

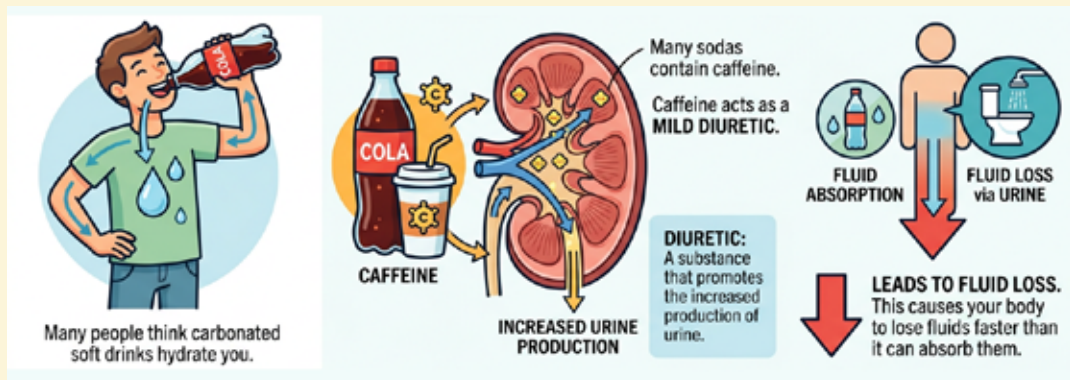


SUMMER *drinks*

With summer in full glory, we all go for that cold drink, whether it's a sparkling soda, a sugary energy drink, or even a flavored seltzer for instant refreshment.

Though they feel good at the time of drinking, science suggests that leaning too heavily on carbonated drinks during a heatwave might be doing your body more harm than good.

Many **belive** that carbonated soft drinks hydrate you. In reality, many sodas contain **caffeine**, which acts as a mild diuretic. This increases urine production, leading your body to lose fluids faster than it can absorb them.



Furthermore, the high sugar content in many carbonated drinks creates an **osmotic effect**. To process the influx of sugar, your body actually **pulls water from your tissues** into your **bloodstream**, which can leave you feeling thirstier than before you took a sip.

Summer heat already **slows down our digestion** and can make us feel **bloated or sluggish**. Adding carbonation to the mix introduces excess air into your digestive tract. The **carbon dioxide gas trapped in the bubbles** can lead to **abdominal distension**. They are naturally acidic. Heat can relax the **lower esophageal sphincter**, making it easier for that acid to creep up and cause **heartburn**.



Summer is peak "**sipping**" season. Whether you're at a BBQ or the beach, people tend to nurse their drinks over long periods.

Even sugar-free ones **carbonated drinks contain carbonic acid**. Constantly bathing your teeth in an **acidic environment softens the enamel**. When you combine this with the high sugar content of traditional sodas, you create a **breeding ground for bacteria and cavities**.

When it's hot, our appetites often decrease, but our liquid intake spikes. If those liquids are primarily sugary carbonated drinks, you are consuming massive amounts of **"empty calories"**—calories that provide no nutritional value. This can lead to:



Blood Sugar Spikes

Followed by the inevitable "crash" that leaves you feeling exhausted in the heat.



Weight Gain

Liquid calories don't trigger the same "fullness" signals in the brain as solid food, making it easy to overconsume.



Same goes with real juices!

Many of us try to be healthy by grabbing a bottle of **"Real Fruit Juice"** that proudly claims **"No Added Sugar."** It sounds like a win, but here's the catch:

Even if a company didn't pour a bag of white sugar into the vat, **fruit juice is naturally packed with fructose.** When you strip the fiber away from the fruit and turn it into juice, you're essentially drinking a concentrated sugar shot.

Your body processes this **"natural"** sugar almost exactly like the sugar in a soda. It causes a quick energy spike followed by a crash, leaving you feeling tired and even more dehydrated.



So opt for Infused water, tender coconut water, buttermilk, fermented rice yogurt drink to keep you hydrated and body heat away

**For doubts and queries, please reach out:
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