heart disease, liver failure and hypertension.

In children, soft drinks have been linked to addict-like cravings, as well as twisting kids' appetites so they hunger for junk food.

In the U.S., around 100 medical and consumer organisations are now calling on the Surgeon-General to investigate the health effects of soda and other sugary drinks.

[More...](#)