

**ELIMINATE CANCER'S
FAVORITE BUILDING BLOCK
FROM YOUR DIET**



The **TRUTH** About
CANCER
educate • expose • eradicate

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 seemingly harmless sugar.

The *University of Copenhagen* found 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 than "present" – it is actively encouraging and aiding the growth of malignant cancer cells.

For decades, researchers knew about the presence of the sugar molecules but it was only recently that they understood the connection between sugar and cancer.

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 uses sugar as a fuel source – it also uses fat and protein.

Not all **food fuel** is created equal. Not all "sugars" are fuel sources you want in your body.

A product such as HFCS is *not the same* as eating fresh organic corn and the assumption that "it's made from corn" so therefore is "natural" is a dangerous one for anyone trying to prevent cancer, fight cancer, or keep cancer from coming back.

Here, we'll give you the breakdown on the latest science about sugar. We're going to talk about what sweeteners are out there and which ones are 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 – the science – between sugar and cancer is real. Not because a *grain of sugar* is cancerous in and of itself but because *the way your body reacts to that sugar* leads to cancer...and that fact is one that the food manufacturers don't want you to know or accept. They certainly don't want you to choose alternative sources of energy.



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, offering comfort and respite.

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

Refined sugars (candy or baked goods made from white flour, for instance) produce a bigger insulin release. Complex carbohydrates (such as vegetables and whole grains) cause a slower release. Insulin then triggers the amino acid tryptophan, which then leads to the production of the neurotransmitters *serotonin* and *beta-endorphin*.

They 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 positive *psychological* associations that you might have carried from childhood.

Sugar – in the form of candy or other treats – has been used as a “reward” system for thousands of years. It plays an enormous role in our holidays, birthdays, and other celebrations.

In effect, sugar is considered an incentive for “good” behavior in many areas of our lives. We get positive reinforcement *and* it makes us feel good.

What's the harm in that?

The immediate effect of sugar is only **temporary**. Within *thirty minutes*, your system will use up those “feel good” chemicals – going from a sugar high to a sugar low *just like that*. The result may make you feel tired, irritable, or even a little down. You want the experience again so you have a few more pieces of candy or drink another soda...and the process repeats.

Over time, your body becomes conditioned to sugar highs but it is the long-term, devastating effects to your entire body that is most terrifying.

Sugar is your *enemy*.

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 what it does have.

Such a side effect is especially dangerous to cancer patients and for those in remission.

Already dealing with compromised immune systems, cells ravaged by treatment drugs, and the extreme stress of the disease itself, it is critical that those patients who have been through the cancer grindstone make every calorie count to optimize recovery chances.

How much sugar is too much?

PART 2

Is There Such a Thing as Sugar Addiction?

The World Health Organization (WHO) recently cut recommended calories from sugar from 10% to 5% – less than six teaspoons (25 grams) per day for an adult. Children should consume no more than three teaspoons (12 grams) daily.

***A single can of soda contains approximately
10 teaspoons of sugar!***

The American Heart Association (AHA) agreed in the medical journal *Circulation*, “Added sugars, such as high-fructose corn syrup or ordinary table sugar...are likely responsible for the increase in calorie consumption and the subsequent rise in obesity of the past few decades. Naturally occurring sugars in fruits, vegetables, low-fat dairy, and whole grains don't need to be avoided, and make up part of a healthy diet.”¹

Drastic Increase in Sugar Consumption

It's no secret that average health is declining on a cellular level. 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.



Bear in mind that the statistics below are the average.

There are many people who cannot tolerate sugar in their diet and others who simply don't prefer it. That means there are people who consume far *less* sugar or none and those who consume far *more*... which 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: (half of the US population)
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.²

Based on the increase in consumption over the past 300 years, Dr. Stephan Guyenet determines the American diet will be based **100% on sugar** by year 2606.³

Sugar has zero nutritional value. It's empty of vitamins and minerals and 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 ten 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). In the United States, HFCS is the

single largest source of caloric intake.

Highly addictive HFCS contains unbound fructose and glucose (unlike table sugar) 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...fat.

41 states in the U.S. currently have an obesity rate higher than 25%.⁴

According to Dr. Joseph Mercola, "Fructose also tricks the body into gaining weight by fooling your metabolism." He 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) which causes a disconnect with leptin (the "satiety" or "fullness" hormone). These factors work together, allowing you to eat more and edging you toward insulin resistance.⁵

We are consuming more sugar than ever in history 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."⁶

As discussed, sugar affects the pleasure center 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. Symptoms that are frighteningly similar to what substance abusers experience when going through detox.

The question of sugar addiction has led to “detox diets” specifically aimed at removing it from your nutritional plan.

Are human beings eating *that* much? Yes. 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.

Symptoms of Sugar Addiction

- ✓ Inability to go without high-sugar foods and/or beverages.
- ✓ Your behavior is different when you don't get “enough” sugar.
- ✓ Daily sugar cravings – no matter the time of day or night.
- ✓ Lack of control over how much you eat and/or drink.

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 linked to sugar consumption and backed up by scientists from around the world, in almost every area of expertise.

- ▶ **Heart Disease**
- ▶ **Liver Disease**
- ▶ **Alzheimer's Disease**
- ▶ **Diabetes**
- ▶ **Metabolic Syndrome / Insulin Resistance**

All of the diseases listed above are bad news but we're going to focus on the connection between **SUGAR** and **CANCER**.

It is oversimplified 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 big 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 sugars that you consume (both simple and complex carbohydrates) send a message to your pancreas that you need

**"Remove all sugar
from your body
or you'll end up
with cancer."**

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 others). As you consume more and more high-sugar foods, your pancreas releases greater and greater amounts of insulin.

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

Scientists estimate that 70 million people in the United States are insulin resistant.

Ultimately, your pancreas gets tired and 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 relatively simple that it's frightening. Insulin promotes *healthy and non-healthy* cell growth.

Cancer relies on insulin for fuel to grow, multiply, and spread.

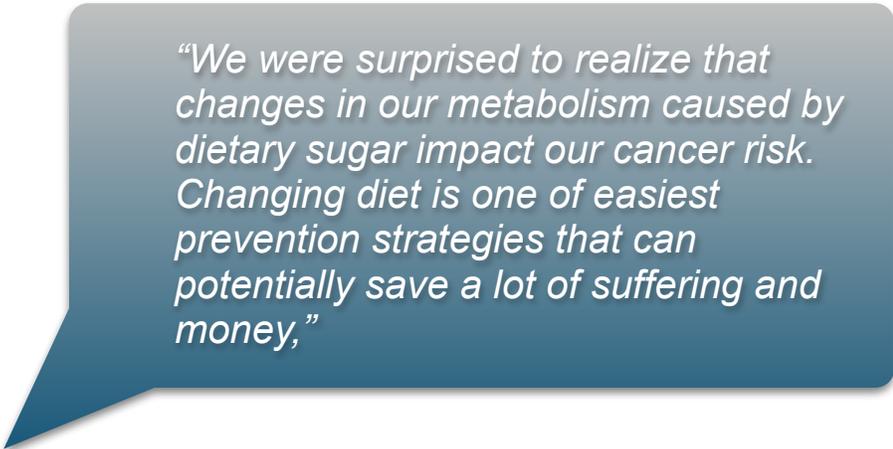
CEO of Memorial Sloan-Kettering Cancer Center, Craig Thompson, explained that the more insulin you have in your body, the more cancer will thrive.

Research done at Harvard Medical School's Cancer Center found that **80% of all cancers** will mutate and mimic the effect of insulin. In fact, their current research is focused on finding an "insulin inhibitor" for use in cancer treatment.⁷

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. Though obesity has been linked to increase risk of diabetes for many years, the link between obesity and diabetes to cancer wasn't as well known.

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



"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 strategies that can potentially save a lot of suffering and money,"

University Rey Juan Carlos scientist, Dr. Custodia Garcia-Jimenez said of their recent study published in *Molecular Cell*.

In response to the report, Professor of Oncology at the University of Oxford, Colin Goding, had this to say, "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."⁸

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 only present – they are aiding the growth of the cancer itself.

Catharina Steentoft at Copenhagen Center for Glycomics surmised, “When 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.”⁹

More Work to Be Done

Certainly, more research must be done. 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 now. Now that they know, perhaps we can make progress.

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 4

Did 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 2008, in a move that enraged environmental and health activists, the United States Department of Agriculture (USDA) deregulated the sugar beet crop.¹⁰

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

The initial scientific data – which will get far worse in the decades to come – is already beginning to connect genetic modification to countless health and environmental problems.

- ▶ 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 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.¹¹ You can search by category, brand, or product name to discover if commonly used ingredients and foods you regularly consume are certified GMO-free.

To fight cancer, keep cancer out of your life, and improve your chances of remaining cancer-free...the importance of eating true organic foods cannot be stressed enough.



The infographic features a green seal on the left that reads "ECO PRODUCT", "Organic Food", "GMO FREE", and "NATURAL PRODUCT". To the right, the title "3 SIMPLE WAYS TO AVOID GMO'S" is followed by three numbered steps. Step 1: "BUY ORGANIC" - Certified organic products cannot intentionally include any GMO ingredients. Step 2: Look for "Non-GMO Project" verified seals. Step 3: Avoid at-risk (GMO) ingredients including soybeans, canola, cottonseed, corn, and sugar from sugar beets. A "NON GMO PROJECT VERIFIED" seal is shown next to step 2. The website www.thetruthaboutcancer.com is listed at the bottom right.

3 SIMPLE WAYS TO AVOID GMO'S

- 1 BUY ORGANIC** - Certified organic products cannot intentionally include any GMO ingredients.
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www.thetruthaboutcancer.com

TOP 10 GMO FOODS TO AVOID

1. SOY
2. CORN
3. CANOLA OIL
4. POTATOES
5. MILK
6. SUGAR
7. TOMATOES
8. ZUCCHINI
9. FARMED SALMON
10. PAPAYA

WWW.THETRUTHABOUTCANCER.COM

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, beating it, and making sure it *never* comes back.

Alcohol should be avoided during and after cancer treatment as a general rule as it may interact with prescribed medications, increase feelings of depression, and cause inflammation that is counterproductive to overall recovery.

Try to get your necessary vitamins and minerals in **whole foods** rather than supplements. Your body can process food far more efficiently and uses everything. The majority of ingredients from manufactured vitamin supplements are considered “foreign” by the body and flushed from your system.



Treatment takes a toll on every cell in the body. It may be difficult to eat regularly and foods you usually enjoy may be hard for you to eat or keep down.

You must make every calorie count.

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.

Top Ten Cancer-Fighting Foods:

- 1. Curcumin:** Naturally anti-inflammatory, experts have seen excellent results in regards to bladder and gastrointestinal cancer. Unsure how it works, scientists state that the spice interferes with the cell-signaling pathways, making it almost impossible for cancer to grow and spread. It is the most prevalent ingredient in curry powder and is what provides the bright yellow color.
- 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.
- 3. Tomatoes:** Lycopene is the antioxidant that makes tomatoes a strong ally in the fight against cancer and the concentration is higher in canned tomato products than fresh. That makes it available year-round. In trials to date, they show the highest effectiveness on prostate cancer.
- 4. Folate:** Otherwise known as one of the B-complex vitamins, folate makes it harder for cancer cells to take hold. Whole grains, asparagus, peanuts, dried beans or peas, spinach, and orange juice are the best sources for this crucial vitamin. Many pasta and bread manufacturers fortify their products with folate. Studies on folate and colorectal cancer have been fantastic.
- 5. Garlic:** This potent ingredient has been tested with gastrointestinal cancers and researchers are unsure if it prevents cancer cells from forming or prevents them from

- growing. Either way, a clove a day might be far more helpful than an apple.
- 6. Green and Black Tea:** Warm in the winter, iced in the summer, tea has shown incredible cancer-fighting ability. The antioxidant kaempferol is especially promising in regards to breast cancer. No canned or bottled varieties...you need to brew it yourself!
 - 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 all you need. It's a soothing (and non-food) method of aiding your treatment.
 - 8. Berries:** As far as antioxidants go, berries are one of the best at fighting the oxidation that leads to DNA mutation and cancer. Delicious and nutritionally potent, you can't go wrong adding a handful of blueberries, raspberries, or blackberries to your daily menu.
 - 9. Leafy Greens and Cruciferous Veggies:** Kale, turnips, greens, and broccoli being chewed releases an antioxidant called sulforaphane that has been effective in fighting and preventing colon and prostate cancers. The closer to raw that you can eat them, the better the result.
 - 10. Ginger:** This ancient root induces a process called apoptosis – cancer cells commit suicide and leave the rest of the healthy cells around them unharmed. In essence, the cancer cells eat themselves instead of healthy tissue. Though human trials are planned, the effectiveness against ovarian cancer cells in lab animals has researchers excited to get started. Add to soups

and sauces. Also soothing in teas and broths during intensive cancer treatment.

Limiting refined sugars, saturated fats, and red meats from your diet are also 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.

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 and Sweeteners

The quest for the perfect sweetener is something that has baffled consumers for decades. We love our sweets and even as sugar consumption rises, so too does the public awareness that we're getting fatter and sicker every decade.

We're always searching for that "good for you" sugar that tastes exactly the same as the fine white substance we've known all our lives. The one additive that won't force change to our eating habits but will allow us to remain healthy and fit.

It seems there is always a "latest and greatest" product on the market that is "all the sweetness, none of the bad stuff." They like to throw around words such as "organic" and "100% natural" to sell their goods and before you know it, there is a flood of advertising and brand placement to keep your mind on their packaging, their slogan, and how *this product* is different.

Those are nothing more than marketing tools. To understand what you're *truly* getting when you buy any form of sweetener, you have to examine them one by one.

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.¹² The definition of "artificial" is something not natural or real; made, produced, or done to *seem* like something natural.¹³

The stuff is chemical poison, *plain and simple*.

Don't use it. Don't eat foods or drink beverages that are sweetened with it. If it causes cancer in rats, the safe and rational assumption is that it is horrible for *your* body.

High Fructose Corn Syrup (HFCS)

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 that HFCS is "natural" because it comes from corn. We could further discuss the fact that 85% of the corn grown in the U.S. is genetically modified but let's stick with the primary ingredient.

By the time the end result is created, 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, chemically altered, high-heat processed, and cheap.

Because it is so inexpensive to make, it replaced cane sugar (already used in massive doses) as the primary ingredient in almost every food considered “sweet” such as ice cream, jams and jellies, syrups, cookies, cake mixes, peanut butter, and candy.

It is also used in many foods you wouldn't suspect and may be buying based on the advertising. Check out the labels on breads, macaroni and cheese, yogurt, bread, cereal bars, frozen foods, peanuts, pickles, tonic water, condiments and salad dressings, and applesauce.

HFCS is not only cheaper than cane sugar, it is sweeter. That is due to the 55% fructose and 45% glucose compound. Your body shoots that fructose directly into your liver, which has been found to contribute to Non-Alcoholic Fatty Liver Disease (NAFLD), a problem affecting approximately 70 million people. It is also directly linked to the obesity epidemic happening in the Western hemisphere.¹⁴

You don't want this product in your body. You truly don't...and neither does your liver.

Refined Table Sugars

Also known as sucrose, table sugar does provide energy but offers zero nutritional value. More than 90% of table sugar produced in the United States comes from genetically modified sugar beet crops. Again, we'll focus on the sugar here.

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 and if you don't provide enough of it in your diet, your system will produce it.

We do not need fructose, your body doesn't make it, doesn't process it well, and it causes spikes in insulin production – ultimately leading to various health issues such as insulin resistance, metabolic syndrome, and diabetes.

Though fructose is the primary sugar in fruit, heavy fruit consumption is not the same as heavy consumption of sugars. Your liver likes the natural fructose in fruit. It doesn't like the fructose found in refined sugars.

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 from your nutritional plan.

Sugar Alcohols

These carbohydrates (also known as polyols) are less sweet than sugar and occur in nature, 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.

You still need to guard intake and some consumers have reported issues with diarrhea, bloating, and gas when using this form of sweetener in foods.

Agave Nectar - The Pretender

Hailed over the last few 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. Touting a whopping **80% fructose** and chemically processed, agave is *already* being researched in connection to metabolic disorders and insulin resistance.

True “Natural Sweeteners

Natural sweeteners are determined by the “refining” process. The less steps a product goes through, the more natural it is, and that is better for your body. These are a few of the most common – though not as widely used.

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,” honey should still be used in moderation.

Maple Syrup is produced by withdrawing the sap, boiling it down to evaporate water content, and that is basically the end 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 to those in North America.

Molasses is a by-product 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 but used sparingly, it provides a unique sweetness to baked goods and 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. Ancient tribes used this herb as a contraceptive so this is not the sweetener you should use if you're trying to get pregnant.

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.

PART 7

Recipes with Real Natural Sweeteners

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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
1 ½ teaspoon baking powder
½ teaspoon cinnamon
½ 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.



Old Fashioned Lemon Scones (Honey)

Ingredients

1/3 cup firm butter
1 1/4 cups white wheat or whole wheat flour
1/2 cup oats
3 tablespoons honey
2 1/2 teaspoons baking powder
2 teaspoons grated lemon peel
2 tablespoons lemon juice
1/4 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 degree.

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 was 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!



Annie's Vanilla Ice Cream (Xylitol)

Ingredients

2 cups half-n-half, chilled
½ cup milk, chilled
1 cup heavy cream, chilled
⅔ 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.



Dairy-Free Almond Banana Blintzes (Stevia)

Ingredients

Whole Wheat Crepes:

- 1 large egg
- 1 cup almond milk
- 1 tablespoon coconut oil, melted and cooled
- $\frac{3}{4}$ teaspoon vanilla
- 1 teaspoon pink salt
- 5 drops liquid Stevia
- 1 teaspoon coconut oil
- $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ teaspoon of oil as needed, every 2 crepes or so. Wheat crepes should be thin and golden brown.

Strawberry Sauce:

- $\frac{1}{3}$ cup frozen strawberries
- 1 tablespoon almond milk
- $\frac{1}{2}$ 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

1/3 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: 1/4 cup toasted almonds or raisins. *Makes 6 medium/large blintzes*

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PART 8

The Quest for The Cures

In 2014, an estimated 1.6 million people will be diagnosed with cancer in the United States alone. Experts believe that of those diagnosed, more than *half a million* of those patients will die from the disease.¹⁵

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

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 when 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 within five years, cancer will surpass heart disease as the leading cause of death in the United States and it is *already* the leading cause of death in Canada and Australia?

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** (and/or preventing it) from destroying their bodies and taking their lives.

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

It could save your life or the life of someone you love.

In "The Quest for The Cures," you'll hear from 40+ doctors, researchers, experts, and survivors will show you exactly how to prevent and treat cancer.

Real world, real science, real survival.

Take the first step toward making sure your life and the lives of the people you care about remain free from the blight of cancer. [Begin your own "The Quest for The Cures" right now.](#)

ABOUT THE AUTHOR

Ty Bollinger is a happily married husband and father, a CPA, health freedom advocate, health researcher, former competitive bodybuilder, talk radio host, and best-selling author of 7 books on natural health. He speaks frequently to health groups, at seminars, expos, conferences, churches, and is a regular guest on multiple radio shows, television shows, and writes for numerous magazines and websites. He also co-hosts a weekly radio show (along with Robert Scott Bell) called “Outside the Box Wednesdays” which is syndicated on the GCN Radio Network and NaturalNews.com.



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