

THE CANCER REVOLUTION

Additional Material for Chapter 5

Daphne Lambert

Sugar

Processed and refined foods, including soft drinks, sweets, cakes, many desserts, as well as other snacks and tinned foods, generally contain high amounts of simple sugars which will cause insulin levels to spike. The more of these sugars we eat the more excessive the amounts of insulin produced.

Insulin is a natural substance made by the body. Insulin can tell cells to grow. For healthy cells, this is good because the cells in your body grow, divide, die, and are replaced as part of the natural process of living. However, cancer cells can be encouraged to grow as well when our bodies produce too much insulin.

Natural sugars found in fruits and vegetables are much safer and better for health. In addition they are full of vitamins and minerals, something of which refined sugar is totally devoid. Sometimes a healing diet, to kick start the rebalancing of the body, eliminates fruit entirely for a short time, to avoid fructose, the sugar found in fruit.

If you eat fruit make sure you eat seasonal fruits that come from your local environment, with the exception of lemon, lime and grapefruit.

Refined sugar and other simple sugars interfere with your immune system. Sugar also depletes the body of key minerals and other nutrients because of its acidity. It is not the acidity that sugar creates that directly destroys the minerals; the acidity causes the body to use alkaline minerals to regulate the pH level in the body. The same is true of all acidic foods. The chain reaction caused in the body by acidic foods (due to the body's attempts to keep the blood at a level pH) is the cause, or a major contributing factor, to almost all chronic diseases, including cancer.