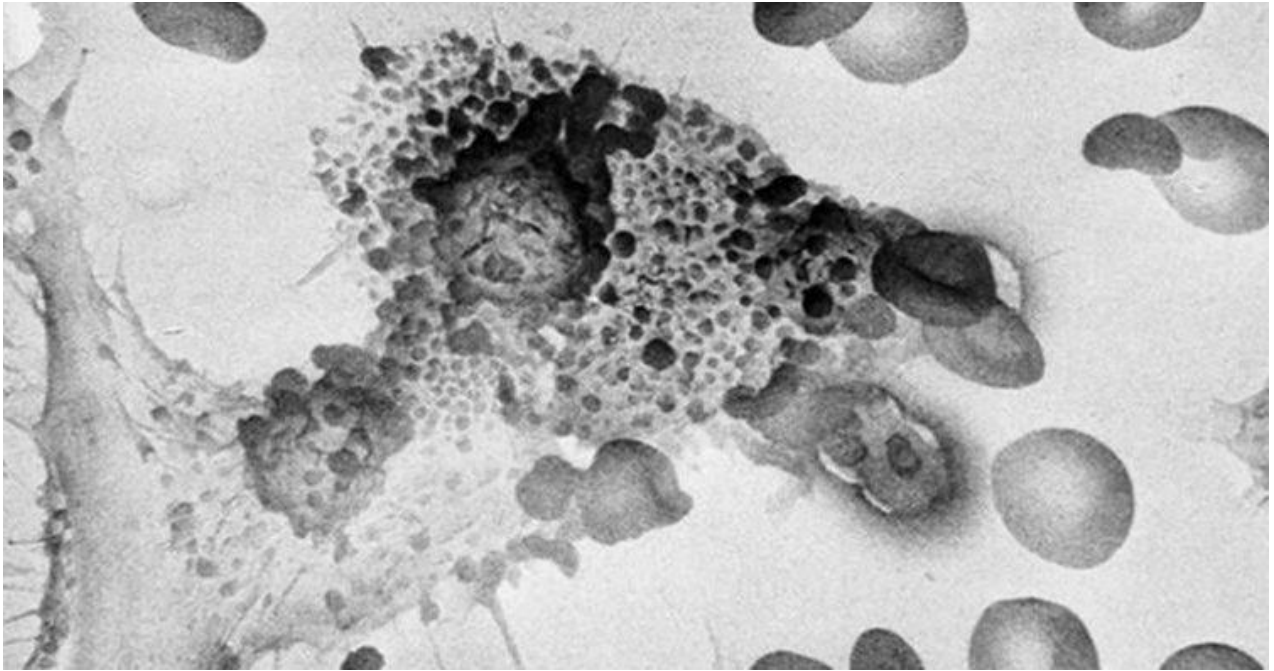


REMOVING REFINED SUGAR FROM YOUR DIET CAN ACTUALLY 'STARVE' CANCER CELLS



Cancer rates are on the rise, and there are many factors that cause cancer that range from our environment to our emotions. But, food is everything, what you eat is what radiates out. There is a way to cut something out of your diet and make your body thrive.

Cancer's Fuel – Dextrose Sugar

[Dr. Otto Warburg](#) along with other health experts have been talking about how cancer loves sugar since the 1920s. Surprisingly many doctors don't tell their cancer patients that as long as they continue to eat processed foods full of the stuff, they will likely have a more difficult time fighting this disease.

The [German physiologist](#), leading biochemist, medical doctor, and Nobel laureate was convinced that you could starve cancer right out of the body. While it may not always be that easy, this is something that could significantly change the game.

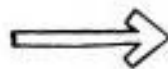
His theory was that malignant cells and tumor growth was caused by cells that generated energy via [adenosine triphosphate \(ATP\)](#) through a nonoxidative breakdown of glucose (dextrose sugar). The recycling of the metabolite from this process called [glycolysis](#) and the circulation of [adhA](#) back into the body caused [anaerobic respiration](#). This is the reverse of what happens with healthy cells. Apples have lots of fiber and natural fructose which does not feed cancer.

Sugar Substitute

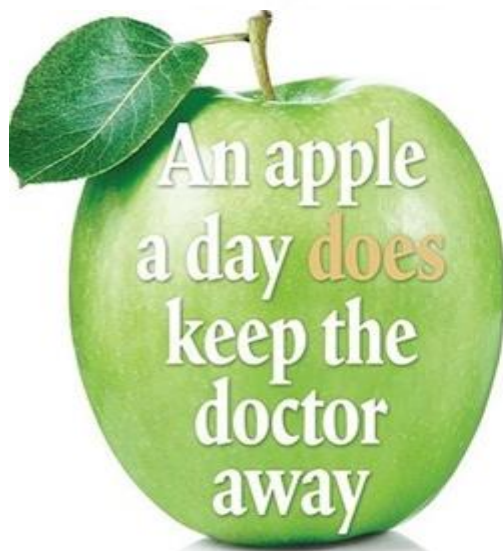
**Use Equal Parts fine ground
Apple Sauce for sugar in all recipes**



sugar



applesauce



Health Benefits of Apple

- Bone Protection
- Asthma Help
- Lung, Breast, Colon, Liver Cancer Prevention
- Alzheimer's Prevention
- Lower Cholesterol
- Diabetes Management
- Weight Loss



Healthy, non-cancerous cells generate energy for the body to use through the oxidative breakdown of pyruvate, the end product of glycolysis, which leads to oxidized mitochondria. He therefore concluded that cancer was really a [mitochondrial dysfunction](#). The normal process of respiration of oxygen in the

body is changed to the fermentation of dextrose sugar. If you [remove this sugar](#), the body should not develop cancer.

The connection between [sugar and cancer](#) development is certainly not new. Most people can easily remove the obvious culprits that are full of refined sugar – cakes, candies, cookies, etc. The problem is that many foods which are packaged and sold in the US and in other countries are [full of refined sugar](#), but are hidden in the packaging labels. Products like ‘healthy’ yogurt, cereals, whole wheat or whole grain breads, and even ‘low-calorie’ items can be full of bad sugar.

The easiest way to eliminate unwanted refined sugars is to stop buying ‘convenience’ or pre-packaged foods, and at least temporarily, don’t eat out at restaurants – many dining establishments source their food from big companies that ‘season’ their food with lots of sugar and salt to make it more palatable after being frozen and shipped across the country in trucks.

Even just salad dressings can be loaded with bad sugar. To deal with cravings for refined sugary foods, increase your plant-based, fruits and healthy animal based proteins (no red meat) and eat more nutrition-packed foods. Eat an Apple a day, it does keep cancer away. Eat Apple seeds to use a natural chemotherapy. Do not eat over 12 a day.



Rich in Laetrile (B17 cyanide), Apple seeds are slightly poisonous to cells but extremely poisonous to cancer cells. Eat the seeds of 1 or 2 apples a day to kill your cancer or prevent cancer if over 60.

Sources:

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