



Sugar

Cancer absolutely loves processed sugar. In fact it thrives on it. Cancer cells have ninety five glucose receptor sites as opposed to five or six on normal cells. (Why do oncologists order a PET scan to see where cancer is in your body? Yep, they use radioactive glucose (sugar), which the cancer immediately gobbles up. The right spinning glucose, carrying the cancer causing radiation, goes straight to the cancer cells, lighting those babies up like a Christmas tree. You just fed your cancer!)

Not only does processed sugar feed cancer, but it has also recently been discovered that it can cause cancer!

“A groundbreaking new study ... is the first of its kind to identify sugar, not only as fuel source for an already existing cancer, but as a primary driver in oncogenesis - i.e. the initiation of cancerous characteristics (phenotype) within previously healthy cells.” “Conversely, forced reduction of glucose uptake by breast cancer cells led to phenotypic reversion. In other words, interfering with sugar availability and uptake to the cell causes the cancer cell to REVERSE towards its pre-cancer structure-function (phenotype).”

<http://www.greenmedinfo.com/blog/research-reveals-how-sugar-causes-cancer>

To stop feeding cancer, all processed sugars must be avoided. But, please, do not confuse processed sugars with naturally occurring sugars as in fruits and carbohydrates. Some people try to take this to the extreme, saying you should not eat fruits or pasta or anything else which the body can convert into sugar. Wrong. The first thing to realize is that processed sugars and natural sugars, as in fruits, are two different things. Even their molecules are of different sizes, pass through the blood barrier differently and send opposing signals to our bodies. Their molecules also spin in different directions. Cancer uses right spinning sugars, processed sugars. Fruits and carbs have left spinning sugars! <https://www.youtube.com/watch?v=NpidH2szCkI>

“Simply avoiding fruits because they contain “sugar” is a misinterpretation of their nutritional value. Fruits contain some simple sugars like fructose and glucose, however they also contain longer chain carbohydrates that take longer to digest and absorb. These carbohydrates come pre-packaged with 5 essential nutrients that are absolutely required for optimal digestion, absorption and transport. One reason why fruits are fantastic health-promoters is due the presence of a host of beneficial plant compounds that aid in the digestive process. Unlike refined “sugars” , the carbohydrates in fruit are accompanied by these co-passengers, that confer a host of beneficial effects, including:

- 1.Vitamins
- 2.Minerals
- 3.Fiber
- 4.Water
- 5.Antioxidants

Why do these co-passengers aid in nutrient metabolism? The vitamins and minerals assist in thousands of cellular chemical reactions, fiber is food for your large intestine and helps slow the rate of carbohydrate absorption, and antioxidants prevent against oxidative damage and premature aging in every tissue, including your muscle, liver, heart and brain.

<https://www.diabetesdaily.com/blog/2014/09/white-sugar-vs-fruit-sugar-theres-a-big-difference/>

As we already know, cancer cells are dependent upon methionine to survive. That’s why most anti-cancer diets are plant based as the primary source for methionine is animal protein. Do you know what food group does not contain methionine? Fruit! Recently, it has even been confirmed that the sugar in fruit does not raise blood sugar in diabetics.

<http://www.emaxhealth.com/13638/science-finally-confirms-fruit-does-not-raise-blood-sugar-diabetics-and-even-prevents-diabetes>

So, please. Enjoy your fruits, particularly fruits such as pineapple, papaya and mango, which all have wonderful anti-cancer properties. Have a sweet tooth? Indulge yourself with fresh dates. Do you want potatoes? Go ahead, enjoy them once in a while. Just remember, like anything else, do your best to make sure whatever you are eating is as close to its whole, unprocessed state as possible, including being organic and non-gmo.

