

Medical Minute



SPARKLING

WATER

They don't know for sure, but apparently **sparkling water may boost alertness** because the carbon dioxide can stimulate sensory receptors in your mouth in ways that increase brain arousal. And naturally, the next question is: **How exactly did they figure this out?** Did a group of scientists sit around a conference table and say, "You know what we need to study? Whether bubbles make people smarter." Apparently, yes, they did and came up with the brilliant idea to test it on people who play games. Hmm.

So, during a three-hour virtual soccer session, gamers reported feeling more alert, focused, less fatigued—and they enjoyed the game more when they drank sparkling water instead of plain water.

Three hours of virtual soccer, you say? That's playing a game. It's supposed to be fun.

Why didn't they test people who actually have to work for a living? Put some sparkling water on the desks of people staring at spreadsheets, answering emails, sitting through Zoom meetings, and pretending to understand PowerPoint presentations.

Give these poor working slobs some fizzy water and see what happens! Maybe they'll be more alert, more focused, more productive—and possibly take fewer naps, stay out of the kitchen and quit hanging out around the water cooler. Who knows? Although, let's be honest... if sparkling water makes sitting at a computer for eight hours enjoyable, that's not a scientific breakthrough. **That's a miracle!**