

**Skinny****SCIENCE**Edu.com  
Education & Biomedical Research

**Skinny****SCIENCE**®

**Nutrition News**

**Newsletter No. 220112**

**January 1, 2010**

**TOPIC**

**DR. OZ SAYS**  
**DIET SODAS ARE FATTENING**

**[www.SkinnyScienceEDU.com](http://www.SkinnyScienceEDU.com)**

**[www.SkinnyScience.com](http://www.SkinnyScience.com)**

**Skinny****SCIENCE**Edu.com

Scientific Education in the Field  
of Nutrition & Biomedical Research

*Skinny Science™ is a branch of biomedical research specializing in weight management in humans, obesity, diabetes, adipose tissue fat-storage, fat-storing mechanisms, Cephalic Effect, Thermogenesis, and the Glycemic Index.*

*Mother Nature is our laboratory, Humanity is our guideline*

**DR. OZ SAYS DIET SODAS**  
**STORE AS FAT**

America's favorite doctor, Dr. Mehmet OZ, M.D., better known as *Dr. OZ*, host of the popular Dr. OZ television show, states that “Diet soft drinks and sodas *STORE AS FAT*.”

This is not news to the *Skinny Science®* Team, led by Dr. Ann de Wees Allen, as Dr. Allen is one of the pioneers who discovered that diet sodas are indeed fattening.

Dr. Allen was featured on a live Clear Channel broadcast breaking the NEWS that diet sodas are fattening, despite having no-calories and no-carbs and no-sugars.

(Click here for broadcast)

<http://www.skinnyscience.com/BreakingNews.htm>

Recently, Dr. Allen was asked by FOX NEWS to do a breaking News segment “Coffee is Fattening” revealing how and why regular coffee is fattening.

(Click here for FOX NEWS)

<http://www.myfoxorlando.com/dpp/health/111709-Does-coffee-make-you-fat>

Dr. Oz went on to say “Switch from soft drinks (even diet sodas) to water.”

“Sure diet sodas have no calories”, but says Dr. Oz, “Anything made with artificial sweeteners can trick the brain into thinking it's real sugar.”

"The brain then thinks it has enough incoming sugar and switches over to store all the calories as fat," he explains."

**DR. OZ REFERENCE SOURCE (2010):**

<http://www.thatsfit.com/2009/12/31/dr-ozs-12-best-diet-tips/?icid=main|search2|d13|link1|http%3A%2F%2Fwww.thatsfit.com%2F2009%2F12%2F31%2Fdr-ozs-12-best-diet-tips%2F>