

I drink 1gal diet soda 1gal green tea every day.What health issues do I look out for?

I am a 36 year old male 5'9" 175lb. I know I have to cut back on the soda because I think it is affecting my metabolism as I can not seem to loose weight. I am also very fatigued and become REALLY irritable when I go a day without drinking the diet soda. I have hereditary addiction and OCD which I know don't help.

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