What Happens When You Boil Coke

Categories : General, Health/Fitness

Some will say - what's the point of featuring this video on K.W.N.? There are two main reasons: firstly it's downright fascinating, and secondly it will do your health a world of good if you stop drinking soda.

Sugar in large quantities is toxic to the body. Don't believe me? How do you explain the exploding diabetes epidemic? It's the sugar added to our foods and the refined carbohydrates which turn into sugar once metabolized in the body. As soon as fat was demonized in the 80s, everything became low fat, but check the sugar on those low fat foods. That's right, in most cases low fat equals high sugar. High sugar over time stresses the body and then one day you are type 2 diabetic.

(Image from: CrazyRussianHacker)