

Are you addicted to Coca Cola? While other people drink extra large coffees are you busy downing can after can of sugary goodness? Have you come to rely on it as a crucial part of your morning routine.

If you have, you're not alone. Thousands of other people start their days with a cold can of Coke. In today's world where nobody ever seems to have enough sleep and everybody has a thousand things to do on any given day, hundreds of thousands of people have come to rely on Coca Cola or a different caffeinated soda to get them out of bed in the morning.

But Coke is bad for you, and so are other commercial sodas. Many experts consider the popularity of commercial soda to be one of the biggest contributing factors in the ongoing obesity epidemic.

So you want to stop drinking Coke, or at least stop drinking it every day. You don't want to get fat and you want to cut back on the amount of sugar in your diet.

Unfortunately Coke, along with almost everything that's bad for you, is addictive. In particular, sugar and caffeine are addictive. If you've been drinking it like water for a while now, quitting will be hard.

The first step to cutting Coke out of your life is finding something else you like to drink that you can replace it with.

Here are three great ways to cut Coke out of your life once and for all:

1. Choose Fruit Juice -- Fruit juice is a great alternative to Coke if you're not prepared to switch to something without flavour. Many fruit juices have about the same amount of sugar as Coke and are fairly expensive, but they also have some nutrients and don't come with a massive amount of caffeine.

2. Switch to Sparkling Water -- Not ready to give up the fizz? You can find sparkling water pretty much anywhere you can find Coke. It's not actually bad for you, especially when you consider that most sparkling water doesn't even have sugar. Some sparkling water does come flavoured, and depending on which brand you choose it can cost significantly more than your favourite soda.

3. Make Your Own Soda -- If you still want to drink soda but you want complete control over what goes in it--or you want to drink sparkling water without paying a small fortune for the habit--you can purchase a SodaStream machine. This machine doesn't require electricity or batteries and allows you to make your own sparkling water or soda easily. You can use their drink mixes, which are designed to be slightly healthier than commercial sodas, or you can make your own syrup for complete control over what you're drinking.

Quitting Coca Cola isn't easy, but it can be done. By choosing a delicious substitute and learning to create your own soda, you can cut Coca Cola out of your life without too much difficulty.

Save your money and your health by cutting Coca Cola out of your life. Purchase a SodaStream machine and start enjoying more fruit juice and homemade soda.