

# 1. HEADINGS

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How to give headings in markdown files?

Soft drinks are the most widely used beverages in the world.

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#####so on.

## 2. BLOCK OF WORDS

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Basically the word soft drinks means any drink which is non alcoholic in nature.

Most of the soft drinks found in the market are drinks that have almost no alcohol content in it.

On the other hand, hard drinks are beverages that contain some form of alcohol in them.

## 3. LINE BREAKS

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Some of the examples of hard drinks are beer, rum, whisky, vodka, scotch, brandy, etc.

Soft drinks can be again classified into two main categories – carbonated soft drinks and non-carbonated soft drinks.

## 4. COMBINATION OF TWO THINGS

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Soft drinks, consumed by countless people universally, have a hidden price on health.

They are so much loved but cause many detrimental repercussions to the human body.

## 5. FACE OF TEXT

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**Is Soft Drink Good for the Human Body?**

*Is Soft Drink Good for the Human Body?*

***Is Soft Drink Good for the Human Body?***

## 6.BULLET POINTS/LIST

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The harmful effects of soft drinks on the human body include:

- Weight Gain
- Fatty Liver
- Tooth Decay
- Type 2 Diabetes
- Bone Health

The harmful effects of soft drinks on the human body include:

1. Kidney Issues
2. Heart Disease
3. Digestive Distress
4. Cancer Risk

## 7. PAGE BREAK

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There are several reasons why cold drinks, specifically carbonated soft drinks, can harm one's health.

Firstly, they contain high levels of sugar or artificial sweeteners that can cause weight gain, gain in body mass index (BMI) and risk for type 2 diabetes if taken regularly.

## 8.LINK OR HYPERLINK

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<https://www.godigit.com/nutrition/harmful-effects-of-soft-drinks#>

The playlist of cold drinks are [here](#)

The whole video is available [here](#).

## 9.IMAGES AND FIGURES WITH LINK

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TO see the image please click: [\[cat\]](#)

satoro gojo

## 10.ADDING CODE/CODE BLOCK

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To print a string use `print("satoro gojo")`

`print("Naruto")`

this code will show color according to python lang.

```
x=5+8
y=7-6
z=x+y
print(z)
```

this code with show color according to R lang.

```
x=5+8
y=7-6
z=x+y
print(z)
```

this code with show color according to Cpp lang.

```
x=5+8
y=7-6
z=x+y
print(z)
```

# 11.ADDING TABLES

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PERSON ID	FIRST NAME	LAST NAME	CITY
1	NEHA	PATEL	JODHPUR
2	DHIRAJ	CHODHARY	DELHI
3	PALAK	RATHEE	UTTAR PRADESH

# 12.CONTENT

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- 1. HEADINGS
- 2. BLOCK OF WORDS
- 3. LINE BREAKS
- 4. COMBINATION OF TWO THINGS
- 5. FACE- OF- TEXT
- 6. BULLET POINTS/LIST
- 7. PAGE BREAK
- 8. LINK OR HYPERLINK
- 9. IMAGES AND FIGURES WITH LINK
- 10. ADDING CODE/CODE BLOCK
- 11. ADDING TABLES