

Daily life of ancient Epicureans / 21st Century Epicureans

Post by “Kalosyni” of May 23, 2025 at 6:46 AM

[Quote from Cassius](#)

Sometimes the soda, beer, etc., is in fact the most pleasant option and worthy of being chosen.

It's all about reasoning through things.

Soda (as in any drink sweetened with high fructose corn syrup or sugar) is one of the top things that causes tooth decay, as well as disruption of metabolic processes (leads to diabetes) - but once or twice in a year wouldn't hurt (like if you were visiting a friend and all they had to offer was soda and it seemed easier to just accept the soda rather than ask for water).

Now beer may end up being healthier than soda, but I'd have to research that 😊