

Why Sugar?

- One of the two foods cancers use for energy comes from Sugar (Hint: Glucose)
- Sugar is **ADDICTING**
- Sugar is “**EMPTY Calories**”
- Sugar overload can damage blood vessels (Hint: Diabetes)
- Our ancestry (Hint: CaveDwellers) did not have sugar **THUS**, we don't have defences for it.
- Sugar **OVERLOAD** is the scourge of modern humans.

The body can make the Glucose component of sugar (Hint: Table Sugar is a disaccharide) in a natural way from most foods in a manner that will not cause a large **SPIKE** in blood sugar. The brain uses Glucose almost exclusively for energy. **AND, AND** so do Cancer cells and pre-cancer cells. It is the large spike in blood sugar that are the culprit so eating fats and proteins **BEFORE** eating candies is a protector. That is why mashed potatoes cause a higher blood spike of glucose than does ice cream. The fat in ice cream slows the absorption. **But**, you don't get away “Scott Free” with ice cream. Ice cream has dairy sugars (Hint: Lactose, [a Disaccharide a lot of adults cannot digest]) and harmful proteins a lot of people cannot tolerate. Remember, dairy milk has almost three times the proteins in it than human milk. That is not good. Ask yourself this question. “Can a calf thrive on human milk?” **ANSWER: NO, NO, NO!**

Why then is dairy so prevalent in our food chain? We can thank the Mongols (Hint: [Genghis Khan](#)) for that and we can be thank him as to why dairy products are not a part of traditional Chinese foods. (Hint: The Chinese didn't like the invading Mongol's foods particularly dairy.) A nice little history trivia there.

Okay, back to SUGAR.

How do we break this hold on us, this sugar **addiction**, we are saddled with by the food industry? Yes, that is the great question. Science shows us that the Fasting Mimicking Diet can **KILL** cancer cells and pre cancer cells. There is another technique too. **AVOID** sweets on their own. Have sweets after some level of fats (oils) in order to balance out the blood spike. **AND, STOP** having deserts after meals.

- Get your sweets from fruits instead
- Or, train your body to adapt to no sugars
- Keep you body full with water, fiber and vegetables.

Ah, now about kids. Try not to be too much of a stickler with kids. They will get candies from their peers. Don't make a big deal out of it or you will alienate them.