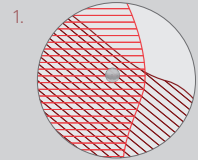


DIET COKE
ADDICT

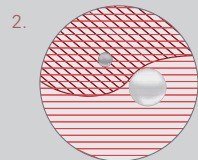
Diet Coke has become an addiction that I cannot easily quit. For me, it's harder to quit than smoking. After 15 years, I am concerned with the damage I have done to myself with my increasingly worse soda intake. Although diet coke is considered better than regular coke that was never the reason why I drank it. It was the only soda in my house when I was younger and I ended up using it to sooth the stomachaches I get because of stress. This coping mechanism backfired and made me very dependent on the caffeine contained in diet coke to function normally at school and work. Stress points in my life have led me to

increase my intake and some to limit it but in the present it is out of control. In turn, my spending on my addiction has put a big dent in my account as well. But it is a necessary evil. Without diet coke, I am lethargic, racked with painful migraines, and nauseous. It makes it impossible to work or function and it is not something I can afford to deal with in my present high stress life situation. But with taking a close look at the cause and effect diet coke has had on my life; I believe it will help to end this vicious cycle.

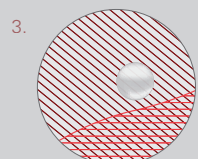
DRINKING CAUSES



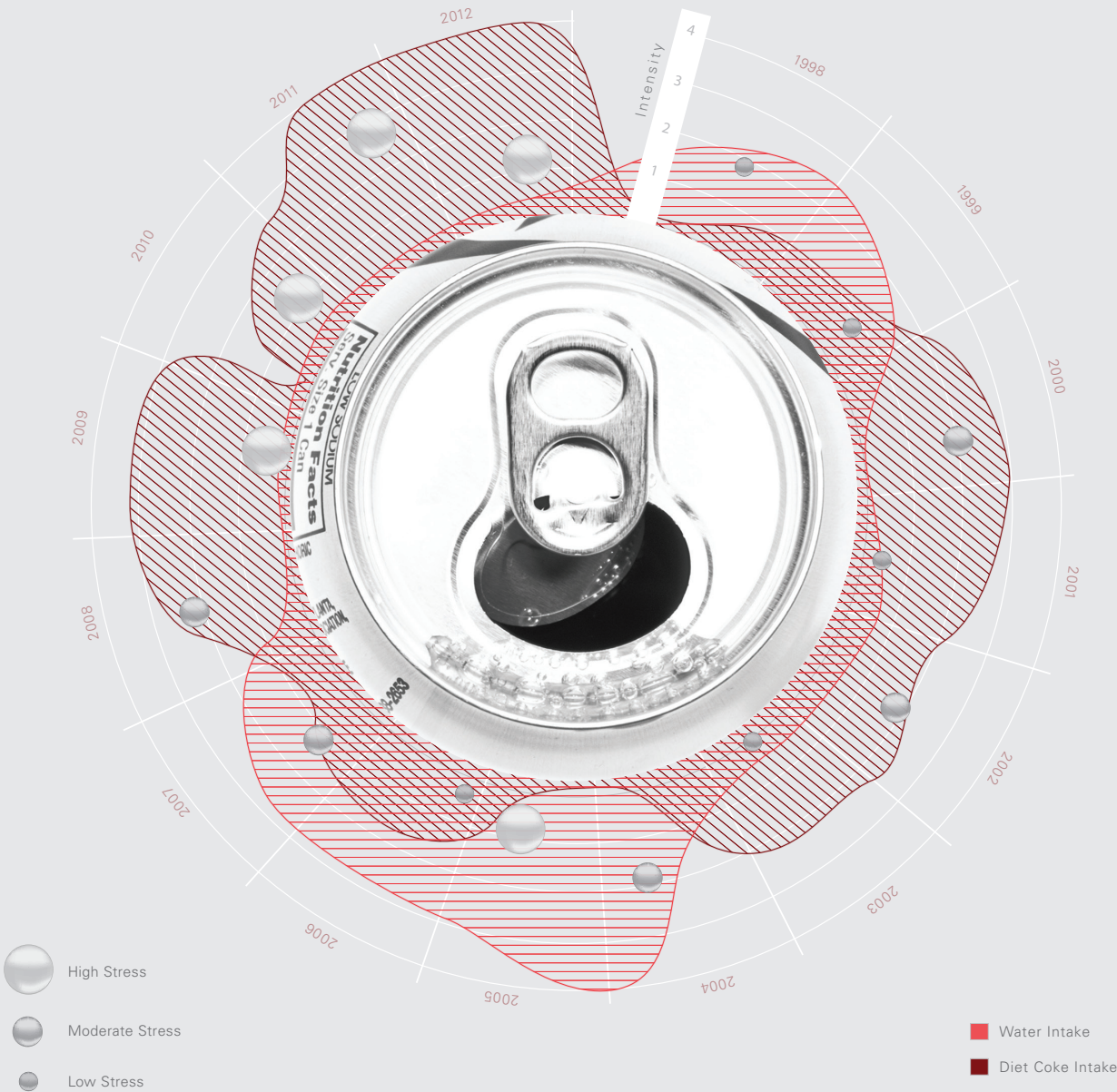
1998-99 | Highschool | Low Stress
Low amount of diet Coke intake. During this period diet coke was just an added drink before my stomach issues and growing stress.



2005-06 | Boot Camp | Medial Stress
High water intake. Boot Camp limited my diet coke intake and the physical exertion forced me to learn how to hydrate myself again. Most of the high stress was due to my limited diet coke intake.

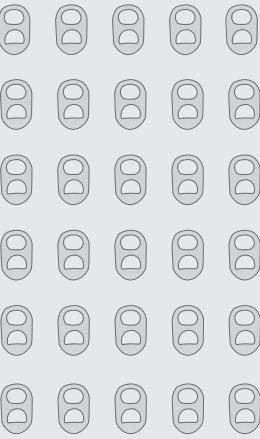


2010-12 | College & Work | High Stress
Very high diet coke intake. College classes with lengthy homework hours outside of class and tight deadlines at work have caused a high amount of stress. The low amount of sleep I had made caffeine important to keep awake and working.



DRINKING EFFECTS

Annual Expense



\$1,510
ANNUALLY

80 Diet Cokes

LOW IMMUNE SYSTEM
HYPERACTIVITY
IMPAIRED MEMORY
TYPE TWO DIABETES
ADDED AGGRESSION
INCREASED OBESITY
HEART PROBLEMS

Symptoms I've Experienced

High Mild None

Plastic Bottles Use



23%

Plastic bottles contain the chemical bisphenol-A (BPA). BPA can leach out of plastic during everyday use causing health problems. It's now known that BPA mimics the hormone estrogen and can affect fertility and cause various types of cancer.

Aluminum Cans Use



77%

Exposure to aluminum is not usually harmful, but high levels of aluminum could cause serious health issues. Years of over exposure and aluminum storage in the body can have a range of health effects from skeletal deformities to brain decay.

NERVOUSNESS

EMOTIONAL INSTABILITY

ADDED HEADACHES

REDUCED COORDINATION

ACUTE ANEMIA

PREMATURE OSTEOPOROSIS

DISTURBED SLEEP

Symptoms I've Experienced