

## An Alternative to Chemical Soft Drinks!

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by Dr. Jones

Soft drinks are the greatest source of calories for us fat americans. We get more of our daily calories from soft drinks than any other category of food. More than ice cream, more than fries, more than meat, more than bread. Think about it, all these calories, very little nutritional benefit.

How did this happen? A University of North Carolina study showed that caloric intake from soft drinks in the United States increased 135 percent between about 1977 and 2001. Over the same time period, calories from milk dropped 38 percent. Red Bull's sales over the same period increased by an even larger percentage. And as Coke expands across the world, the world is steadily following in our footsteps towards obesity.

In order to curtail this problem, big pharma has come up with all kinds of prescription drugs to deal with the symptoms of obesity. The most readily available are the artificial sweeteners concocted by the likes of Monsanto and ADM. These artificial sweeteners (sucralose, sucrose). These significantly reduced the caloric value of soft drinks.

The only issue I have with these chemically derived products is that more and more studies seem to point to significant side effects over time. Many studies have found these products to be responsible for cancers of all sorts. I know that many of these studies might have questionable methodologies, but where there is smoke...As a result, many people are looking for natural alternatives.

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One of these options is Stevia. This all-natural sweetener has been around for centuries in many parts of the world; from Morocco, to Japan, to Argentina. Stevia is also very popular as an alternative to sugar for diabetics. Recent research points to Stevia as a potentially very beneficial deterrent to Type II diabetes. Besides its medicinal properties, Stevia is a simply a good natural alternative to sugar to reduce our caloric intake.

So far, this sounds too good right? Unfortunately, The Food and Drug Administration is very concerned with this natural ingredient. They say Stevia could, under certain circumstances be bad for you. How come? In my opinion, the real reason Stevia is not allowed as a sweetener by the FDA is because it is virtually free to produce and cannot be trademarked. Something the big food and drink lobbies don't appreciate at all.

As a result, there are few products made with Stevia. Natural low calory energy drinks or soft drinks are rare despite increasing demand from health-conscious consumers. Here are a few that I've tried.

Soft Drinks: Virgils: Hard to locate in stores. Good range of products (Cream Soda is my favorite). Tastes good and also uses other natural ingredients. [Virgils Sodas](#). Also available in health food stores.

Lo-cal Energy Drink: GURU All-natural Drink: A great alternative to the usual chemical cocktails. Contains Stevia and other natural ingredients. I enjoy the taste and it definately give me energy. I buy it at their website : [Natural Energy Drink](#).

About the Author:

About the Author: Dr. Jones writes about and advises natural food web sites and companies. He writes and consults for different natural foods focused websites. For more, read his blog at [Natural Energy Drinks](#) or on Squidoo at [Organic Energy Drinks](#).

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Skiing is the best option to fill out the psychological needs of a person who loves thrilling events. Water has always been an attractive sports element for people who want new life styles. Snow skiing involves some special equipment including skis and special boots. Skis are the primary equipment used for snow skiing. A low flat component called ski is used so that you can easily move over the snow smoothly. Skis are used for recreational and sporting purposes. Most popular type of skiing techniques include Alpine skiing, Alpine freestyle, Back country skiing, Nordic Skiing, Adaptive skiing, Kite skiing, Para skiing, Military skiing, Nordic jumping, Ran Donne skiing, Ski jeering and Telemark skiing.

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