

## What? Sugar can make me old?

Are you kidding?

Just when we thought we'd heard enough news to convince us to scratch toxic sugar from our diets comes a study that shows that sugar-sweetened sodas might just promote aging and disease in addition to contributing to weight gain.

This is according to UC San Francisco researchers, who found that drinking sugary drinks was associated with cell aging.

Aging?

The study revealed that telomeres -- the protective units of DNA that cap the ends of chromosomes in cells -- were shorter in the white blood cells of people who drank a lot of sodas. The findings were reported in the *American Journal of Public Health*.

The length of telomeres within white blood cells has previously been associated with the human lifespan. Short telomeres also have been associated with the development of heart disease, diabetes, and some types of cancer.

The finding adds a new wrinkle to the list of links that have already tied sugary beverages to obesity, type 2 diabetes, and cardiovascular disease.

Each day we all have choices of what we drink. And in the heat of the summer, we drink a lot.

What's a better choice than a sugar-sweetened soda?

Try some spring water with a twist of lemon or lime or some refreshing unsweetened iced tea.

Both are sugar-free and additive-free refreshers certain to quench your thirst and brighten your day.