Eliminate Cancer's FAVORITE BUILDING BLOCK From Your Diet

By Ty Bollinger



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PART 1

The Deadly Cancer-Causing Secret That's Right Under Your Nose



Does the sugar you eat feed cancer cells? In this report, we're going to dig through the evidence and examine the link between cancer and what many consider a seemingly "harmless" substance: sugar.

For decades, researchers knew about the presence of the sugar molecules, but it was only in recent years that they started to understand the connection between sugar and cancer.

In 2013, the University of Copenhagen¹ published research showing that specific sugar molecules called O-glycans are found in large quantities in almost every form of cancer. More importantly, scientists now know that the sugar they're finding in cancer cells is more "present" than previously thought. In fact, studies such as a groundbreaking nine-year Belgian investigation published in the journal Nature Communications have proven that sugar can actively encourage and aid the growth of malignant cancer cells.²

Commercials for manufactured foods that contain ingredients such as high fructose corn syrup (HFCS) like to point out that your body needs "sugar" for fuel... and to a point, they're right. Every cell in your body does use sugar as a fuel source in the form of glucose, as well as fat and protein.

Not all food fuel is created equal, however. This goes for sugar especially. Not all sweet substances are fuel sources you want in your body.

Consuming a product that contains HFCS is not the same as eating fresh organic corn, for example. If you assume that "it's made from corn so it has to be natural," you are doing your body a grave disservice. It would be a dangerous mistake for anyone trying to prevent cancer, fight cancer, or keep cancer from coming back to avoid the health-harming effects of sugar.

In this report, we'll give you the breakdown on the latest science about sugar. We're going to talk about what sweeteners are out there, which ones may be safe in small amounts and which ones are downright deadly. We'll also give you some tips about what you can and should eat to keep cancer out of your life for good!



The Link (and the Science) Between Sugar and Cancer Is Real

A grain of sugar is not cancerous in and of itself. However, the way that our bodies react and process it can lead to cancer. This is a fact that the food manufacturers don't want you to know about. They certainly don't want you to choose alternative sources of energy that would be better for your body and less addictive than sugar (more about that later).

What would the dental, pharmaceutical, and industrialized food industries do if we stopped consuming products that rotted our teeth, made us sick, and put billions in corporate pockets?



What's So Bad About Sugar?

Sugar feels like your friend. For many people, sugary foods like sodas, cakes, and ice cream offer comfort and respite. But as good as sugar may fleetingly taste while it's in your mouth, it soon becomes an enemy to your good health.

The word "sugar" is pretty generic and is often used to describe foods that are considered simple carbohydrates. Any form of carbohydrate causes your body to release a hormone called insulin.

Refined sugars can come in the form of candy or baked goods, breads, and pastas made from white flour. Refined sugars create the biggest insulin release. Complex carbohydrates, such as starchy vegetables and rice, cause a slower release.

When insulin is released, it triggers the amino acid tryptophan, which then leads to the production of the neurotransmitters serotonin and beta-endorphin.³

These hormones act as natural painkillers, stress relievers, and mood lifters. They even provide a boost of energy, sending a "feel good" message to your entire body that everything is great. There are not only physical reactions within your body to sugar intake. There are also psychological associations between sugar and positive emotions which many people have had since childhood.

Sugar, in the form of candy or other treats, has long been used as a "reward" and plays an enormous role in how we celebrate holidays, birthdays, and other special days.

In effect, sugar is considered an incentive for "good" behavior for children (and even for adults!). Have you ever rewarded yourself with a piece of cake or candy for doing a good job and working hard at something?

Sugary substances are often used as positive reinforcement. They also make us feel good. So, what's the harm in that?



You should consider sugar Enemy #1 when it comes to preventing cancer and other major illness.

The immediate "feel good" effect of sugar is always temporary. You have probably experienced the feeling of extreme low energy that inevitably follows a sugar high. Within 30 minutes, your system will use up those "feel good" chemicals – going from a sugar high to a sugar low, just like that – and making you reach for a candy bar (or muffin, or chips, etc.) to start the process all over again. This up and down cycle can leave you feeling tired, irritable, down, or even downright depressed.⁴

Over time your body becomes conditioned to a steady stream of sugar highs. It is the longterm devastating effects of sugar to your entire body, however, that is most terrifying.

This may sound harsh but it is the truth: you should consider sugar Enemy #1 when it comes to preventing cancer and other major illness.

Not only does refined sugar provide nothing in the way of vitamins, minerals, protein, or fats – essentially being no more than empty calories – it also raids your body of all the "good stuff" that it does have.

A 2016 report for the journal *Open Heart* found that overconsumption of sugars damages mitochondria, impairs energy generation, and can result in "internal starvation and nutrient and energy deficiency."⁵

PART 2

Is There Such a Thing as Sugar Addiction?

In 2015, the World Health Organization (WHO) drastically changed their recommendations regarding sugar. The new WHO guidelines state that "daily intake of free sugars" should be no more than 10% of total energy intake. They also strongly recommend that children and adults cut their total sugar intake to below 5% for optimal health. That works out to around 6 teaspoons per day.⁶

Did you know... A single can of soda contains approximately 10 teaspoons of sugar!

Drastic Increase in Sugar Consumption

It's no secret that average health is declining in the United States⁷ and around the world. While environmental pollutants, increased overall stress, genetically modified foods, and "quick and easy" meals filled with chemicals you can't pronounce hold some of the blame, they are not the only culprits. Enemy number #1 in a lot of cases is an overload of sugar in just about everything we consume.

Bear in mind that the statistics below are just the average. There are many people who cannot tolerate sugar in their diet and others who simply don't prefer it. That means that while there are people who consume far less sugar than this (or none at all), there are others who are consuming far more... this is chilling considering the data.

Annual Sugar Consumption per Person:

- 18th Century: less than 5 pounds.
 - 19th Century: less than 20 pounds.

20th Century: approximately 90 pounds.

21st Century: approximately 180 pounds!

According to the Centers for Disease Control and Prevention (CDC), the average American adult receives roughly 13% of their daily calories from sugar. Children and adolescents are getting as much as 16% of their daily caloric intake from nothing but sugar.⁸

Based on increase in consumption over the past 300 years, Stephan Guyenet, PhD, and author of the book *The Hungry Brain: Outsmarting the Instincts That Make Us Overeat* predicts the American diet will be based 100% on sugar by the year 2606.⁹

Sugar has zero nutritional value. It's empty of vitamins and minerals. What's worse, it's downright destructive to your health.

The "sugar rush" has been heavily targeted at children and young adults. In fact, according to the same CDC findings, the older we get, the smarter we get about sugar consumption.

American children are consuming more than 10 times as much sugar as they did a hundred years ago and most of that is in the form of high fructose corn syrup (HFCS).¹⁰ In the United States, HFCS is the single largest source of caloric intake.

Why is High Fructose Corn Syrup so dangerous for our health and the health of our children? First of all, it is highly addictive. Unlike table sugar, HFCS contains unbound fructose and glucose so your body doesn't need to break it down. The fructose is absorbed straight into your liver, where it is converted into fat. Not fuel, but fat.

47 states in the U.S. currently have an obesity rate that is 25% or higher.¹¹

According to Dr. Joseph Mercola, fructose "tricks the body into gaining weight by fooling your metabolism." $^{\!\!\!\!^{12}}$

Dr. Mercola explains that fructose turns off the appetite-control system because it doesn't properly stimulate insulin. This results in a lack of suppression of ghrelin (the "hunger" hormone) and a disconnect with the hormone leptin, which is also called the "satiety" or "fullness" hormone. These factors all work together, throwing you off balance, allowing you to eat more, and edging you toward insulin resistance.



We are consuming more sugar than ever before and it is only getting worse. The more we eat, the more we want, and our overall health is reflecting our food choices.

Could You Be Addicted to Sugar?

The American Society of Addiction Medicine (ASAM) defines addiction as, "A primary, chronic disease of brain reward, motivation, memory, and related circuitry. This is reflected in an individual pathologically pursuing reward and/or relief."¹³

As discussed, sugar affects the pleasure centers of your brain, releasing chemicals into your blood that is similar to a drug or alcohol high. If you've ever gone "cold turkey" on sugar, you know it can lead to shakiness, irritability, and anxiety, along with other symptoms.¹⁴

These symptoms are frighteningly similar to what substance abusers experience when going through detox.

This new awareness of sugar addiction has led to an abundance of "detox diets" specifically aimed at removing it from your nutritional plan.



Symptoms of Sugar Addiction

- Inability to go without high-sugar foods and/ or beverages for more than a few hours.
- Changes in behavior when you don't get your "sugar fix."
- 3. Daily sugar cravings no matter the time of day or night.
- 4. Lack of control over how much you eat and/or drink.

Are human beings eating that much? Yes, we are.

The side effect of too much sugar can lead to problems in every organ and basic function. Let's examine a few of the most common issues.

PART 3

The Sugar/Cancer Connection: Its Overall Impact on Your Body

Too much sugar in the diet leads to countless issues such as obesity, depression, and rapid aging. The true dangers are the major diseases which are linked to sugar consumption:

| • Heart Disease | • Liver Disease |
|-----------------------|--------------------|
| • Alzheimer's Disease | • Diabetes |
| Metabolic Syndrome | Insulin Resistance |

All of the diseases listed above are bad news. More and more, the connection between sugar consumption and disease is backed up by scientists from around the world, in almost every area of expertise.

We could write a book on the connection between sugar and each one of these diseases. In this report, however, we are going to focus on the connection between SUGAR and CANCER.

It would be an oversimplification of the issue to state, "Remove all sugar from your body or you'll end up with cancer." Your body and brain need fuel and sugar plays a role in producing that fuel.

Let's simplify the science. It all starts with how your body processes the foods you eat. Every time you eat, your body absorbs the food through your bloodstream.

Any sugar that you consume in the form of both simple and complex carbohydrates send a message to your pancreas that you need insulin. Insulin pumps through your body, grabs those carbohydrate molecules, and hauls them to the liver to be converted to fuel for your entire system.

Insulin is a hormone that the body utilizes to regulate sugar, metabolism, and cell growth, among other things. As you consume more and more high-sugar foods, your pancreas releases greater and greater amounts of insulin.

Insulin resistance occurs when individual cells don't react to the hormone as effectively as before. So your pancreas releases even more insulin to provide the same result.

Scientists estimate that over 84 million people in the United States are insulin resistant or pre-diabetic. That's around 1 in every 3 adults.¹⁵

Ultimately, your pancreas will get too tired to function. It can no longer produce enough insulin to counteract the effects of the foods you eat. You then move from insulin resistance to diabetes.

What does insulin resistance have to do with cancer? The answer is so simple and clear that it's frightening. Insulin promotes both healthy and non-healthy cell growth.

If you remember anything from this section, remember this: cancer relies on insulin for fuel to grow, multiply, and spread.

Dr. Craig Thompson, CEO of Memorial Sloan-Kettering Cancer Center, explains that the more insulin you have in your body, the more cancer will thrive.¹⁶

In addition, research done at Harvard Medical School's Cancer Center found that 80% of all cancers will mutate and mimic the effects of insulin. Their current research is focused on finding an "insulin inhibitor" for use in cancer treatment.¹⁷

Similar Bio-Markers Point Scientists to New Findings

As cancer rates climb side-by-side with diabetes, researchers are beginning to look at the similarities of both diseases. Although obesity has been linked to an increased risk of diabetes for many years, the link between obesity and diabetes to cancer wasn't as well known until now.

A protein called β -catenin is a primary factor in the formation and growth rate of many types of cancer. Researchers have discovered that this protein is dependent on sugar levels in the blood.¹⁸

University Rey Juan Carlos scientist, Dr. Custodia Garcia-Jimenez, had this to say of their 2013 study published in *Molecular Cell*.¹⁹

"We were surprised to realize that changes in our metabolism caused by dietary sugar impact our cancer risk.

Changing diet is one of easiest prevention st.rategies that can potentially save a lot of suffering and money." In response to the report, University of Oxford Professor of Oncology Colin Goding, PhD, had this to say to *Science Daily*: "Previously we were unsure about how increased blood sugar found in diabetes and obesity could increase cancer risk. This study identifies a key molecular mechanism through which high blood glucose would predispose to cancer. It opens the way for potential novel therapies aimed at reducing cancer risk."

A bio-process called glycosylation is where sugar molecules attach to proteins. These cells are found in high amounts within cancerous tumors. Researchers at the University of Copenhagen discovered that these cells are not simply present. They aid the growth of the cancer itself.

Catharina Steentoft at Copenhagen Center for Glycomics surmised that "[w]hen you know a certain process is important for the development of cancer you can start to consider ways to affect this process in a way that stops the cancer cell from taking advantage of it. It is a rather big step forward since it gives us an entirely new understanding of something we have worked many years to grasp. It guides our entire field of research towards new ways to proceed in the battle against cancer."²⁰



More Work to Be Done

Certainly, more research must be done on the connection between sugar and cancer. However, the studies listed above are based on the fact that sugar and the protein β -catenin have been known to be present in cancer cells for decades.

Scientists did not understand the molecular link between sugar and cancer until more recently. Now that they have a deeper understanding of this connection, perhaps we can make real progress that will effect change at the personal level for those who are suffering from either diabetes or cancer.

In the meantime, the facts linking refined sugar consumption to cancer – and so many other diseases – continues to pile up.

You can take steps now to limit sugar in your diet as a preventative measure. If you currently have cancer or are in remission, the removal of refined sugars is one change that could ultimately have an enormous impact.

PART 4Did You Know that Sugar Is a Genetically
Modified Food?

As if the massive quantities of sugar being consumed worldwide or its link to deadly diseases isn't bad enough, the fact that the majority of that sugar is also being produced from genetically modified sugar beets adds fuel to the nutritional fire.

In a move that enraged environmental and health activists, the United States Department of Agriculture (USDA) deregulated the sugar beet crop back in 2008.²¹ Now around 95% of the sugar beets grown in the U.S. are genetically modified.

Cancer patients currently fighting the disease and those in remission must avoid GMO foods at all costs!

The initial scientific data – which will get far worse in the decades to come – is already connecting genetic modification to countless health and environmental problems, such as:

- Increased risk of cancer
- Increased risk of allergies
- Infertility
- Changes to internal organs
- Rapid aging
- Bugs and weeds resistant to prior controls
- Death of insects (i.e. bees) crucial to environmental balance

The Few Minutes You'll Spend Are Well Worth the Effort

For a list of verified GMO-free foods, visit Non-GMO Project.²² You can search by category, brand, or product name to discover if ingredients and foods you regularly consume are certified GMO-free.

To fight cancer and keep cancer out of your life for good, the importance of eating true organic foods cannot be stressed enough.



TOP 10 GMO FOODS TO AVOID

- 1. Alfalfa
- 2. Canola
- 3. Corn (Except Popcorn)
- 4. Cotton
- 5. Papaya
- 6. Soy
- 7. Sugar Beet
- 8. Zucchini
- 9. Yellow Summer Squash

Source: https://www.nongmoproject.org/gmo-facts/high-risk/



PART 5

Nutrition and Cancer Recovery



Your body relies on you to give it the fuel it needs to fight and recover from disease. Proper nutrition before, during, and after a cancer diagnosis can lower your risk of getting cancer, of being able to beat it, and of making sure it never comes back.

Alcohol should be avoided during and after cancer treatment as a general rule. Not only is it a sugar source, but it also interacts with prescribed medications and can lead to increased feelings of depression. It can also cause inflammation, is hard on the liver, and is generally counterproductive to overall recovery.

Also, try to get your necessary vitamins and minerals from organic whole foods. Whole foods contain dozens (and sometimes hundreds) of vitamins, minerals, and phytonutrients which work synergistically for your health. Your body will use all of the substances within whole foods in the ways nature intended!

If using supplements, be aware that many ingredients in conventional vitamins are synthetic and therefore considered "foreign" by the body and are flushed from your system.

In addition, treatment for cancer in the form of chemotherapy, radiation, and surgery can take a toll on every cell in your body. Especially if you are undergoing chemotherapy, it may be difficult to eat regularly and consume the foods you usually enjoy. You may have a hard time keeping your food down and you may not feel like eating at all.

This is why you must make every calorie count.

Eliminating refined sugars and processed foods from your diet are excellent ways to boost your immunity, lower the toxicity in your system, and give your body the potent fuel it needs to keep fighting the good fight. To fight the growth of cancer cells, researchers have found that foods rich in the following nutrients are best. Add them liberally to your daily nutrition plan.







1 • **Curcumin:** Curcumin is a natural anti-inflammatory and experts have seen excellent results with bladder and gastrointestinal cancer. Dozens of studies²³ have postulated that curcumin, which is found in the root spice turmeric, interferes with cell-signaling pathways, making it more difficult for cancer to grow and spread. Turmeric is the most prevalent ingredient in curry powder and is what provides a bright yellow color to many Indian dishes.



2 • Beans: The fiber content of beans encourages better absorption of vitamins and minerals, smoother digestion, and regular flushing of toxins from your body. Dried varieties are best and can be added to a variety of recipes.







the fight against cancer, particularly prostate cancer.²⁴ Cooking tomatoes makes the lycopene more bioavailable than consuming them fresh. If you use canned tomato products, only purchase products that are labeled "BPA FREE." Tomato products sold in glass jars are an even better choice than cans.

3 • **Tomatoes:** Lycopene is the antioxidant that makes tomatoes a strong ally in

4 • **Folate:** Folate is one of the B-complex vitamins and makes it harder for cancer cells to take hold. Whole grains, asparagus, peanuts, dried beans or peas, spin-ach, and orange juice are the best sources for this crucial vitamin. Studies on folate and colorectal cancer have been fantastic. In an 8-year cohort study by the National Cancer Institute, researchers at the NIH Division of Cancer Epidemiology and Genetics and others found that "in this large prospective cohort study that cluded 8.5 y of post fortification follow-up, folate intake was associated with a decreased colorectal cancer risk." ²⁵

5 • **Garlic:** This potent ingredient has been tested with gastrointestinal cancers. While garlic is effective against cancer cells, researchers are still unsure if it prevents cancer cells from forming, prevents them from growing, or both. Either way, a garlic clove a day might be far more helpful than an "apple a day" when it comes to keeping cancer away.



6 • **Green and Black Tea:** Warm in the winter, iced in the summer, tea has shown incredible cancer-fighting ability. The antioxidant kaempferol²⁶ is especially promising in regard to breast cancer. No canned or bottled varieties though... brew organic teas yourself for a powerful cancer preventative.



7 • Vitamin D: This vitamin helps your body absorb calcium, inhibits the growth of cancer cells, and may improve survival rates. Food sources are eggs, shrimp, and salmon but sunshine exposure is your best source of vitamin D. Allow the sun to shine in the morning or late afternoon on half your body for 10 minutes a day to get the vitamin D you need. This can be a soothing method to not only get in your D, but also calm and relax you during the day.

If you are unsure about your D levels, be sure to get a vitamin D serum (blood) test. Individuals who are VERY LOW in vitamin D (under 25 ng/mL) may consider supplementation to get their levels up. Studies have found a direct correlation between vitamin D deficiency and reproductive cancers.²⁷

8 • **Berries:** As far as antioxidants go, berries are one of the best at fighting the oxidation that leads to DNA mutation and cancer. They are delicious and nutritionally







potent, so you can't go wrong adding a handful of organic blueberries, raspberries, blackberries, or black raspberries to your daily menu.
9 • Leafy Greens and Cruciferous Veggies: Kale, turnips, greens, and broccoli release a powerful antioxidant called sulforaphane when they are chewed. Sulforaphane has been shown to be effective in fighting and preventing colon, prostate, and breast cancers.²⁸ Consume these veggies raw or lightly steamed for the

most benefit. And even better yet are broccoli sprouts, which contain far more sulforaphane than mature broccoli.

10 • **Ginger:** This ancient root induces a process called apoptosis, which makes it a cancer and a diabetes protective.²⁹ Apoptosis is when cancer cells and other pathogenic cells commit suicide while leaving healthy cells untouched. You can add ginger to soups and sauces. It can also be soothing in teas and broths during intensive cancer treatment.

While no food on its own can "prevent" or "cure" cancer, having a nutrition plan that actively includes healthy choices such as the ones listed above are an inexpensive

and delicious method of preventing (and fighting) cancer that will benefit your entire body.

PART 6 The Breakdown on Sugars & Sweeteners

The quest for the perfect sweetener is something that has baffled consumers for decades. Let's face it – we love our sweets. Yet even as sugar consumption rises, so too does the public awareness that we're getting fatter and sicker every decade and too much sugar may be largely to blame.

This is why we are always searching for a "good for you" sugar substance that tastes exactly the same as the fine white substance we've known all our lives.

It seems there is always a "latest and greatest" product on the market which manufacturers claim has "all the sweetness and none of the bad stuff."

Companies like to throw around words such as "organic" and "100% natural" to sell their goods. Before you know it, there is a flood of advertising and brand placement to keep your mind on their packaging, their slogan, and how their particular product is so much different than others.

Of course, all this is nothing more than marketing. To understand what you're truly getting when you buy any form of sweetener, you have to examine what each one is made of, and how it is made as well.

Artificial Sweeteners - The Ultimate Villains

ASPARTAME (Equal[™], NutraSweet[™], Spoonful[™], Sugar Twin[™]) **SACCHARIN** (Sweet'n Low[™], Necta[™], Sweet Twin[™]) Sucralose (Splenda[™])

These particular bad guys aren't even wearing masks as they do their dirty work. Just how much food manufacturers "spin" the facts about these artificial sweeteners has been known for years.

No matter how they market these products, even the Sugar Association labels them as "artificial" sweeteners on their website.³⁰ The definition of "artificial" is something that is not natural or real yet is produced to make it seem as if it is something natural.³¹

All the substances listed above are forms of chemical poison, plain and simple.

Don't use them. Don't eat foods or drink beverages that are sweetened with them. If they can cause cancer in rats, the rational assumption is that they are horrible for your body too.³²



High Fructose Corn Syrup (HFCS)

As mentioned earlier, this little charmer is one of the most common additives to food and drinks in the United States. The media has been running steady campaigns on behalf of the corn industry for years which claim that HFCS is "natural" since it comes from corn.

In reality, nothing could be further from the truth. First is the fact that over 85% of the corn grown in the U.S. is genetically modified. Second is the fact that high fructose corn syrup does not retain a single nutritional component of corn. It is an industrial by-product, extracted from the stalk of the corn plant. Then it is chemically altered, high-heat processed, and produced cheaply. This makes it readily available to use in thousands of processed foods and beverages.

Because it is so inexpensive to make, HFCS has replaced cane sugar as the primary ingredient in almost every food considered "sweet." This includes ice cream, jams and jellies, syrups, cookies, cake mixes, peanut butter, and candy.

It is also used in many foods you wouldn't suspect would contain it, such as breads, macaroni and cheese, yogurts, cereal bars, frozen foods, pickles, tonic waters, condiments, salad dressings, and applesauces. Be sure to read those labels!

HFCS is not only cheaper than cane sugar, it is also sweeter. That is due to the fact that HFCS is a 55% fructose and 45% glucose compound. Your body shoots that fructose directly into your liver, which has been found to contribute to obesity as well as Non-Alcoholic Fatty Liver Disease (NAFLD),³³ a problem affecting approximately 70 million people and an increasing number of children.

The bottom line is that you don't want this product in your body if you want to prevent major diseases like cancer and live a truly vibrant life.

Refined Table Sugars

Also known as sucrose, table sugar does provide energy but offers zero nutritional value.

Similar to HFCS, more than 95% of table sugar produced in the United States comes from genetically modified sugar beet crops.



Fructose, on the other hand, is a substance that has no use in the human body.

When sucrose enters your body, it is broken down and separated into two simple sugars: **glucose** and **fructose**.

We need glucose just like every other living being on earth. Every cell in your body uses it for fuel. However, your body is able to create the glucose it needs from protein (a process called gluconeogenesis). So even if you don't consume any glucose your body can still produce enough of what it needs to function.

Fructose, on the other hand, is a substance that has no use in the human body. Your body doesn't make it and it doesn't process it well either. It can also cause spikes in insulin production, ultimately leading to various health issues such as insulin resistance, metabolic syndrome, and diabetes.

Although fructose is the primary sugar in fruit, fruit consumption is not the same as heavy consumption of sugars. Your body recognizes the natural fructose in fruit. Fruit also contains other phytonutrients as well as fiber that helps to process the fructose in a more beneficial way.

White sugar is bleached to make it sparkle. A by-product of the sugar refining process is molasses. Brown sugar is simply white sugar with a bit of the molasses put back in the mix.

Raw sugar is slightly less refined than white sugar but your body processes it in the exact same way and it is no better for you.

Pound for pound, whether you're talking about white sugar, brown sugar, or raw sugar... your body is probably getting too much of it and it needs to be reduced (if not stricken) from your nutritional plan.

Sugar Alcohols

These carbohydrates (also known as polyols) are less sweet than sugar and occur in nature. They are found in fruits and vegetables. Scientifically, they aren't actually "sugar" or "alcohol." Their overall impact on blood glucose levels is minimal because your body doesn't absorb these compounds the way it does sugar and there is no resulting insulin spike. They also have fewer calories and don't contribute to tooth decay, making them a first choice for gum manufacturers.

The most common sugar alcohol on the market is Xylitol, processed from berries, oats, cornhusks, and hardwood.

Keep in mind that you still need to guard intake of sugar alcohols and some consumers have

reported issues with diarrhea, bloating, and gas when using this form of sweetener in foods.

Agave Nectar (aka The Pretender)

Hailed over the last several years as the "next best thing" in sweeteners, agave nectar or syrup is cultivated from the agave plant. What appears on the market shelf does not resemble the original "natural" source at all, however. Agave syrup contains a whopping 80% fructose. Most products are also chemically processed. Scientists are currently researching agave's connection to metabolic disorders and insulin resistance.³⁴





True "Natural Sweeteners"

Natural sweeteners are determined by the "refining" process. The less steps a product goes through, the more natural it is, and the better it is for your body. Here are a few of the most common natural sweetening sources. Keep in mind, however, that if you are struggling with cancer, all forms of sweetener should be kept to a minimum since cancer cells have many times more cellular receptor sites for sugar than healthy cells do!³⁵

Honey has been used by human beings for almost ten thousand years. It contains minerals, enzymes, and vitamins that have been found to be antibacterial, anti-microbial, anti-viral, and anti- inflammatory. It contains calories but research shows that the insulin increase from honey is slower and less dramatic than table sugar.

Delicious, nutritious, and natural when purchased "organic" and "raw" (and ideally local), honey should still be used in moderation.

Maple Syrup is produced simply, by withdrawing the sap from sugar maple trees and boiling it down to evaporate water content. That is basically the extent of the refining process. Further boiling results in maple sugar. Until the honey bee's appearance in the 1600s, maple sugar was the only sweetener available in North America.

Molasses is a byproduct of the sugar refining process. When all the nutrients are stripped from the sparkling white table sugar, molasses is where they end up. The flavor can be strong and unique. When used sparingly, it provides a unique sweetness to baked goods and can also be added to meat marinades.

Coconut Sugar occurs when juice is distracted and boiled down to crystal form. The production of this sugar remains small, so color and texture vary from brand to brand. Sweet but mild, the flavor is particularly good when used with marinades or curries.



Date Sugar is the result of dried dates that are ground into powder. Though it doesn't dissolve well in liquid, it's excellent in baked foods in place of brown sugar (and is a bit sweeter).

Stevia comes from a sweet herbal plant that originates in South America but it is only "natural" when used in the green form. Those are the leaves which have been dried and ground into powder.

Stevia that is white or clear has been chemically processed and is no longer "natural" – it should be avoided unless you can find a source that is processed in the most natural way possible. Ancient tribes used this herb as a contraceptive so this is not the sweetener you should use if you're trying to get pregnant.

Monk Fruit: When monk fruit, also known as luo han guo, is processed into a powder, it creates a compound called mogroside, which gives it its sweetness. The good news about monk fruit is that, like stevia, it will not create an insulin response in most people. So it is great for those with diabetes or pre-diabetes.

A Final Note... All "sweeteners" should be used in moderation. As one of cancer's favorite building blocks and sources of fuel, limiting your diet of all forms of sugar is your best choice. When you need a sweetener, choose the least refined options available to you.



PART7 Recipes With Real Natural Sweeteners



Annie's Vanilla Ice Cream (Xylitol)

INGREDIENTS

2 cups half-n-half, chilled
½ cup milk, chilled
1 cup heavy cream, chilled
²/₃ cup Xylitol
½ cup powdered honey
2 teaspoons pure vanilla extract
Pinch of salt - optional

DIRECTIONS

In a large bowl, whisk all ingredients together.

Turn on your ice cream maker.

Mix and freeze according to your ice cream maker's directions.

Freeze for 1 hour and serve.

For all recipes, please use fresh, organic, locallygrown ingredients whenever possible, including organic, non-irradiated spices. This will give you the maximum cancer-fighting benefits.

Old Fashioned Lemon Scones (Honey)

INGREDIENTS

⅓ cup firm butter
⅓ cups white wheat or whole wheat flour
⅓ cup oats
⅓ tablespoons honey
⅔ teaspoons baking powder
² teaspoons grated lemon peel
² tablespoons lemon juice
⅓ teaspoon salt
1 large egg, beaten
4 tablespoons half-and-half or coconut milk
For egg wash: 1 large egg, beaten

DIRECTIONS

Pre-heat oven to 400 degrees.

Mix all the dry ingredients in a large bowl and then cut butter in using a pastry blender or crisscrossing 2 knives in the mixture until it looks like pea sized crumbs.

Stir in orange juice, peel, and egg. Stir in the half-and-half or coconut milk until the dough leaves the sides of the bowl.

Turn the dough onto a lightly floured surface and knead 10 times. Then roll or mash the dough down with your hands until it is basically a rectangle about 1/2 inch thick. Use a knife or cookie cutter to cut diamond shapes into the dough.

Place them on a parchment paper lined baking tray. With a pastry brush (or a spoon) brush the top and sides with the egg wash.

Bake 10-12 minutes until golden brown.

Best served warm with sugar-free jam, creamed honey, sweet butter, or all three!



Peanut Butter Chocolate Chip Blondies (Coconut Sugar/Molasses)

INGREDIENTS

- 1 cup unsalted butter, softened 1 cup natural creamy peanut butter 2 ½ cups coconut sugar 1 tablespoon molasses
- 4 large eggs, at room temperature
- 1 tablespoon pure vanilla
- 3 cups Spelt flour
- 1¹/₂ teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon pink salt

1 ½ cups sugar-free chocolate chips or coarsely chopped chocolate

DIRECTIONS

Preheat oven to 350° and grease 9x13 baking dish.

In large bowl, cream butter and peanut butter together until fluffy. Add coconut sugar and mix until combined.

Add molasses, eggs, and vanilla. Mix until incorporated on low speed.

On low speed, add the flour, baking powder, cinnamon, salt, and chocolate chips slowly.

Mix until everything is combined.

Pour into prepared dish and bake in center of oven for 26-28 minutes or until the edges are golden brown and a toothpick inserted comes out clean.

Allow to cool for a few minutes before cutting.

Dairy-Free Almond Banana Blintzes (Stevia)



WHOLE WHEAT CREPES

 large egg
 cup almond milk
 tablespoon coconut oil, melted and cooled
 teaspoon vanilla
 teaspoon pink salt
 drops liquid Stevia
 teaspoon coconut oil
 cup whole wheat flour

DIRECTIONS

In a medium sized bowl, beat eggs and milk together. Add rest of wet ingredients and whisk well. Add the 3/4 cup wheat flour and whisk vigorously until batter is smooth.

If batter is too runny, add another tablespoon of flour. If your flour is super heavy and the batter is too thick, add a little bit more milk. Wheat crepes can be a bit more temperamental than regular crepes, in that if the batter is too thick, your crepes will not cook smoothly. The batter should be thinner than pancake batter, thick but still runny.

On a heated nonstick fry pan, melt ¼ teaspoon of coconut oil in your fry pan to lightly oil the pan. Once the oil is melted and hot, pour batter into pan, rotating quickly to create a thin crepe. Cook until bubbles form on the crepe and edges are cooked and lifted from the pan. Flip your crepe and cook the other side. Add another ¼ teaspoon of oil as needed, every 2 crepes or so. Wheat crepes should be thin and golden brown.

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Dairy-Free Almond Banana Blintzes (Stevia)



¼₃ cup frozen strawberries
1 tablespoon almond milk
½ teaspoon pure vanilla extract
Stevia to taste (4-5 drops)

For the strawberry sauce, combine all ingredients in a blender and blend until smooth and creamy. If you prefer your sauce to be thicker, decrease or omit the almond milk.

FILLING:

2 large bananas, sliced ⅓ cup almond butter

ASSEMBLY:

Spread almond butter over one side of warm crepes and top with sliced bananas. Roll crepe together and top with strawberry sauce. Optional topping: ¼ cup toasted almonds or raisins. Makes 6 medium/large blintzes

PART 8 Your Cancer-Fighting Arsenal

In 2018, an estimated 1.7 million people were expected to be diagnosed with cancer in the United States alone.³⁶ Experts believe that of those diagnosed, more than half a million will die from the disease.

Cancer is the second highest cause of death in the United States.

The financial burden to patients, their families, and society at large is astronomical but that is nothing in comparison to the mental, emotional, and physical toll this deadly disease leaves on so many lives. There are no positive takeaways where cancer is involved.

Some "Eye-Opening" Facts about Cancer

Did you know that every 1 in 2 men and every 1 in 3 women will be diagnosed with cancer at some point within their lifetimes?

Did you know that every 2.5 seconds someone is diagnosed with cancer and every 4 seconds, a life is taken by the disease?

Did you know that cancer is expected to surpass heart disease as the leading cause of death in the United States and it is already the leading cause of death in Canada?



It's time to take matters into our own hands and to be proactive in the fight against cancer.

There is Good News

Cancer is preventable and it is curable.

Every single day, tens of thousands of people just like you are stopping cancer from destroying their bodies and taking their lives.

It's time to take matters into our own hands and to be proactive in the fight against cancer. It is time to educate ourselves about real prevention and treatments that work, whether they make media headlines or not.

It's important to add to your arsenal of weapons against disease.

That's why we've put together a list of recommendations featuring our favorite, powerful cancer-fighting resources ranging from our most well-known books to Paul Barattiero's The Synergy Sauna[™].

Visit TTAC's Product Page



After losing several family members to cancer (including his mother and father), Ty Bollinger refused to accept the notion that chemotherapy, radiation, and surgery were the most effective treatments available for cancer patients. He began a quest to learn all he possibly could about alternative cancer treatments and the medical industry.

Ty has now made it his life's mission to share the most remarkable discovery he made on his quest: the vast majority of all diseases (including cancer) can be easily prevented and even cured without drugs or surgery.

Ty is a happily married husband, the father of four wonderful children, devoted Christian, best-selling author, medical researcher, talk radio host, health freedom advocate, former competitive bodybuilder, and also a certified public accountant.



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