

Cancer Research 2018: Sugar and cancer: A 7-year, controlled study - Colleen Huber - Naturopathic Cancer Society, USA

Colleen Huber

Naturopathic Cancer Society, USA

Introduction: Ingestion of glucose and malignant neoplastic growth has been established in animal studies for numerous types of cancer. Such studies examined mice and/or fewer than 20 human subjects and/or were retrospective. This study is a 7-year interventional study of 317 consecutive human cancer patients at one naturopathic cancer clinic, who were treated with cancerdisrupting nutrients and herbs, as well as abstention from sweetened foods as the dietary intervention. **Methods:** Survival of sweetened food eaters vs abstainers among cancer patients was examined at one clinic over a sevenyear period. Since 2006, this clinic has recorded data on consumption of sugar and other sweeteners in cancer patients, and has consistently recommended, but never enforced, avoidance of sweetened foods, except with extracts of the plant *Stevia rebaudiana*, which does not contain saccharides or sugar alcohol. In this controlled interventional study, the diets and outcomes are reported for all 317 patients with a diagnosis of cancer who were treated at the clinic, and who stayed at least two weeks in treatment. All results are reported in this paper. **Results:** Achievement of remission was quite different for the following two categories: all patients: 151/317=48% and those who ate sweetened foods: 9/29=31%. The difference between these two groups was much stronger for the cohort of patients who continued treatments until either remission or death. Comparing all patients who were steadfast in the recommended treatments with the sweetened food eaters who were steadfast in all but dietary recommendations, 151/183=83% of all completely steadfast patients achieved remission, but only 9/25=36% of the steadfast sweetened food eaters achieved remission.

Remission was defined as no visibly active tumor on MRI imaging of the same area that had previously active tumor growth. Of all patients who were steadfast in the treatments (including the sweetened food eaters), 32/183=17% died while still under the care of the clinic, but considering only the sweetened food eaters who otherwise consistently pursued the recommended treatments, 16/25=64% died. Follow-up studies since 2014 found similar survival differences among the two groups studied. **Conclusion:** In this first-ever, long-term, interventional study of glycemic restriction in hundreds of cancer patients, we found that sweetened foods (other than stevia-sweetened foods) were highly correlated with patient mortality across all types and all stages of cancer. Stevia is therefore recommended as the only sweetener to be used by cancer patients.

While scientists keep on researching the association among sugar and malignancy, it stays a wellspring of tension actuating theory and deception in the media and on the web. Obviously, the unquestionable answer is that glucose (the type of sugar utilized most in the body) takes care of each cell in the body, and is so essential to the capacity of your mind that the body has a few back up methodologies to keep glucose levels ordinary. Indeed, even with no starch in the eating regimen, your body will make sugar from different sources, including protein and fat. The possibility that sugar could legitimately fuel the development of disease cells can lead a few people to stay away from all starch containing nourishments. This is counter-profitable for anybody attempting to keep up their weight while managing symptoms of disease and medicines. All the more critically, the inescapable tension of attempting to totally maintain a stra-

tegitic distance from “all sugar” makes pressure. Stress turns on the battle or flight components, expanding the creation of hormones that can raise glucose levels and smother insusceptible capacity. Both of these things may decrease any conceivable advantage of wiping out sugar in any case. Much examination shows that it is sugar’s relationship to higher insulin levels and related development factors that may impact malignant growth cell development the most, and increment danger of other constant sicknesses. Numerous sorts of disease cells have a lot of insulin receptors, causing them to react more than typical cells to insulin’s capacity to advance development. All starches you eat are separated to straightforward sugars in the digestive system, where they are retained into the blood, expanding glucose levels. The pancreas discharges insulin accordingly, which goes all through the circulation system, and plays out a few significant occupations, including: Flagging glucose to enter cell. Each phone speaks with the remainder of your body through compound signs (insulin is a sort of substance called a hormone) that associate with receptors outwardly (layer) of the phones. These receptors demonstration something like a lock

and key: each message requires the correct key to open the lock. Insulin ties to its receptor on the cell film, beginning a progression of steps inside the cell. These means permit sugar into the cell, where it is utilized for vitality. Expanding stockpiling of calories as fat. At the point when insulin levels are high, it is a sign to the body that there is a lot of food accessible, and that these extra calories ought to be utilized to develop and fabricate saves for future “fit occasions”. Eating a great deal of straightforward sugar without a moment’s delay can raise insulin levels rapidly. High insulin levels can prompt a fast fall in glucose, in such a “bounce back” impact. Low glucose levels at that point signal the body that it is low on fuel. This triggers craving, urging you to eat once more, to bring glucose levels back up once more. While levels are “bottoming out”, individuals are ravenous, touchy and inclined to gorging. This can turn into an “endless loop,” with the body’s glucose and insulin levels going here and there quickly. The additional calories you eat can cause weight gain, particularly on the grounds that the abundance insulin empowers fat stockpiling.