



[00:00:00] Fatal Convenience Intro

Darin: It's that time of the week for another fatal convenience. This is a bite-size segment that addresses some of society's fatal conveniences and the steps you can take to avoid becoming a victim of them. I define fatal conveniences as the things we may be doing because the world we live in makes us believe we have to, tap water, shampoo, sunglasses, food. I dive into the hidden truths behind some of our everyday choices that could not only be harming us but even killing us, so let's dive in.

[00:00:42] Fatal Convenience

Darin: Welcome, everybody to the show. Another great edition of Fatal Conveniences. People ask me all the time, athletes, celebrities, mothers with their children, etc, and this is and this is the fatal convenience of Gatorade/hydration drinks, sports drinks, all of this stuff as it relates to hydration. Fun fact here about one that you know very well and that is Gatorade. So scientists at the University of Florida developed this drink in 1965 with the aim of boosting the performance of their football team called the Gators. In 1967, the Gators won the Orange Bowl for the first time in years. That was the advent of Gatorade. There you go. How cool is that? Unfortunately, we all know that Gatorade is not that great, and we're going to dive into some of that stuff. So Dara Hung, an M.D. and a kidney specialist, says that dehydration is the body's natural loss of water through sweat, tears, and breathing. Did all of you know that losing electrolytes and dehydration comes by way of sweat, tears, and breathing? Expiration of breath is a huge amount of loss of water, and therefore that is a major aspect of dehydration. The kidneys control the water balance in the body, and when they sense the need for more water replacement, it sends a message to our brains to drink more water by making us feel thirsty. There you go. That's the very basic mechanism. So here's what hydration and electrolytes do. They regulate muscle contraction and keep you hydrated. Electrolytes also help balance your pH levels. And that is very important because that is essentially-- think of it as the voltage regulator within the body. So when you're ideal level in your body, ideally, for the most of the tissues it's 7.365. That's basically saying that's a healthy amount of electrolytes keeping that tissue in balance to then do what? That is most beneficial for the voltage that your body lives in and thrives in and requires to not only maintain itself but also to heal. So think of pH as voltage. So what are some signs of low electrolyte levels? Let's just understand that. Well, it's fatigue, it's headaches, it's nausea, blood pressure changes, muscle cramps, low energy, and simply not feeling well. Well, that's also very much a sign of dehydration. Some of these things go hand in hand. So how do we lose the actual electrolytes? And that really is mostly through our sweat and urine, but also it can very much happen with vomiting and diarrhea. There are people that have literally died from excess diarrhea. So it's just something that if your children are having diarrhea and everything, you just want to keep their fluid levels up and make sure you have sea salt, Himalayan salt with water to make sure the electrolytes are there. What makes this Gatorade/sports drinks convenient? Well, it's convenient because it's been marketed that way. It's been marketed to supply you everything you need in electrolytes and hydration. That's the dupe. So that's a convenience. It's marketed as these great powerful athletes, and then it must be good for you.



The challenge is it's colored right, and it's full of sugar. So we know that. So according to sugar science, yes, that is a thing, by the University of California, Berkeley, there are more than 300 research articles about sports drinks available. Of these, it's difficult to find research that is not funded heavily by the industry's stakeholders including Gatorade, Powerade, and all of these other things. So, again, massive conflicts of interest. We seem to always have conflicts of interest when priority is profit. Hashtag priority is profit equals we are going to suffer. So that's usually how it goes. So, for example, an independent review of research from 2007 discovered that fully industry-funded research studies were significantly more likely to find favorable results than studies with no industry funding. A research review from the University of California, Berkeley, in 2014 points out that most researchers are basing their findings on performance of serious athletes. So I want you to underscore that, that there's research in multiple different ways showing that it can induce a positive performance but under serious effect. And that's where some sugar, some electrolytes is beneficial under serious athletic competing. So just keep that in mind. And this is not who they're marketing to. So it's marketing that is not supported by science. They're pushing out the science, but this science is based around strenuous athletic performance. Listen to me, scientists do not recommend Gatorade or other sports drinks in most circumstances for the average person or child exercising or competing for less than an hour. It's a very, very important thing. Also from the University of California, Berkeley has been busy on this. So a 2014 study concluded that children's increase in sugary drinks consumption, even Gatorade's and the Powerades, and all of these things, including these energy drinks, may be contributing to weight gain in adulthood. So them drinking that stuff and US parent thinking it's no big deal, it's actually helping to contribute weight gain and challenges in their adult life from these habits that they're consuming these high sugary drinks. And also that is also linking to chronic conditions including Type two diabetes and heart disease. So I don't think that just because your children are able to do anything and consume almost anything that it's not having some very negative effects. So for most people, including children, adolescents, the extra sugar, sodium and calories found in sugary drinks are not necessary at all. If your kid is out playing sports regularly, blah, blah, blah, all they need is water. You all know my stance on water. Good clean water with pure water that's been reverse osmosis or distilled, always adding a pinch of Himalayan crystal salt or unrefined sea salt. And that's all you need. Later, they can have fruit after the event or in between halves or quarters or whatever. One study published in 2010 suggests that artificial sweeteners may increase weight when consumed regularly. So they have all these things, artificial sweeteners and colors and all of that stuff are contributing to internal stressors that can cause a whole litany of other issues. A final consideration, especially for those with allergies and sensitivities. This is very important, these presences of food dyes in Gatorade's and all of these other sports drinks, this caution is because some research has linked these artificial dyes, this is just insane that we're drinking this stuff, to health issues such as hyperactivity and potential cancers. Not to mention, let's just go back. Gatorade has made some changes, but they used to have hydrogenated oils in Gatorade, brominated vegetable oil, as well as these high amounts of sugar, which also was very, very harmful for the thyroid. So there has been some changes. Powerade still contains high fructose corn syrup along with Gatorade, which has absolutely like sprinting towards type two diabetes. Apparently, Gatorade now has switched in some of their formulas from sugar to dextrose, which might be a little better rather than high fructose corn syrup. OK, cool. But still



way, way, way too much sugar, too many dyes, and horrible electrolytes. So according to Healthy Eating Research, in 2012, people's intake of sugary drinks has increased significantly in the last three decades. Drinking sugary sports drinks such as Gatorade and all the associated drinks, absolutely, the research shows increases weight gain, supports a poor diet because your calorie is changing. Your drink and all this other stuff, you don't have the same mechanisms of hunger switching from healthful drinks to this crap and also raises the risk of diabetes and obesity. So what do we do? Water or Gatorade, exercise, no exercise, did I work enough, have I not work enough. All of these things, what are the ingredients? So bottom line is for 99% of us, water with electrolytes. Now if your in strenuous activity then you can maybe include some sugar in that and you can easily have a date. I'm not saying go out on a date, I'm saying a date is incredible. You can add coconut water. You can have actually green juices. So you've got a lot of natural sugars within the green juice. You can add coconut water to the green juice, some super hydrating effects from that and not reach out for the Gatorade. So other things that you can do. I mean, as simple as grapes are great. You can suck on grapes, cantaloupe, fresh orange juice, fresh apple juice, a banana, a peach. All of these things have the natural electrolytes. Here's the thing. The other side of it is they throw in electrolytes that are too big for cellular osmosis. They're too big to open up the cells to unlock the hydrator effect in the cell. So when you're looking at calcium carbonate, magnesium citrate, all of these things are basically telling you that those are too big of a molecule for your cell. So when you eat natural foods and you drink your plant-based green drinks or coconut water, it's got electrolytes that are receptive biologically and chemically for your body and increase hydration that much better. And also a great hack is the natural sugars within lemon and the electrolytes. Water, clean water, pinch of Himalayan crystal salt, a third of coconut water and a dash of lemon. It may taste a little funky, but I guarantee you it's infinitely better than Gatorade, Powerade, all of this other stuff. You're eliminating the toxins and the dyes and the high sugars and the horrible electrolytes, and you're actually leaning on nature's chemistry that is already there for you, not to mention just a great green drink you can dilute it even, put some lemon in it. And that is an incredible recovery drink during or after an event. So I have a ton of research on this. This is it. Stop buying your children Gatorades, Powerade, all of that stuff. And keep in mind the strenuous activity, if you are just kicking ass and sweating your ass off for over an hour, then you can take in high sugar amounts of recovery drinks. But until then, stick to water and unrefined crystal salt, Himalayan crystal salt or sea salt. And you are getting the essential electrolytes in the way that the water can deliver them the most powerfully. That's it. And if you feel like you're in an endurance situation and you need some extra kick, coconut water, lemon green juices, it's all right there or just fruit itself, no problem, watermelon. There you go. All right. That's it. I'm not going to beat on Gatorade or Powerade that much more, but you get it. That looks like a weird color, green or pink or red or yellow or orange. Don't drink that crap. Don't give it to your kids. We've got nature that's already provided. I love you. And stay hydrated and stay happy.

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Darin: Thanks for tuning in everyone. I hope that left you feeling inspired to take a closer look at the everyday choices you're making and how they could be impacting your health and even planet. If you want to learn more about life's fatal conveniences, head over to



fatalconveniences.com. You can sign up for the exclusive access to Fatal Conveniences episodes, news, insights, and more. And all this great stuff gets sent each week straight to your inbox, making it really easy. Now, that's a convenience without the negative side effects. It only takes a few seconds to join. Just fill in the form and take that amazing step towards making better choices. Remember, small changes can have big impact. So, keep diving my friends, keep diving. And if you haven't had a chance to check out the interview, I released earlier on the week, here's what you missed:

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Darin: I said, "What do you mean?" He's like, "You're sitting there whining and complaining and blaming everybody else for your problems." He's like, "You got yourself here. You chose to respond to those situations in the way that you did. There are plenty of people that go through what you went through that aren't in jail." And as much as I hated hearing those words and didn't want to, I needed to hear it. And he said, "You can either be a man or you can be a bitch." And this is what's important, he said, "You can be a man and know that you got yourself here and it's on you to change. It's on you to get yourself out of this hole and figure out how you're going to transform your life." He said, "Or you can be a bitch like most people will do and go cry in the corner, say woe is me, be pessimistic, play the victim and blame everybody else for your problems." And what I realized was in that moment, up until that point, every choice I made as far as responding and the victim and feeling sorry for myself got me into jail.

[00:16:24] Amplify Plug

Darin: This episode is produced by my team at Must Amplify, an audio marketing company that specializes in giving a voice to a brand and making sure the right people hear it. If you would like or are thinking about doing a podcast or even would like a strategy session to add your voice to your brand in a powerful way, go to www.mustamplify.com/darin. That's www.mustamplify.com/darin.