

# Cancer's Favorite

# FUEL

**And Why You're Addicted To It**



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Conquering Cancer. PRESENTS

# THE MISSING LINK

Welcome to a Groundbreaking Event in Cancer Prevention and Treatment

Are you ready to explore the hidden cause of cancer that has eluded experts for years? Join us for Conquering Cancer: The Missing Link docuseries, where world-renowned experts unveil the overlooked element in cancer care — known only to a few but potentially life-changing and life-saving for many.

### Why Attend This Docuseries?

- ✓ Discover the critical “missing link” that will transform the future of preventing and healing cancer.
- ✓ Hear from over 43 leading integrative doctors, health researchers, cancer coaches, and survivors as they merge their knowledge and testimonies.
- ✓ Gain new perspectives that challenge the one-sided, conventional understanding and offer more effective ways to conquer cancer.

### Reserve Your Free Access Today

Secure your spot now to watch the limited time free screening and discover the proven protocols that have helped hundreds of thousands of people prevent and conquer cancer!

[Click Here to Watch for Free](#)

# A Personal Letter from Nathan Crane

Dear Health Seeker,

My name is Nathan Crane, and I am thrilled to invite you to the “Conquering Cancer: The Missing Link” docuseries. This 9-part series was born from a personal tragedy — the loss of my grandfather to cancer. This loss turned into a quest to uncover truths about cancer treatment that are rarely discussed in public platforms.

This docuseries is the culmination of years of research and collaboration with leading experts. Our goal is to shed light on the “missing link” in cancer treatment—a crucial element that has been overlooked yet holds the key to transforming how we approach this devastating disease.

## Why Is This Docuseries Unique?

- ✓ **Beyond Conventional Wisdom:** We dive deep into the little-known factors that traditional approaches often overlook in healing cancer or preventing a diagnosis altogether.
- ✓ **Revealing the Missing Link:** Discover why many cancer treatments and prevention protocols fail and what new research is showing as the path forward.
- ✓ **A Unified Approach:** Witness the convergence of natural and conventional health professionals as they share their most groundbreaking findings and testimonies.

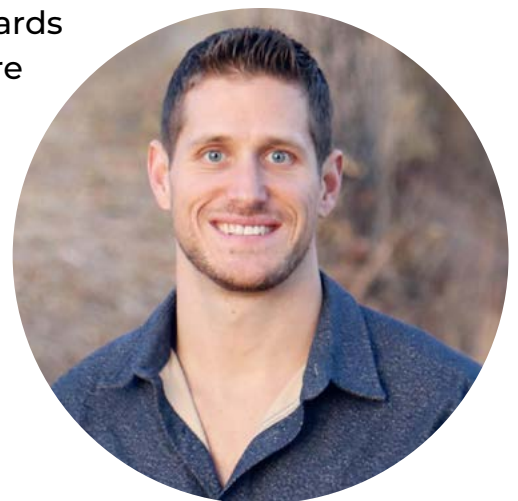
## Join Our Visionary Community

This is more than just a docuseries — it’s a movement towards a new paradigm in cancer care. By participating, you’re not only gaining access to exclusive knowledge but also joining a community that is paving the way for future generations to live cancer-free.

Embrace this opportunity to be informed, inspired, and empowered. Register now and transform your understanding of cancer.

With hope and determination,

*Nathan Crane*



[Secure Your Free Spot Here](#)

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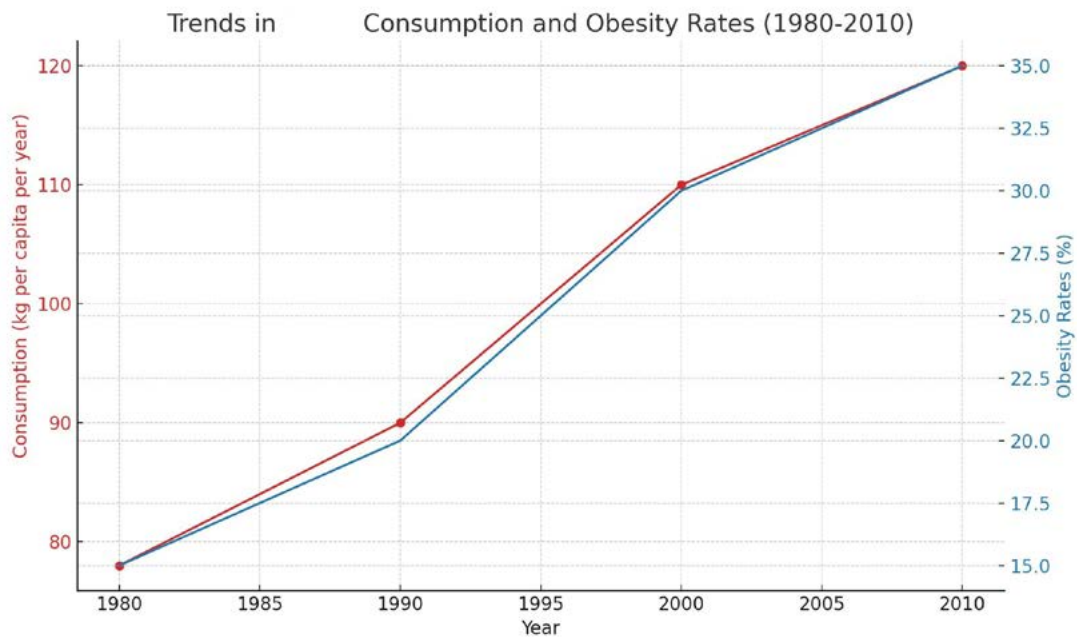
What if I told you that there is something in your food, purposefully added so that we're all constantly consuming it and that the aim of this is that we literally become addicted to it?

That sounds like a conspiracy theory, yet this ingredient, invisible and pervasive, *lurks in nearly everything you eat* — from the breakfast table to the midnight snack. In fact, it's a cornerstone of our modern diet.

Unbeknownst to many, it also happens to be **the favorite fuel of the number one killer worldwide: cancer.**

Significant scientific research has correlated the introduction of this cancer fuel into the everyday diet of Americans and people around the globe with the ever-rising rates of obesity and other diseases, including cancer.

“Scientific research has correlated the introduction of this cancer fuel into the everyday diet with the ever-rising rates of obesity and other diseases, including cancer.”



We're going to peel back the layers on this hidden danger that blankets our food supply; in your drinks, your snacks, your comfort foods. Seemingly innocent, its presence is so fundamental that trying to avoid it can seem nearly impossible.

Yet, understanding its impact and learning how to manage your intake could be key to altering the course of your health.

We will explore the evidence that links this common dietary component to increased cancer risks and examine how your consumption habits might be nurturing the very disease we fear most.

The implications are profound and the facts compelling. **But it's not your fault!** The food and beverage industry WANT you to be addicted to this food. It's their proverbial 'bread and butter'.

Understanding the mechanisms of this addictive substance will empower you to break the habit and protect yourself and your loved ones from cancer.

Prepare to look at your pantry, and perhaps your illness, in an entirely new light.

*So... what is this mystery "fuel" for cancer?*

## The Big Reveal: Cancer's Favorite Fuel

It probably won't come as a huge surprise. It's sugar.

We are a nation of sugar junkies.

Consider this: in the 1700s, the average person consumed roughly 4 pounds of sugar per year.

Today, studies show that the average American consumes about a hundred pounds of sugar a year – twice what is recommended for healthy living. <sup>1</sup>

Is it any coincidence that lifestyle-related diseases such as diabetes and cancer continue to rise? <sup>2</sup>

Let's examine the good and bad types of sugar and review what science says about how our bodies react to sugar.

Most importantly, let's explore some solid tips to help you “break the sugar habit” for ultimate health and healing!





## PART I: THE LOWDOWN ON SUGAR

Sugar comes in the form of dozens of products you may be putting in your shopping cart every week.

This includes pastries, cakes, muffins, cookies, candy, sugar drinks, fruit juices, soda pop, ice cream, flavored milk, yogurts, jams, and even many kinds of sauces, salad dressings, and spreads.

**In fact, 74% of all processed and packaged foods in the United States contain some form of added sugar!**

You really do have to be a “food sleuth” to discover all the hidden places where sugar may be hiding. It is also important to know *the reality* of what’s at stake for your health every time you bite into that candy bar or pop open that soda can.

### 8 Common Conditions Related to Sugar Overconsumption

The proof of the negative health effects of sugar is simply too vast to ignore. Here are just 8 of the most serious health conditions linked to sugar.

#### 1 Type 2 Diabetes

This is the most obvious consequence of a life of sugar overconsumption. High blood sugar and hyperglycemia are the first signs that the amount of sugar you are consuming is leading you down the road to diabetes.

There is also a direct connection between sugar consumption and high blood pressure, according to a 2019 University of Delaware study.<sup>3</sup>



## 2 High Cholesterol

Sugar overconsumption can also affect cholesterol levels. A study conducted by Boston University found that drinking sugar-sweetened beverages (including fruit juices) was associated with negative changes in HDL and triglyceride levels as well as a higher risk for dyslipidemia (an abnormal amount of lipids in the blood).<sup>4</sup>



## 3 Heart Disease

Sugar not only throws off pH levels in the body.<sup>5</sup> It also raises your uric acid levels as well.<sup>6</sup> Studies have directly connected sugar to higher risk factors for heart disease for this reason.

In addition, sugar overconsumption puts constant strain on the heart muscle itself and raises levels of glucose 6-phosphate (G6P) found in sugary foods. According to a report in the *Journal of the American Heart Association*, high levels of G6P weaken the heart muscle and up the risk of a heart attack.<sup>7</sup>

## 4 Digestive Issues

Sugar consumption is also connected to a myriad of gastro-intestinal complaints, including:

- ▶ Crohn's disease
- ▶ celiac disease
- ▶ ulcerative colitis
- ▶ irritable bowel syndrome
- ▶ "gut dysbiosis"

Gut dysbiosis is an imbalance in the ratios of beneficial to pathogenic (disease-causing) bacteria in the gut.

Sugar consumption in Western countries has been linked to gut dysbiosis in several studies, including a University of British Columbia investigation that found that sugar can create disfigurations in the very make-up of the gut microbiota.<sup>8</sup>

Gut dysbiosis has been linked to lower immune function, Leaky Gut, and non-alcoholic fatty liver disease.<sup>9</sup>

## 5 Lowered Immunity

With all the disease conditions related to sugar, it is no wonder that high sugar consumption is also connected to lower immune function.

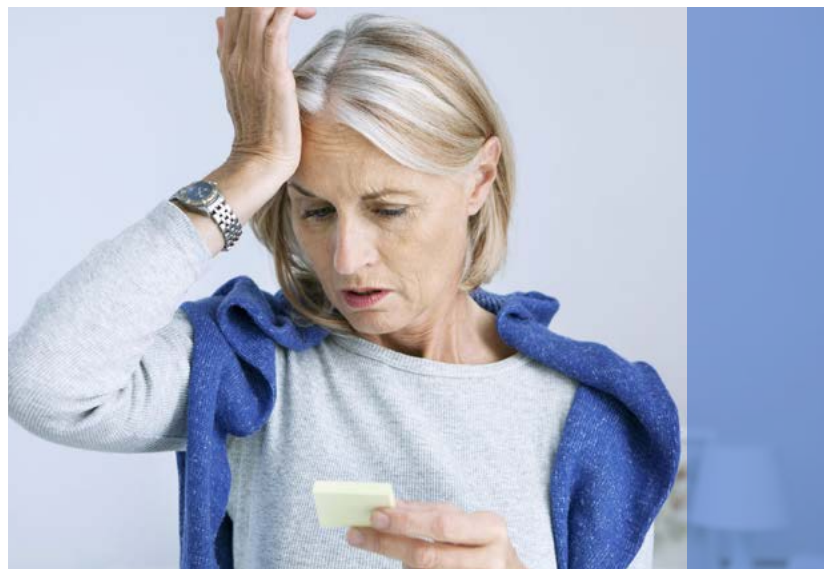
A 2018 *in vivo* Chinese study found that sugar consumption inhibited normal immunity, in large part by what it did to inflammatory mechanisms in the body.<sup>10</sup>

## 6 Cognitive Issues

“Because the brain is so rich in nerve cells, or neurons, it is the most energy-demanding organ, using one-half of all the sugar energy in the body,” states a 2016 Harvard University report.<sup>11</sup>

This does not mean, however, that more glucose is a good thing for the brain.

On the contrary, a 2012 study at the University of California Los Angeles found a relationship between fructose consumption and rapidly aging cells. A University of Montreal-Boston College joint study also discovered a link between high glucose consumption and memory deficiencies.



Depression has been linked to sugar too, as the brain and body adjust to constantly spiking glucose levels.<sup>12</sup>



## 7 Hormonal Imbalance

The links between sugar overconsumption and hormone imbalances are well known.

Once one hormonal substance (insulin) becomes imbalanced, the whole endocrine system tends to get off-balance.

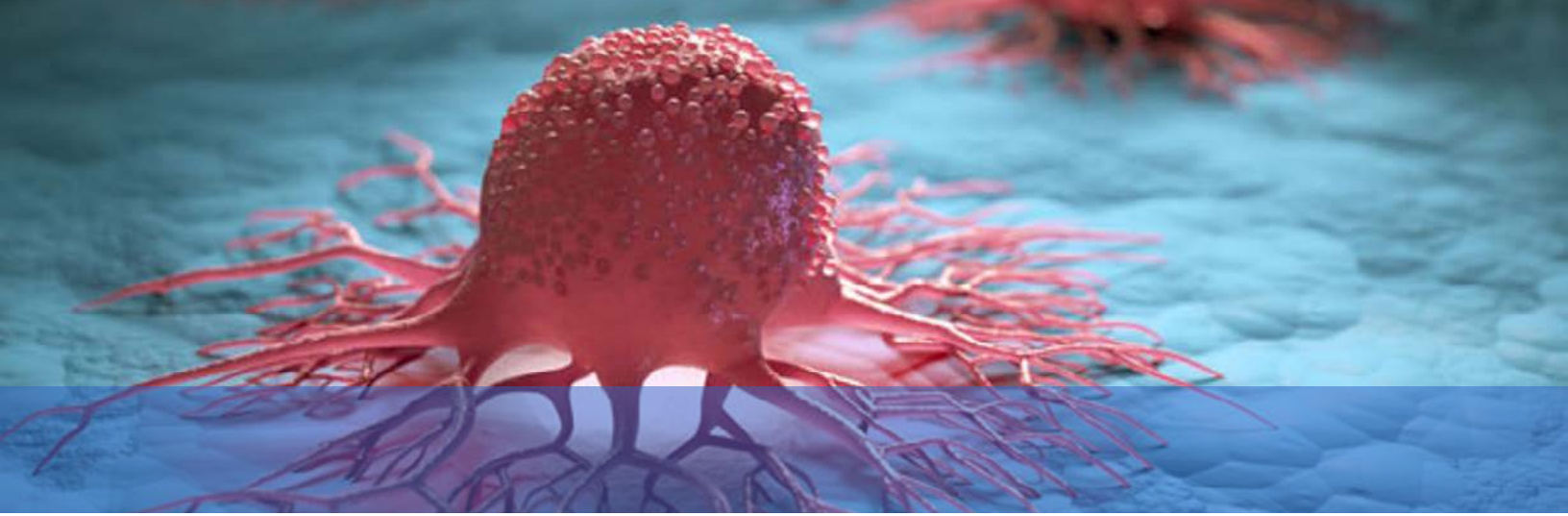
Lowering sugar consumption is recommended to women who have Polycystic Ovarian Syndrome (PCOS) by the Irish Nutrition & Dietetic Institute and others.<sup>13</sup> Other studies link reproductive cancers to high sugar intake.<sup>14</sup>

## 8 Inflammatory Mechanisms

The one factor that goes hand-in-hand with all of the above conditions is inflammation.

One of the links between inflammation and sugar is the corresponding spike in free radical damage and oxidative stress that can occur, according to a 2014 Canadian study.<sup>15</sup>





## The Sugar - Cancer Connection

### Why Does Cancer Love Sugar?

The short answer is that cancer cells feed on sugar. Yes, cancer cells need to eat too, and the substance they feed on most is glucose.

Dr. Otto Warburg was the first to discover the metabolic characteristics of cancer over 100 years ago. Research during the 1990s found that cancer cells contain exponentially more insulin receptor sites than healthy cells do.

Now new evidence suggests that sugar may encourage cancer tumor cells to grow directly.<sup>16</sup>

Here is more proof of the connection between sugar and cancer:

- ▶ Before a person diagnosed with cancer gets a PET (Positron Emission Tomography) scan, the patient is usually given an injection of sugar. As cancer cells rush to the sugar molecules, the doctor can determine how much cancer is there.
- ▶ Glucose is used as a “bait” in certain cancer therapies such as IPT (Insulin Potentiated Therapy).
- ▶ Sugar affects a protein called MondoA, which is responsible for turning genes on and off, according to researchers at the Huntsman Cancer Institute at the University of Utah.<sup>17</sup>

The good news is that cutting off the supply of sugar into the body appears to suppress cancer growth, says a 2011 report published in the journal *Nutrition and Metabolism*.<sup>18</sup>

And according to researchers at UCLA's Jonsson Comprehensive Cancer Center, starving cancer of sugar activates a "metabolic and signaling amplification loop" that literally results in cancer cell death and heightened effectiveness of antioxidant cancer therapies like vitamin C.<sup>19</sup>

Conquering Cancer. PRESENTS

# THE MISSING LINK

Removing cancer-causing toxins, moving your body, and following a healthy diet that's low in sugar are all essential for avoiding and beating cancer. But it's not everything that's needed.

To conquer cancer, we also have to address the "Missing Link" that's ignored by Conventional medicine in favor of surgery, chemotherapy, radiation, and the newest "wonder drug".

That's why I'm so happy you signed up to watch [Conquering Cancer: The Missing Link](#).

Not only will you get the full picture of what causes cancer (and other life-threatening diseases)... but you'll learn simple, step-by-step strategies and practices directly from world-renowned doctors and researchers who are helping their patients reverse cancer permanently.

You'll also hear first-hand from stage 4 cancer conquerors who used these techniques to emerge happier and healthier than BEFORE their cancer diagnosis.

This is life-changing information you won't get elsewhere... so make sure you don't miss an episode!

Nathan

## **What Is the Connection Between Sugar, Obesity, and Cancer?**

A comprehensive review conducted by the University of Georgia in 2019 found that Americans consume “more than 300% of the recommended daily amount of added sugar” which corresponds directly with obesity rates in the country. <sup>20</sup>

Now let’s look at obesity and cancer. Evidence suggests that the higher a person’s Body Mass Index (BMI), the more that person is at risk for cancer.

According to the National Cancer Institute (NCI), over 80,000 cases of colon, pancreas, and breast cancer are connected to obesity each year. <sup>21</sup>

Eating excess sugar results in excess fat storage as well as the wearing down of the pancreas. But too much sugar can also change the metabolism in another way having to do with fat cells themselves.

Fat cells send out chemical signals that act as “growth factors.” These signals tell cells to divide and multiply. Unfortunately, fat cells send growth signals to both healthy and unhealthy cells.

Can you see why this may be problematic when it comes to cancer tumor growth? <sup>22</sup>



## Sugar Myths: The Good, the Bad, and the (Very) Ugly

The sugar industry has done its best to confuse consumers when it comes to sugar.

Currently, there are over 60 different names for what's all basically the same stuff.<sup>23</sup> Some of the names that you may not associate with sugar directly include:



- ▶ beet sugar
- ▶ cane juice
- ▶ barley malt
- ▶ fruit juice concentrate
- ▶ mannose
- ▶ panocha
- ▶ rice syrup
- ▶ refiners syrup
- ▶ sweet sorghum
- ▶ treacle

### 6 Sources of “Natural” Sugar Defined

Here are six of the most well-known types of sugar that you more than likely have heard of:



#### 1 White Refined Sugar

This is the “white stuff” most people keep in a little container by the coffee pot or on the table (hence its other name of “table sugar”). It is found in baked goods, candy, and sugary drinks, as well as in many dressings and sauces.

White sugar ranks a high 65 on the glycemic index. One tablespoon has 12.6 grams of sugar, 48.9 calories, and 12.6 grams of carbohydrates.<sup>24</sup> [Note: The Glycemic Index (GI) is a rating system on a scale of 0-100. The higher the number, the faster a food causes blood sugar levels to rise.]





## 2 Brown Sugar

Brown sugar is used mostly in baking. What makes brown sugar brown is the presence of molasses that comes from sugar cane, not sugar beets.

The nutritional value of brown and white sugar is basically the same. It converts to glucose just as quickly in the body and has a glycemic index score of 64.



## 3 Turbinado or “Raw Sugar”

Turbinado or “raw” sugar is white, refined sugar that, like brown sugar, has a little bit of molasses in it. It has a slightly buttery taste and about the same nutritional value and glycemic index rating as white sugar.

The “raw” stamp is basically just a marketing ploy. Turbinado is processed in the same way as white and brown sugar, using mostly the same chemicals.

### Sugar Myth Buster #1

Brown, turbinado, and “raw” sugars are not any healthier nor do they score lower on the glycemic index than white sugar. The only difference between them and white sugar is the presence of a little bit of molasses for color.



## 4 Maple Syrup

Real maple syrup (not the fake stuff) is made from the sap of maple trees and does have a bit of an advantage nutrient-wise as it contains some minerals, including manganese and potassium.

However, maple syrup still has a high glycemic score of 54. Even though this is lower than white sugar, if you are watching your sugar intake you need to limit your use of maple syrup.



## 5 Agave

Agave comes from the agave cactus, the same plant that is used to make tequila.

Contrary to popular belief, agave is not a safe sugar substitute for those wanting to balance their insulin levels.

Agave does have a glycemic index rating of 19, which is lower than both regular sugar and maple syrup. However, it is high in fructose, which means it absorbs differently than regular sugar.

Agave stresses both the pancreas and the liver and it is higher in calories than regular sugar.

### Sugar Myth Buster #2

Agave is not good as a sugar substitute for diabetics and those who are committed to lowering their sugar intake for cancer, weight loss, or other health reasons. It contains high levels of fructose, which can be especially taxing on the liver.



## 6 Honey

Honey is high on the glycemic index too with a GI score of 58 but also has a lot of beneficial health properties that should be taken into consideration.

Studies show that raw honey can lower inflammation and boost immunity. It also contains anti-bacterial properties.

A study conducted in Malaysia in 2011 found that people with allergic rhinitis who consumed honey experienced a lessening of their allergy symptoms. In addition, a 2004 report published in the *Journal of Medicinal Food* found that natural honey was able to lower plasma glucose levels as well as the levels of homocysteine, blood lipids, and C-Reactive Protein (CRP).<sup>25</sup>

Not all honey is created alike, however. The key is to make sure you stick with raw and ideally local (for the allergy benefits of being desensitized to pollen from your local area) honey.

### Sugar Myth Buster #3

Honey is not just another sweetener like all the rest. It actually contains powerful healing substances that have been shown to lower inflammation, stabilize blood sugar levels (when taken in small amounts), and help with allergies.

Raw honey consists of mostly regurgitated plant saccharides that are hydrolyzed and dehydrated by the digestive enzymes of the bees. It contains equal parts fructose and glucose. The balanced sugar and high enzyme content is the reason why this honey can help balance blood sugar levels as well.

Because of its high GI rating, however, many health experts still recommend limiting consumption of raw honey to 1 or 2 TBSP maximum per day. And only if your health status allows for it.



## What About Alcoholic Beverages?

Most alcoholic beverages come from natural carb sources, such as grains, grapes, or potatoes. That being said, the majority, including beer and wine, are actually fairly low on the Glycemic Index.

This definitely doesn't mean that drinking too much can't spike blood sugar levels, however.

In fact, a 2013 Israeli study found that diabetics who drank "moderately" (defined by the CDC as 2 drinks or less in a day for men and 1 daily drink max for women) had raised A1C levels and tended towards hypoglycemia.<sup>26</sup>

The American Diabetes Association recommends a daily maximum of five ounces of wine, a 12-ounce beer, or a half-ounce of 80-proof spirits for both diabetics and non-diabetics alike.

Alcohol consumption has been linked to cancer, so reducing or eliminating alcohol altogether is the best long-term health solution.



## The Real Deal About High Fructose Corn Syrup

Did you know that of the total amount of sugar that Americans consume each day, a large percentage of it comes in the form of high fructose corn syrup (HFCS)?

What's more, if you are consuming HFCS as a sneaky ingredient in any number of processed foods, its negative effects may be worse for your health than regular sugar!



The amount of fructose (and glucose) that HFCS puts into your system is about the same as regular table sugar. The difference is how your body absorbs it.

HFCS is a monosaccharide. Table sugar, or sucrose, is a disaccharide. Why does this matter? According to recent research at the University of Pennsylvania, fructose from HFCS does not have the same effect on insulin secretion as regular sugar.<sup>27</sup>

In addition, HFCS can indirectly block hunger and satiety signals in the brain and stimulate “hedonic pathways.” This can cause the body to become addicted to HFCS biochemically in much the same way as the body becomes addicted to alcohol.<sup>28</sup>

Finally, HFCS also does not just contain fructose. Most if not all HFCS is made cheaply with genetically modified (GMO) corn. It also has been found to have trace amounts of mercury (obtained through the manufacturing process), according to a study conducted at the City University of New York.<sup>29</sup>

A 2010 investigation conducted at Cambridge University also found a definite link between high fructose corn syrup consumption and Alzheimer’s disease.<sup>30</sup> One of the factors for the link may be mercury, a heavy metal linked to cognitive decline.

Finally, studies have also found that HFCS can make a person gain more weight than regular sugar.<sup>31</sup>

## When Sugar Substitutes Are Not So Sweet

Besides natural sources of sugar, there are other substances that companies have come up with as replacements for sugar. Many of these are 100% chemically derived.

Consuming these chemical substances can be very damaging to the gut and the liver. In addition, these unnatural substances often confuse the balance of appetite-regulating hormones (i.e., leptin and ghrelin) in the body which can do harm to both the metabolic and hormonal systems.

**Aspartame** is one such chemical substance. Aspartame also goes by the trade names NutraSweet, Equal, Sugar Twin, and Amino Sweet. It is the most commonly used artificial sweetener globally.

Studies have linked aspartame to:

- ▶ cardiovascular disease
- ▶ neurological disorders
- ▶ stroke
- ▶ gut issues
- ▶ mood disorders
- ▶ migraine headaches
- ▶ cancer



Ironically, aspartame (along with other artificial sweeteners like saccharine, which is banned in many countries and is the main ingredient in Sweet'n Low®) actually provides no benefit for those who are trying to lose weight.

On the contrary, a meta-analysis conducted by the Canadian Medical Association found that artificial sweeteners can often lead to “increases in weight and waist circumference, and higher incidence of obesity, hypertension, metabolic syndrome, type 2 diabetes and cardiovascular events.”<sup>32</sup>

Sugar alcohols are another class of sugar substitutes that may do more harm than good.

Sugar alcohols such as xylitol, erythritol, mannitol, and sorbitol can be found in candy, gum, baked goods, jams and jellies, frostings, ice cream, and yogurts, and many “vitamin-infused” drinks.



**Sugar alcohols** have gotten a lot of attention in recent years. They are billed as “healthy” alternatives to both insulin-spiking sugar and HFCS and artificial sweeteners. The U.S. Food and Drug Administration (USDA) has classified them as “GRAS,” Generally Recognized as Safe.<sup>33</sup>

It is true that sugar alcohols do not spike insulin and rank very low on the Glycemic Index. Like artificial sweeteners and high fructose corn syrup, there is a very dark and deceptive side to these substances, however.

Despite their name, sugar alcohols contain neither sugar nor alcohol. They actually consist of polyols, which are extremely refined, processed chemicals made from (amongst other things) GMO substances and waste products.

Want to know the real reason why sugar alcohols seem to have no effect on the body? It’s because the body cannot absorb them at all!

Just a few of the nasty health side effects linked to polyol consumption include:

- ▶ raised blood sugar levels
- ▶ Leaky Gut
- ▶ brain damage
- ▶ imbalanced immune function
- ▶ and even cancer!

#### Sugar Myth Buster #4

Contrary to what the marketing says, artificial sweeteners and sugar alcohols are not natural, and they are not designed to be absorbed into the human body. There is a direct link between these substances and cancer. The best course of action is to avoid them completely and choose natural, safe sugar replacements.

A Swedish study published in the journal *Oncotarget* found a link between erythritol and glioblastoma, a form of brain cancer. Other studies make the link between xylitol and gallbladder issues as well as raised blood sugar levels.

What's worse is that sugar alcohols are often mixed with a purely chemical substance called "crystalline fructose" as well as aspartame and saccharin in deceptively named "health beverages" like Vitamin Water®.

Artificial sweeteners are bad news, period. Our advice is to stay away from them and any food products that contain them.





## PART II:

# MAKING THE SWITCH FROM SUGAR ADDICTION TO HEALTHY EATING!

By now you are probably starting to get it: one of the most important actions you can take to improve your health is to *cut down on sugar and stay away from artificial sweeteners altogether!*

The very good news is that soon after you begin to lower sugar in your diet, you will no doubt begin to feel a noticeable difference in how you feel both physically and mentally.

Some people experience a profound shift in their energy and inflammation levels within just a few days of cutting sugar consumption.

That doesn't mean that it will be easy. In fact, sometimes it can be downright difficult to say no to the sweets and simple carbs, especially during those times when sugary baked goods, candies, and sweet drinks seem to be all around you. Holiday parties, anyone?

So, how do you maintain a commitment to your new low-sugar lifestyle without going out of control the next time your sweet tooth rears its head?

You CAN have success with low-sugar living when you have the know-how about what sugar is doing to your body, and how best to wean your body off sugar for the long term.



## Understanding Why You're Addicted

Eating sugar directly affects your brain chemistry as well as the output of certain hormones. In particular, sweet things stimulate the “reward system” in the brain and the release of dopamine and other opioids made in the body.

The bad news is that sugar stimulates dopamine release within the same part of the brain that responds to addictive drugs.<sup>34</sup>

Eating a lot of sugar leads to tolerance of it. In a nutshell, eating sugar makes you want to eat more sugar! Food manufacturers have not only become aware of this but have strategically exploited it to boost product appeal and consumption.

### A Biological Perspective

As we said: biologically, sugar stimulates the “reward center” in your brain, releasing chemicals like dopamine—the same neurotransmitter activated by addictive drugs.

This release leads to feelings of pleasure and craving, creating a cycle that can be hard to break. This mechanism explains why, after enjoying a sugary snack, we often find ourselves yearning for another hit of sweetness. It's not merely a lack of willpower; it's your brain chemistry dictating your desires.

“It's not merely a lack of willpower; it's your brain chemistry dictating your desires.”



## High Fructose Corn Syrup (HFCS): A Case Study in Addiction

High Fructose Corn Syrup (HFCS) serves as a prime example of the food industry's role in fostering sugar addiction. This sweetener, cheaper and sweeter than regular sugar, is found in countless processed foods and drinks. It's so cheap and readily-available, it's often added as a "filler" - something that isn't especially needed for taste, but which they can include in the mark-up of their costs. In other words, they can charge you for it, raising their profits.

HFCS not only contributes to the addictive potential of food and beverages but does so more insidiously. It bypasses the normal digestive processes that help signal fullness, leading to overconsumption.



## The Role of the Food Industry

The food industry, understanding sugar's addictive effects, continues to add it to an astonishing range of products, often in surprising amounts. This strategy is not accidental but a calculated move to ensure consumers stay hooked, enhancing flavors and encouraging repeat purchases. By doing so, they guarantee their products remain at the core of daily routines (think chocolate macchiato) despite the clear health risks.

## Why Cutting Out Sugar Is So Challenging

Given sugar's prevalence and its neurochemical effects, avoiding it is challenging. It's hidden in plain sight, labeled under more than sixty different names, from maltose to dextrose. This makes it difficult to recognize and reduce consumption.

Moreover, the withdrawal symptoms from reducing sugar intake—such as headaches, irritability, and cravings—mirror those experienced from drug detoxification, further complicating efforts to cut back.

Understanding your addiction to sugar is the first step towards combating it. By recognizing the biological and industrial forces at play, you can begin to make informed choices that help you regain control over your diet and, by extension, your health. This knowledge arms you with the power to resist not just the temptation of sugary treats but the deeper, more insidious pull of a diet designed to keep us dependent.



## Understanding Your Body Off Sugar

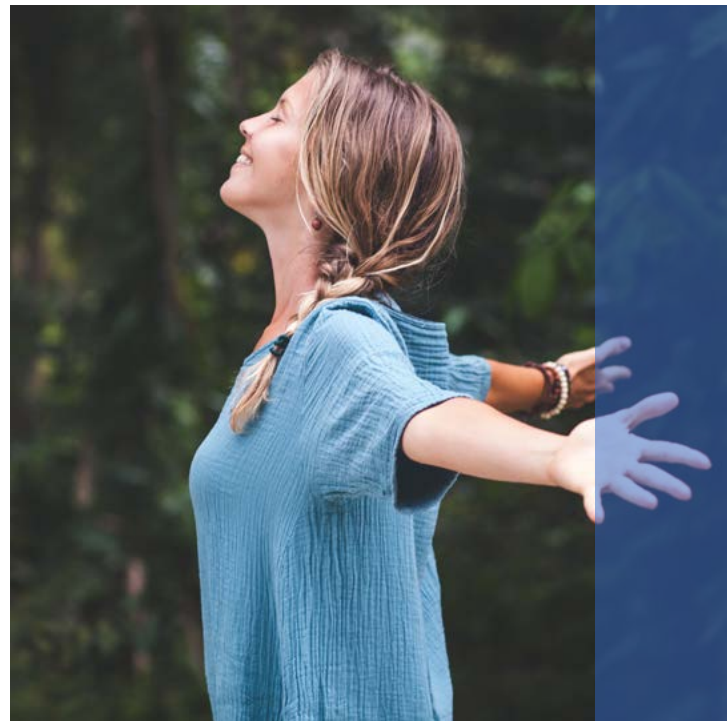
Knowledge is power, and that goes for preparing for what your body and mind may go through as you make this major change in your diet and your life.

Removing sugar from your life is a wise choice. Doing so will lead to whole-body detox as well. As the sugar leaves your system, inflammation levels go down, and immune system and detoxification functions ramp up.

The body says, “*Let’s heal!*” Mechanisms that may have been lying dormant kickstart for maximum detoxification of pathogens, heavy metals, and more.

It is during the initial days of this process that “detox symptoms” may appear, such as:

- ▶ mood changes (feelings of depression or anxiety)
- ▶ change in sleep patterns
- ▶ cognitive issues / difficulty concentrating
- ▶ cravings for simple carbs and sugary foods
- ▶ headache
- ▶ dizziness
- ▶ fatigue
- ▶ nausea



You may be thinking, “Why would I want to put myself through all that?”

The good news is that if you do have all or some of these detox symptoms (some people don’t have any!) they usually will only last a day or so. The other good news is that on the other side of some short-term discomfort is increased health and vitality!

## How to Slowly Reduce Sugar From Your Diet

Some people like to dive right in and cut the sugar cold turkey. Others like to take it slow. Making even small reductions in your sugar load can significantly affect your overall health.

If you want to avoid detox symptoms outright or prefer to ease into a low-sugar lifestyle, follow these helpful tips to slowly reduce your added sugar intake over time.

A good schedule that some experts suggest looks like this:

### Week 1

Remove and replace 1-2 obvious sources of refined sugar. This may be your daily sugary beverage, your nightly sugar-heavy dessert, a bowl of sugary cereal, that afternoon candy bar, or your morning mocha latte on the run.

### Week 2

Remove and replace 1-2 other sources of refined sugar in addition to the first ones. The same descriptions may apply.

### Week 3

Remove and replace some sources of simple or processed carbs, such as refined pasta, bread, or white potatoes.

### Week 4

Remove and replace all other sugary items and sources of sugar/ processed carbs that you do not want to engage in for the long term. During this week you may also try your hand at being a “sugar sleuth.” Go on a detective journey through your kitchen cupboards to find hidden sources of sugar in packaged foods, sauces, dressings, dips, and more.

### A Note on Deserts:

We know that it can be hard to break the high-sugar dessert habit, especially if it has been your routine to have “just a little something sweet” after meals.

Instead of a piece of sugary chocolate cake or a candy bar, why not enjoy some unsweetened yogurt with berries, fruit, macadamia nuts or walnuts, and unsweetened shredded coconut with monk fruit or stevia sprinkled on top?

## What About Other Simple and Processed Carbs?

Some examples of simple carb sources other than sugar are white rice, white potatoes, and anything made with wheat flour, such as pasta and bread.

Even though these foods may not taste sweet if you eat too many of these items, their effect on the body will be the same as sugar.

These “simple carbs” spike insulin and glucose and will cause the same weight gain and metabolic issues as sugar if overconsumed. For example, white rice has a rating on the Glycemic Index of 70!

Complex carbohydrates are a better choice. This includes foods like beans, quinoa, millet, berries, and seeds.

As far as baking goes, you don’t have to deprive yourself of your time in the kitchen to go low sugar! Nowadays there are actually more options than you may realize for healthy, lower-sugar baking.

These items make a better choice for such things as tortillas, baked goods, and even pizza crust:

- ▶ Coconut flour
- ▶ Almond flour
- ▶ Seed flour
- ▶ Quinoa flour
- ▶ Millet flour
- ▶ Amaranth flour
- ▶ Teff flour



## Replace Sugar With Healthier Alternatives for Baking

In addition, natural, risk-free sweetener alternatives continue to be introduced in new and improved ways, thanks in large part to consumer education and demand.

The following sweet-tasting ingredients can be used in a wide variety of recipes:

- ▶ Stevia
- ▶ Monk fruit
- ▶ Applesauce (homemade with no added sugar)
- ▶ Dates
- ▶ Raisins



Remember that some of the above, such as applesauce, dates, and raisins still contain a high sugar load. But in their natural whole food form, they have health benefits including vitamins and minerals. Use these more often in your recipes than any other processed sugar.

Also, a note about monk fruit also known as Luo Han Guo or Buddha fruit. Research has shown that it may actually be able to regulate insulin secretion!<sup>35</sup>

**Sugar Action:** Take a few days to a week to really dive into the ingredient lists of those pre-packaged bars, bags of chips, containers of flour, and other sources of simple carbs and added sugar that may be in your kitchen or on your grocery shopping list right now.

Begin to replace them with lower carb flours for baking and try out some new snack options such as whole fruit (more about this next), nuts, seeds, nut butter, hummus, veggies, and avocado.

When you replace sugar with nutrient-dense snacks and meals, you are nourishing your healthy cells – not sugar-addicted pathogens in the body.



## What About the Sugar Found in Fruit?

Fruits are whole foods. They are nutrient-dense, contain gut-benefiting fiber, and are filled with vitamins and minerals. Not only that, but they also contain other phytonutrients like resveratrol and anti-inflammatory terpenes.

According to a study conducted at the University of Delaware, people who ate whole fruit had lower blood pressure overall. <sup>36</sup>

One of the reasons whole fruits are good for your health is because the sugar in fruit is usually a combination of both fructose and glucose and is packed less closely together when compared to other sources of sugar. In between those sugar molecules are tons of nutritious substances like fiber, antioxidants, vitamins, minerals, and other phytonutrients.

Another big reason why you should not rule out all fruit all of the time has to do with energy! Whole, organic raw foods have an electric charge that can go right to the mitochondria of cells to be utilized in the Krebs cycle. This is where all fuel is converted to usable energy.



## Is Juicing Good for You?

The main thing to be aware of when it comes to fruit is to make sure that it is not the main thing you are eating throughout your day. Always balance your whole fruit consumption with double (or even triple) the number of vegetables and make sure to include a small amount of healthy fats and plant proteins as well.

Sugar overconsumption via fruit usually happens with people who consume too much fruit through juicing.

It's true that squeezing that apple, pear, watermelon, mango, strawberries, or even carb-heavy vegetable like carrot through a juicer is going to produce a healthier product overall than pre-packaged juice from a can. But it will still contain fructose and glucose.

A glass of pure juice contains anywhere between 4 to 13 servings of fruit. One cup of apple juice, for example, is estimated to have 24 grams of sugar.

The safer option when juicing is to stick with mostly vegetables. For example, spinach, cucumber, celery, cilantro, and kale, and then add in a beet and some carrots for the additional health benefits and natural sweetness.

If you do use fruit, consider just 2-3 ounces of added fruit for taste in addition to other refreshers like lemon or healing roots like ginger and turmeric.

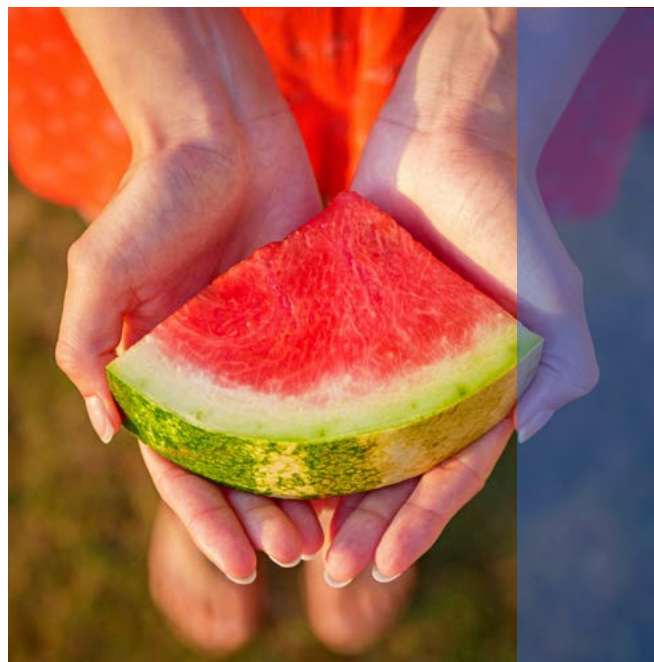
## **Fruit and Cancer**

When it comes to cancer and sugar, you must take a look at how cancer is expressing itself in your body, what kind of fruit you are consuming, and whether or not you are eating the right amounts of other healthy, whole foods (especially vegetables) in addition to the fruit.

For most people with cancer, a little bit (not a lot) of whole fruit every day may not be such a bad thing. In fact, it may even help to keep cancer at bay. Sugar from fruit is consumed less efficiently by cancer cells than refined sugar substances such as corn syrup or table sugar.

Other research has found that having some fruit in the diet can actually have an anti-cachexic / anti-catabolic effect.<sup>37</sup>

Cachexism is when muscle mass starts to break down, along with healthy metabolic mechanisms. A small amount of fruit sugars (combined with all the good stuff fruit has in it) can help maintain a healthy metabolism for cancer patients.



And a healthy metabolism means a healthy immune system!

Fruit cannot be eaten in a vacuum, however. For those who have active tumors and especially for those who are dealing with stage 3 or 4 cancer, a good rule-of-thumb is to eat 3 times more leafy greens and cruciferous vegetables than fruit.

Getting a healthy amount of leafy greens, cruciferous vegetables, proteins (from legumes and beans), and healthy fats (from nuts and seeds) in the diet every day is important for boosting immunity and helping the body fight cancer.

Some lower sugar options when it comes to fruits are:

- ▶ berries (raspberries, strawberries, blackberries)
- ▶ cantaloupe
- ▶ guava
- ▶ grapefruit
- ▶ watermelon
- ▶ peaches
- ▶ kiwi
- ▶ lemon and lime

Certain natural cancer therapies rely on juicing fruits in addition to vegetables. Gerson Therapy is the protocol that is most well-known for its success with cancer patients through juicing.

Understand, however, that Gerson is a very specific protocol that utilizes a masticating juicer for maximum nutrients and enzyme load. What's more, the juices are also administered in a specific way and in coordination with other foods and protocols.

If you are interested in utilizing Gerson for cancer, the best course of action is to contact the Gerson Institute directly or engage the help and guidance of a qualified Gerson practitioner.

In our "Conquering Cancer, The Missing Link" Docuseries, you will also learn from cancer conquerors the specific juicing recipes they used that they attribute towards helping them heal from multiple forms and stages of cancer.



## 8 Hacks for Healthy Low-Sugar Eating

Now that you have your sugar-cutting schedule in hand and your “do’s and don’ts” when it comes to simple carbs and fruits, it’s time to put it all together.

Success means sticking to a low-sugar lifestyle for the long haul.

Here are 8 “hacks” you can employ today to ensure that you have the best chance of success on your health journey:



### ① Stay Hydrated

By the time you are feeling “thirsty” enough to reach for that water glass, you are already dehydrated. Most people do not get enough water into their system. This is a shame since water can really help with health on all levels – including cravings!

In addition, research states that adding a little squirt of lemon to your water can help keep blood sugar levels even and help you avoid the sugar “crash.”<sup>38</sup>



### ② Consume Enough Protein and Healthy Fats

Healthy fats can lower inflammatory responses, specifically omega-3 fatty acids. Plant foods that are high in omega-3s include flaxseed, hemp seeds, chia seeds, avocado, and walnuts.

Healthy fats help the heart, brain, and joints, can reduce pain, help heal the gut, and so much more!

In addition, consider eating a healthy, balanced meal with a moderate amount of protein and some nuts or seeds for your first meal of the day instead of the usual go-to of sugary cereal or pastries.

An example of a metabolism-friendly start to your day could be some overnight oats made with your favorite nut milk, topped with a tablespoon of ground flaxseed and a handful of fresh berries.



### ③ Out of Sight, Out of Mind

When it comes to the sugary stuff (and simple carbs like chips and other snacks), if it is not in your vicinity, there is a much better chance you are not going to eat it.

Once you've removed all temptations from your house, you then get to stock your shelves with healthy replacements.

Some examples include seeds, nuts, nut butter, low-sugar fruit options (see the list on page 30), easy snacking veggies like celery and carrots, sea vegetables like dulse, coconut flakes, high-quality dark chocolate (70% cacao or above) without added sugar, coconut or nut-based yogurts, hummus, roasted chickpeas, and much more.



### ④ Improve Your Gut Health

According to a study conducted in 2014 at the University of New Mexico, “microbes in the gastrointestinal tract are under selective pressure to manipulate host eating behavior to increase their fitness, sometimes at the expense of host fitness.”<sup>39</sup>

In essence, the bacteria in your gut could be what's *causing* your cravings!

Research indicates that taking probiotics and prebiotics in addition to cutting sugar goes a long way toward restoring the balance of good and bad bacteria in the gut. This, in turn, helps tame sugar cravings.<sup>40</sup>



## ⑤ Use L-Glutamine

The amino acid L-Glutamine can be an added source of support for your gut. Most importantly, it helps balance out the chemical signals that may have gone awry with a heavy sugar load.

L-Glutamine supplementation can be very helpful for “getting you over the hump” during times of intense sugar cravings. <sup>41</sup>



## ⑥ Move Your Body

Getting in some exercise every day can help to balance blood sugar, build muscle, improve immunity, boost gut health, and help you detoxify.

The National Institutes of Health recommends a total of 150 minutes per week of brisk walking, which is roughly 30 minutes, five times a week.



## ⑦ Read Labels

Become familiar with all of the different names for sugar and learn to spot them like a pro.

You can do this by simply remembering to check the ingredient labels of every packaged product to see which ones contain added sugar.



## ⑧ Use the Power of Your Mind

Did you know that simply visualizing yourself as slim, energetic, and healthy can actually activate the physical changes that will help you obtain your goal?

A 2014 study conducted by Ohio University discovered that practicing mental imagery helped patients maintain muscle strength during recovery and inactivity periods.<sup>42</sup>

### Want to Live a Low Sugar Lifestyle? Yes, You Can!

You probably know by now that reducing sugar is a lifestyle, not just a diet. There is a lifetime of learning that comes with eating a healthy, low-sugar diet. Hopefully, the information in this e-book has helped you get started and on your way.

The rewards of going low sugar are so worth any “sacrifice:” vibrant energy, mental clarity, less pain, improved gut health, and lower risk for cancer.

Only a small percentage of the American population actually knows about sugar’s connection to major lifestyle-related diseases like heart disease, diabetes, and cancer. Now that you know, you get to take action and do something about it for your own health and the health of your family.

**Can you do it? Yes, you can!**

And remember... We cover this and so much more about preventing and beating cancer in The Missing Link docuseries. Make sure you join us so you can discover the real, little-known causes of cancer and what to do about it.

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Conquering Cancer. PRESENTS

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Food and Agriculture Organization (FAO) of the United Nations also tracks changes in dietary components globally.

Centers for Disease Control and Prevention (CDC) regularly updates and publishes data on obesity rates in the United States.

World Health Organization (WHO) offers statistics on global health, including obesity rates worldwide.

National Health and Nutrition Examination Survey (NHANES) provides detailed reports on various health and nutrition trends in the U.S. population.

The Lancet and other reputable medical journals often publish studies that analyze long-term health trends, including the impacts of sugar consumption on public health.