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COCA-COLA INFLUENCE ON HUMAN HEALTH

The iconic carbonated soft drink is the most famous, popular and widely distributed American product on Earth! But just because it's popular, doesn't mean that we know everything there is to know about it.



Coca-Cola history

Coca-Cola history began in 1886 when the curiosity of an Atlanta pharmacist, Dr. John S. Pemberton, led him to create a distinctive tasting soft drink that could be sold at soda fountains. He created a flavored syrup, took it to his neighborhood pharmacy, where it was mixed with carbonated water.

Here's the list of ingredients in modern Coca-Cola:

- **Carbonated water** – Approximately 90% of Coca-Cola is water.
- **Sugar**
- **Caramel colour** – A very specific caramel is made especially for Coca-Cola, to give the drink its characteristic colour.
- **Phosphoric Acid** – The tartness of Coca-Cola comes from the use of phosphoric acid.
- **Caffeine** – The slight bitterness in the taste of Coca-Cola comes from caffeine.
- **Natural flavours** – The essence of the secret formula of Coca-Cola is its blend of natural flavours. This is the most protected and secret part of the formulas mixed with carbonated water.

Sugary drinks are considered a major contributor to health conditions such as *obesity, type 2 diabetes and tooth decay*. But have you ever wondered exactly what these beverages do to your body after consumption?

One researcher has created an infographic that explains what happens to the body within an hour of drinking a can of Coca-Cola.

What happens one hour after drinking a can of coke?

20 minutes: Your blood sugar spikes, causing an insulin burst. Your liver responds to this by turning any sugar it can get its hands on into fat. (There's plenty of that at this particular moment).

30minutes: Caffeine absorption is complete. Your pupils dilate, your blood pressure rises, as a response your livers dumps more sugar into your bloodstream. The adenosine receptors in your brain are now blocked preventing drowsiness.

40 minutes: your body ups dopamine production stimulating the pleasure centers of your brain. This is physically the same way heroin works, by the way.

50 minutes: The phosphoric acid binds calcium, magnesium and zinc in your lower intestine. Providing a further boost in metabolism. This is compounded by high doses of sugar and artificial sweeteners also increasing the urinary excretion of calcium.

60minutes:The caffeine`s diuretic properties come into play. It is now assured that you`ll evacuate the bonded calcium, magnesium and zinc that was headed to your bones as well as sodium, electrolyte and water.

>60 minutes: As the rave inside of you dies down you`ll start to have a sugar crash/ You may become irritable and/or sluggish. You`ve also now, literally, pissed away all the water that was I the Coke. But not before infusing it with valuable nutrients your body could have used for things like even having the ability to hydrate your system or build strong bones and teeth.

Do you know that :There are approximately 10 teaspoons of added sugar in a single can of cola. The World Health Organization (WHO) recommend consuming no more than 6 teaspoons of added sugar daily, meaning drinking just one serving of cola a day could take us well above these guidelines.



Based on research by health writer Wade Meredith, it explains that a 330ml can of Coca Cola contains so much sugar, your body should vomit - but the phosphoric acid "cuts the flavor", helping you keep the liquid down.As such, it is no surprise that sugary drink consumption is associated with an array of health conditions.

But A Coca-Cola spokesperson said: "People have enjoyed drinking a Coca-Cola for more than 129 years. Like all soft drinks, it is perfectly safe to drink and can be enjoyed as part of a balanced diet and lifestyle. We provide a choice of colas to meet the needs of different consumers, including options that are lower sugar, sugar free and caffeine free."

According to the Harvard School of Public Health, people who drink 1-2 cans of sugary beverages daily are 26% more likely to develop type 2 diabetes, and last month, Medical News Today reported on a study claiming 184,000 global deaths each year are down to sugary drink consumption.

The body starts to produce more dopamine, a neurotransmitter that controls the brain's pleasure centres - "physically the same way heroin works".

By the time the hour is up, you will want to urinate, making you drowsy and irritable.

But not before infusing it with valuable nutrients your body could have used for things like hydrating your system, or building strong bones and teeth," .

Surprising facts about coca-cola:

1. More than 1.9 billion servings of Coca-Cola are consumed all over the world every single day.
2. There are only 2 countries where Coca-Cola is not sold – Cuba and North Korea.
3. Coca-Cola once contained cocaine. One of the drink's main ingredients is coca leaves which the drug is made from. It was not until 1929 when the substance was eliminated from the drink.
4. Coca Cola contains very strong acid, which is why it can be used to clean things. Its effectiveness can actually be compared to that of chemical household cleaners.
5. The Coca-Cola company has an incredible product portfolio of almost 3,900 different beverages.
6. The word “Coca-Cola” is the second-most understood word in the world, behind “OK”.
7. Due to the enormous amounts of water it needs for production, Coca-Cola has caused water shortages in some regions where supplies are scarce, such as India, Latin America and Africa.
8. The first servings of Coca-Cola were sold for 5 cents per glass.
9. Diet Coke was introduced in 1982. It soon became the world's most popular diet drink.
10. All the Coca-Cola ever produced would fill a giant reservoir measuring 30 km (18.6 mi) long, 15 km (9.3 mi) wide and 200 m (656 ft) deep. Half a billion people could swim in it.
11. Hidden inside a vault in the World of Coca-Cola Museum in Atlanta, the legendary recipe for Coca-Cola is one of the most-closely guarded and best-kept secrets in the world.
12. On July 12, 1985, Coca-Cola became the first soft drink to ever be consumed in outer space as astronauts tested the “Coca-Cola Space Can” aboard the Space Shuttle Challenger.
13. The famous Coca-Cola logo was created and hand-written by Frank Robinson, a bookkeeper of Coca Cola's inventor J. S. Pemberton.
14. The unique design of Coca-Cola bottles was created by glass plant workers from Indiana. The design is based on the shape of a cocoa seed, an ingredient they wrongly believed to be in the beverage. The unique contour design is still used today.
15. To make 1 liter (33.8 ounces) of product, Coca-Cola uses 2.7 liter (91.3 ounces) of water.
16. Never missing any advertising opportunity, Coca-Cola was the first-ever Olympic sponsor as the company sponsored the 1928 Summer Olympics in Amsterdam
17. Coca-Cola currently has over 105 million fans on Facebook, making it one of the most popular brands on social media.

In conclusion I'd like to say "If you care about your heart, health and mind then please remember this article next time you reach for that bottle."

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