

Is coke good for our  
health or not  
conclusion



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Conclusion Once considered a world's top innovation, Coke has turned out to be a killer drink. Therefore, its sole purpose has been altered; from being a beverage drink for quenching thirst to a poisonous and leading cause of lifestyle diseases like high blood pressure, obesity, cardiac arrests, cancer, and reproductive mal-function.

Empirical research has shown that continuous consumption of sugary soft drinks increase the risk of being obese, suffering from dental carries, mental problems, and hyperactivity. Most of the mentioned lifestyle health problems are as a result of urbanization and globalization, which has exposed people to all sorts of processed foods with Coke beverages being number one on the list. Cancer of the esophagus is among the most dangerous types of cancer in the world, which has claimed dozens of lives in the recent years.

According to health experts, this type of cancer is, in most cases caused by high intake of carbonated soft drinks. Scientific evidence claims that coke carbonated soft drinks have a PH of 2.3 (Ibiebele et al. 378), indicating that they are acidic in nature. Therefore, when taken, the fizzy drink stimulates gastric acid secretion which irritates the esophagus. Continuous irritation and erosion leads to cancer of esophagus, which is almost impossible to treat. In addition, coke drinks contain caffeine and processed colors that can have a drastic effect on the pancreas and kidneys. There is a direct connection between the increasing pancreatic cancer and kidney failure and soft drinks intake.

Unethical behavior exhibited in the Coke Company can be a reason why health problems stemming from its products cannot be corrected. It is unethical for a company to continue manufacturing and distributing products that are a health hazard to consumers. Since it is a super brand, the

company should consider modifying or replacing some of the ingredients in order to reduce the widespread effects. However, without blaming one huge multi-billion Coca Cola company alone, there are other companies producing carbonated fizzy drinks like Pepsi. The coke component in those drinks is a threat to human survival. Soft drinks account for the highest percentage of fast foods consumption. It is already evident that most of these companies are not legally bound to display every ingredient used in the manufacture of their beverage. Therefore, the small hidden formulas are among the causative agents of lifestyle health problems. It is almost impossible barring such companies from manufacturing these drinks because there is little substantial evidence that can link their products to the claimed health problems even it was a valid accusation.

Consumers need adequate protection and information of what they actually drink so that they can make an informed decision on whether they should continue tolerating them or not. Family has a major role in shaping dietary patterns. By parents influencing intake of particular foodstuffs in children before they grow, it can be very helpful in reducing the consumption of harmful beverage drinks. Families are cohorts that can help handle the widespread behavior and the increased uptake of beverage drinks.

Alternatively, governments should increase taxes on these products so as to limit their consumptions; just the same way they are doing with cigarette and alcoholic drinks.

Work cited

Ibiebele T. I., Hughes M. C., O'Rourke P., Webb P. M., and Whiteman D. C. "Cancers of the Esophagus and Carbonated Beverage Consumption: A

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