Drinking One Soda Per Day Can Decrease Fertility By 33%, Study Finds

A study from Boston University's School of Medicine discovered a link between consuming one or more sugary drinks a day and a decreased chance of getting pregnant. Fertility dropped in both women and men. Of the 4,000 women surveyed, those who consumed at least one sugary, soda-like drink daily experienced a 25 percent decrease in successful pregnancy attempts. The 1,000 men who were surveyed experienced 33 percent lower conception chances. The study also included sugary energy drinks. According to the lead author of the study, Elizabeth Hatch,

> *We found positive associations between intake of sugar-sweetened beverages and lower fertility, which were consistent after controlling for many other factors, including obesity, caffeine intake, alcohol, smoking and overall diet quality. Couples planning a pregnancy might consider limiting their consumption of these beverages, especially because they are also related to other adverse health effects."*

Related: *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*

A Usual Culprit

This is not the only time sugar has been linked to infertility. It's notorious for disrupting hormones, making it difficult to maintain a healthy reproductive system. The most common cause of infertility, polycystic ovary syndrome, is aggravated by sugar consumption. Sugar is also linked to early

menstruation in women, another hormone disruption.

Related: *Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked (Protocol Included)*

A Perfect Storm

Sugary soda and beverages are not the only product of modern life linked to decreasing fertility. Pesticides, Ibuprofen, and endocrine-disrupting plastics like BPA have been linked to declining fertility rates in both men and women. Several governments from developed countries like Japan and Denmark have launched initiatives designed to increase birth rates, but one has to wonder if ad campaigns are enough to combat the aspects of modern life that will thwart those ambitions.

Sources:

- *One or more soda a day could decrease chances of getting pregnant* – Science Daily
- *The infertility crisis is beyond doubt. Now scientists must find the cause* – The Guardian
- *How To Reverse The Number One Cause of Infertility – PCOS* – Organic Lifestyle Magazine