

CARBONATED WATER – RISKS, BENEFITS, NEGATIVE SIDE EFFECTS AND MORE

 MARIA FAUX × FEBRUARY 8, 2019 × 49 VIEWS



Carbonated water, also known as sparkling water, is a popular drink in the United States. Carbonated water has carbon dioxide added to it under pressure. Such water is believed to be a good alternative to fizzy drinks that are high in sugar and calorie content. Many people drink this water to stay hydrated and gain its advertised health benefits. However, is carbonated water really healthy? Does its presumed healthy nature have any basis in science? Or is it just an overhyped product which is actually bad for you?

2 – Seltzer

Seltzer is like club soda but sans the minerals. It keeps you hydrated and tastes like original water and is only different in it that it is bubbly goodness which can be difficult to keep away from. Fortunately, seltzer is healthy. You can add natural flavors to seltzer as well or purchase flavored cans. LaCroix is currently the top seltzer water brand right now.

Are all types of carbonated water healthy?

Nope, not all types of carbonated water beverages can be called healthy. While plain carbonated water is healthy, tonic water cannot be called healthy because of its composition which comprises of additives. Natural mineral water, club soda, and seltzer are also healthy provided they don't contain potentially harmful ingredients.

Take home message

Plain carbonated water can be considered healthy as no evidence suggests otherwise. Therefore, there is no reason for you to stop drinking it. It can improve heart health, bone health, and even digestive health. Despite doubts, it doesn't damage your teeth all too much. The only downside to it is that it can cause gas and bloating.

Read more here: <http://heraldoffashion.com/carbonated-water-risks-benefits-negative-side-effects-and-more/>