

- Advantages and Disadvantages of Soft Drinks
- How Do Colors Affect our Mood?

St. John's University: The Language Connection

Advantages and Disadvantages of Soft Drinks by Hamad Alakeli

Sodas are one of the favorites drinks for many people in the world. Many people like to drink sodas every day. According to THE HUFFINGTON POST, a Gallup poll reveals that 48 percent of surveyed Americans — nearly half! — drink soda on a daily basis. What's more, among those who drank soda, the average daily intake was 2.6 glasses per day. Rates of soda consumption were higher with young adults — 56 percent of those 18 to 34 admitted to guzzling the sweet stuff.

And soda drinking is not isolated to America.

In fact, daily spending for soft drinks in Saudi Arabia averaged nearly 11 million riyals, about 4 billion dollars annually.

Americans consume close to 50 billion liters of soda per year, which equates to about 216 liters, or about 57 gallons per person. That's a staggering amount of sugar! And not just any sugar, but some of the worst we know as fructose, in the form of high fructose corn syrup.

What Soda Does for You:

The advantages:

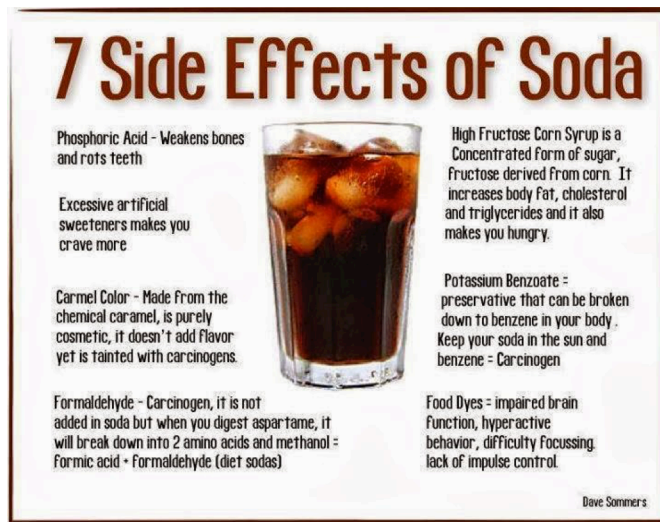
- Gives you more energy.
- Provides a unique alternative taste.
- Stimulates your central nervous system with caffeine.
- Helps breakdown fatty acids in your liver.
- Boosts your mood and alleviates headaches.

People who regularly ingest caffeine are less likely to develop Parkinson's disease, colon cancer, gallstones, and cirrhosis of the liver.

The disadvantages:

- Cause of diabetes, a metabolic disorder due to insulin deficiency from increased consumption of sugary products
- Loss of brain functioning due to decreased blood flow to tissues of the brain
- Destruction of minerals in bones and teeth due to harmful acids in food consumption
- Kidney Failure Loss of proper functioning in kidneys due to increased toxin levels in blood
- Cause of addiction to a stimulant, caffeine
- Frequent use may result in gastrointestinal troubles followed by insomnia

You may also observe a drop in your body weight (For malnourished and underweight people) and disturbed sleep and much more.



How to get rid of soft drinks

Soft drinks are everywhere! And it is not easy to stop drinking soft drinks. But there are many ways to stop and these are some ways:

- Ask yourself why you want to stop drinking sodas. To reach the goal, you need a strong enough reason
- Get rid of the soda drinks at home
- Have healthy substitute drinks
- Keep track of your soda use
- Have a water bottle at all times
- Ensure you have enough sleep
- Persevere

Do not stop drinking soft drinks abruptly because you may have a headache, be terribly nervous and suffer other withdrawal symptoms of caffeine. This would be the hardest thing that can be overcome when trying to stop soft drinks.

Not drinking sodas may be difficult, but the health benefit is worth it!

How Do Colors Affect our Mood? By Raghad Alajmi

We see colors everywhere: In streets, hospitals, and restaurants, etc. No doubt that different places have different colors, but have you ever wondered why restaurants are red? Why red cars are targets for thieves? Why doctors wear white lab coats? Why bedrooms are blue? And why hospitals use green? These colors were not chosen randomly. Of course there are reasons for using each color.

Restaurants use red because it is a stimulating color. Red triggers the appetite because of its impact on our metabolism.

Moreover, red always appears closer than it is and it grabs people attention. Therefore, it is a good target for thieves.

White is a color of innocence and purity. White shows dirt easily. Therefore, it is more difficult to keep white clothes clean than other colors. In addition, doctors and nurses wear white to imply sterility.

Blue is the color of the sky and the ocean. Blue causes the opposite reaction as red. A lot of people use blue in bedrooms

because it helps the body to produce calming chemicals.

Green is one of the most popular colors. It is a symbol of nature. Hospitals often use green because it relaxes patients.

These are some of the most popular colors. I hope this article will be helpful and sufficient to answer the previous questions.



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