

A CANCER-FIGHTING DIET

The Truth About Sugar

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Disclaimer

All materials provided today is for information and educational purposes only. This program is not a substitute for medical care nor a substitute for consultations with your healthcare professional.

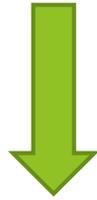
It is not intended to provide you with medical advice. Please discuss all medical and nutrition questions with your healthcare provider.

Objectives

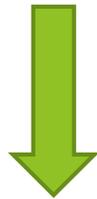
- ▶ Is there a connection between Sugar - Inflammation - Disease
- ▶ What is a “cancer fighting diet”
- ▶ Foods to focus on / foods to avoid
- ▶ How much sugar is too much sugar
- ▶ Types of sugar- are sugars all the same
- ▶ Where is sugar hiding
- ▶ Best practices to reduce sugar intake

Is there a connection between Sugar - Inflammation - Disease

Sugar



Inflammation



Disease

Sugar

“Unfortunately, **sugar is on top of the list of foods** that may increase muscle and joint inflammation. Numerous studies suggest that **processed sugars release pro-inflammatory substances in the body**, causing further inflammation in the joints.”

Cary Orthopaedics

“A systematic review from 2018 reported that several studies have linked consuming more dietary sugar – **especially from sugary drinks** – with ***chronic inflammation***. People with higher sugar diets have more inflammatory markers in their blood, including a marker called C-reactive protein.”

Medical News Today

“***Sugar clogs nutrient channels***, weakens bone and muscle and slowing neural communication, which can impair mood and memory and lead to dementia. While all this is going on, ***sugar stiffens the collagen in your tendons, joints, and skin***, causing arthritis and ***premature wrinkling***, while interfering with the production of new collagen throughout the entire body.

And because sugar ***changes the surface markers your white blood cells*** need to distinguish indigenous cells from invaders, it opens the door to cancer and infection.”

Deep Nutrition by Dr. Catherine Shanahan

Inflammation

- ▶ **Acute inflammation** is a natural, healthy process that helps your body heal. White blood cells flood to the scene destroying bacteria, mending tissue and attending to the wound.
- ▶ **Chronic inflammation** is also referred to as slow, long-term inflammation lasting for prolonged periods of several months to years.
- ▶ The extent and effects of **chronic inflammation** vary with the cause of the injury and the ability of the body to repair and overcome the damage. *It's like a forest fire that never goes out.*
- ▶ Recent research suggests that **chronic inflammation** is associated with many modern illnesses/disease including obesity, heart disease and cancer.

“Chronic inflammatory diseases are the most significant cause of death in the world. The World Health Organization (WHO) ranks chronic diseases as the greatest threat to human health.

The prevalence of diseases associated with chronic inflammation is anticipated to increase persistently for the next 30 years in the United States. In 2000, nearly 125 million Americans were living with chronic conditions and 61 million (21%) had more than one.”

NCBI (National Center for Biotechnology Information)

Common signs and symptoms associated with chronic inflammation

- ▶ Body and joint pain
- ▶ Chronic fatigue and insomnia
- ▶ Depression, anxiety and mood disorders
- ▶ Digestive concerns like constipation, diarrhea, and acid reflux
- ▶ Weight gain or weight loss
- ▶ Frequent infections

Disease

“Inflammation occurs naturally in your body. But when it goes wrong or goes on too long, it can trigger disease processes.”

Cleveland Clinic

Have you asked yourself these questions lately?

- ▶ Do you feel tired and sluggish most days?
- ▶ Do you feel bloated after you eat?
- ▶ Do you experience indigestion or acid reflux regularly?
- ▶ Do you commonly experience flatulence?
- ▶ Are your nails and hair thinning?
- ▶ Do you get moody or light headed if you haven't eaten in awhile.
- ▶ Does your energy level last throughout the day?
- ▶ Do you experience 'foggy' thinking and sometimes have difficulty with word recall?
- ▶ How do you feel after you eat?
- ▶ Do you crave sweets or salty foods?
- ▶ Do you have allergies or food sensitivities?
- ▶ Do you feel hungry most of the time?
- ▶ Are you satisfied after you eat?
- ▶ Do you often feel guilty with your food choices?
- ▶ Do you have difficulty losing weight?
- ▶ Do you struggle with belly fat?

"Let Food be Thy Medicine"

Hippocrates





What is a “cancer fighting diet”?



Food to focus on / foods to avoid

Whole Foods...

- ▶ are as close to its natural state as possible
- ▶ 'spoil' faster
- ▶ are brightly colored
- ▶ usually have only one ingredient
- ▶ are minimally processed or tampered with
- ▶ you seldom see them advertised
- ▶ contain many beneficial nutrients
- ▶ contain significantly less calories
- ▶ are often found in the outside perimeter of a grocery store
- ▶ are **AMAZING** for your health
- ▶ helps you to lose and maintain your weight
- ▶ are supportive of health and regeneration

WHOLE FOODS ARE A BALANCED WAY OF EATING

- ▶ Fruits
- ▶ Vegetables
- ▶ Nuts & Seeds
- ▶ Whole grains
- ▶ Beans & legumes
- ▶ Spices & herbs
- ▶ Lean meats (in moderation)
- ▶ Seafood (in moderation)
- ▶ Low-fat dairy (in moderation)
- ▶ Natural sweeteners



ANTI-INFLAMMATORY DIET

- ▶ **Fruits:** strawberries, oranges, lemons, blackberries, limes, raspberries, pears, apples, blueberries, etc.
- ▶ **Vegetables:** broccoli, cabbage, bell peppers, brussels sprouts, tomatoes, asparagus, garlic, cucumber, onions, ginger, etc.
- ▶ **Nuts:** almonds, cashews, pecans, pistachios, macadamia nuts, walnuts, brazil nuts
- ▶ **Seeds:** hemp seeds, pumpkin seeds, sunflower seeds, chia seeds, flaxseeds
- ▶ **Legumes:** black beans, kidney beans, pinto beans, lima beans, chickpeas, lentils
- ▶ **Whole grains:** quinoa, barley, buckwheat, millet, brown rice
- ▶ **Healthy fats:** olive oil, coconut oil, MCT oil, grass-fed butter, ghee, avocado oil
- ▶ **Dairy products:** goat milk, kefir, goat cheese, probiotic yogurt, raw milk

ANTI-INFLAMMATORY DIET

- ▶ **Meat:** grass-fed beef, lamb, venison, wild game
- ▶ **Fish:** wild-caught salmon, tuna, mackerel, anchovies, sardines
- ▶ **Poultry:** organic chicken, turkey, goose, duck
- ▶ **Cage-free eggs**
- ▶ **Condiments:** hummus, guacamole, apple cider vinegar, mustard, salsa, balsamic vinegar, liquid aminos
- ▶ **Herbs and spices:** basil, oregano, rosemary, turmeric, cinnamon, paprika, cumin, black pepper, etc.
- ▶ **Natural sweeteners:** stevia, raw honey, maple syrup, dates, monk fruit
- ▶ **Beverages:** water, tea, kombucha, bone broth

Processed Foods...

- ▶ Do not 'spoil' easily.
- ▶ Are dull colored, packaged, boxed or canned (often in brightly colored packaging).
- ▶ Are highly refined and are not in it's original state.
- ▶ Often have long ingredient lists.
- ▶ Do not contain many nutrients.
- ▶ Are heavily advertised.
- ▶ Contain a lot of calories, high in fat, sugar and/or salt.
- ▶ Are often found in the center of the grocery store.
- ▶ Contribute to weight gain and many health-related problems.

INFLAMMATORY DIET

- ▶ **Refined grains:** white rice, pasta, white bread, breakfast cereals
- ▶ **Added sugars:** soda, juice, candies, cookies, granola bars, baked goods, ice cream
- ▶ **Unhealthy fats:** refined vegetable oils, shortening, hydrogenated fats, fried foods
- ▶ **Conventional meat and poultry**
- ▶ **Farmed fish**
- ▶ **Processed foods:** potato chips, crackers, frozen meals, microwave popcorn, processed meat, instant noodles, etc.

Cancer Prevention

“You can reduce your risk of cancer significantly by making healthier food choices. In fact, some foods can actually help protect against certain cancers. ***Eating a plant-based, healthy diet (fruits, vegetables, whole grains and beans)*** and ***being physically active*** is your best insurance to reduce your risk of cancer, as well as heart disease and diabetes.”

MD Anderson Cancer Center

How much sugar is too much sugar?

SUGAR

Most of us consume
as much as 20-22
teaspoons of
sweetener per day



American Heart Association

“Shockingly, some studies estimate that nearly **58 percent of total daily calories** in the average American diet come from ultra-processed foods. These foods are stripped of their nutritional value and associated with a long list of health issues, including heart disease, cancer and even death.”

Dr. Axe

WHEN YOU READ
FOOD LABELS
REMEMBER:

4G OF SUGAR

=



1 TEASPOON

THAT
Sugar
FILM



American Heart Association

“Any processed, packaged, or prepared foods (including fast foods) that contain sugars, artificial sweeteners, harmful oils, food additives, etc., ***will all promote inflammation in your body.***”

The reasoning is that sugar, in any form, elevates blood glucose levels and **triggers the body's inflammatory response**. This includes sugar found in soft drinks, alcohol, juices, candy, etc.

*Sugar Crush; How to Reduce Inflammation, Reverse
Nerve Damage and Reclaim Good Health*

by Dr. Richard Jacoby

Types of sugar- are sugars all the same?

green
stevia

xylitol

raw honey

pure maple
syrup

molasses

coconut
sugar

Avoid white sugar, brown sugar, agave, and all artificial sweeteners such as aspartame/AminoSweet, sucralose, and saccharin.

If you are sensitive to a chemical such as aspartame, your immune system may react to this “foreign substance” by attacking the chemical, which then causes an inflammatory response.

Is Artificial Sugar 400+ Sweeter Than Sugar?

- ▶ **Splenda (sucralose):** Sucralose isn't broken down in the body, so it has zero calories. It's about **400-700 times sweeter** than table sugar.



- ▶ **Sweet and Low (saccharin):** Sweet and Low is one of the first available artificial sweeteners and used in foods, medicine, and even in toothpaste. Saccharin is around **300 to 400 times sweeter** than sugar.



Is Artificial Sugar 400+ Sweeter Than Sugar?

- ▶ **Equal (aspartame):** Aspartame is typically found in chewing gum, diet soda, puddings and many other “sugar-free” snacks, sometimes under the name Nutrasweet. It’s about **200 times sweeter than sugar.**



- ❑ **Artificial sweeteners have no calories**, so they give the body nothing to burn for fuel.
- ❑ However, they actually **impact the insulin system** in a way very similar to sugar.
- ❑ The sweet flavor hit the tongue, the receptors in the brain light up, and the pancreas floods the bloodstream with insulin. The body is ready to process the small amount **that never comes**.
- ❑ Artificial sugars keeps us chomping at the bit for something that actually **DOES** contain real sugar, which can result in **overindulging**.
- ❑ Dr. Terry Davidson at Purdue University conducted two experiments that showed that rats eating **saccharin-flavored yogurt** **gained 29% more weight** than rates eating **glucose-flavored yogurt**. Replacing sugar with a non-caloric sweetener had the effect of *increasing their appetite for sweet foods* later on, and this resulted in weight gain.

Common Names for Artificial Sweeteners

- ▶ Aspartame
- ▶ Acesulfame potassium
- ▶ Alitame
- ▶ Cyclamate
- ▶ Dulcin
- ▶ Equal
- ▶ Glucin
- ▶ Kaltame
- ▶ Mogrosides
- ▶ Neotame
- ▶ NutraSweet
- ▶ Nutrinova
- ▶ Phenlalanine
- ▶ Saccharin
- ▶ Splenda
- ▶ Sorbitol
- ▶ Sucralose
- ▶ Twinsweet
- ▶ Sweet 'N Low
- ▶ Xylitol

FAKE

Artificial Sweetener Side Effects

- ▶ Headaches and migraines
- ▶ Weight gain
- ▶ Cardiovascular disease
- ▶ Increase BMI
- ▶ Metabolic syndrome
- ▶ Type 2 diabetes
- ▶ Intensifies gut inflammation

Where Dangerous Artificial Sweeteners Hide *found in prepared foods, medications and beverages*

1. Toothpaste and mouthwash
2. Children's chewable vitamins
3. Cough syrup and liquid medicines
4. Chewing gum
5. No-calorie waters and drinks
6. Alcoholic beverages
7. Salad dressings
8. Frozen yogurt and other frozen deserts
9. Candies
10. Baked goods
11. Yogurt
12. Breakfast cereals
13. Processed snack foods
14. "Lite" or diet fruit juices and beverages
15. Prepared meats
16. Nicotine gum

High-Fructose Corn Syrup (HFCS)

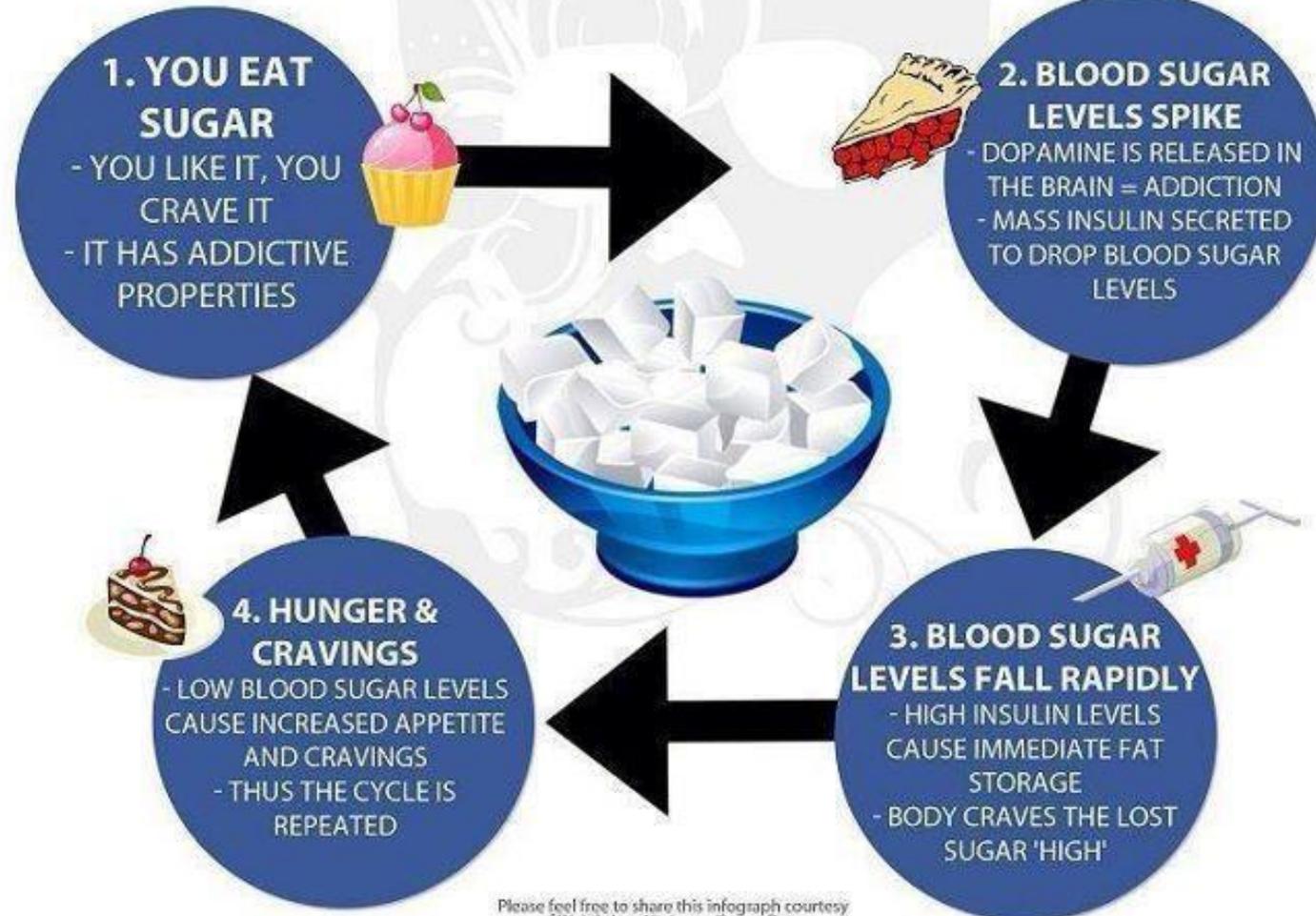
- High-Fructose *cost less* than traditional sweeteners, is why manufactures use it.
- Sweeter to the taste.
- We consume nearly 63 pounds of HFCS per year.
- Research is suggesting that this liquid sweetener may;
 - **Upset the human metabolism,**
 - **Raise the risk of heart disease, diabetes and obesity.**
 - **Force the liver to pump more heart-threatening triglycerides into the bloodstream.**
 - **Zap your body's reserves of chromium, a important mineral for healthy levels of cholesterol, insulin, and blood sugar.**

“The rapidly absorbed glucose triggers big spikes in insulin -- our body's major fat storage hormone. Both of these features of HFCS lead to increased metabolic disturbances that drive increases in appetite, weight gain, diabetes, heart disease, cancer, dementia and more.”

Mark Hyman, MD



SUGAR ADDICTION: THE PERPETUAL CYCLE



Please feel free to share this infographic courtesy of WeightLossNinja.org/Sugar-Detox

Where is sugar hiding?



600,000+

A new study from the American Journal of Clinical Nutrition has found that almost two-thirds – 61 percent – of American grocery purchases are **highly processed foods**.

In addition, 77 percent of American grocery purchases consist of either moderately or highly processed foods.

This means the average American consumes more than **1,000 calories** of processed foods every day.





Ingredients: Whole Grain Wheat, Corn Bran, Raisins, Sugar, Corn Starch, Chicory Root Extract, Whole Grain Oats, Glycerin, Corn Syrup, Crisp Oats (rice flour, whole grain oats, sugar, barley malt extract, salt), Brown Sugar, Salt, Toasted Oats (whole grain oats, sugar, canola oil, molasses, honey), Brown Sugar Syrup, Honey, Wheat Bits (whole grain wheat, corn starch, corn meal, sugar, salt, trisodium phosphate, baking soda, color added), Malt Syrup, Tripotassium Phosphate, Color Added, Cinnamon, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) and BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid)

**CONTAINS WHEAT; MILK,
ALMOND AND MILK**







49
grams



Starbucks Grande (16 oz) Pumpkin Spice Latte



19
grams



26
grams



19
grams



Panera Pumpkin
Muffin
580 calories
52 grams sugar
480 grams sodium

Panera Plain Bagel
330 calories
5 grams sugar
460 grams sodium



Panera Chocolate
Chipper
380 calories
30 grams sugar
290 grams sodium

SONIC HANDMADE ONION RINGS, FAMILY SIZE



Nutrition: 1,610 calories, 79 g fat (14 g saturated, 1.5 g trans), 202 g carbs (10 g fiber, **51 g sugar**), 23 g protein

P.F. CHANG'S SESAME CHICKEN



Nutrition: 990 calories, 36 g fat (6 g saturated fat), 2,590 mg sodium, 102 g carbs (7 g fiber, **77 g sugar**), 69 g protein

CALIFORNIA PIZZA KITCHEN WALDORF CHICKEN SALAD



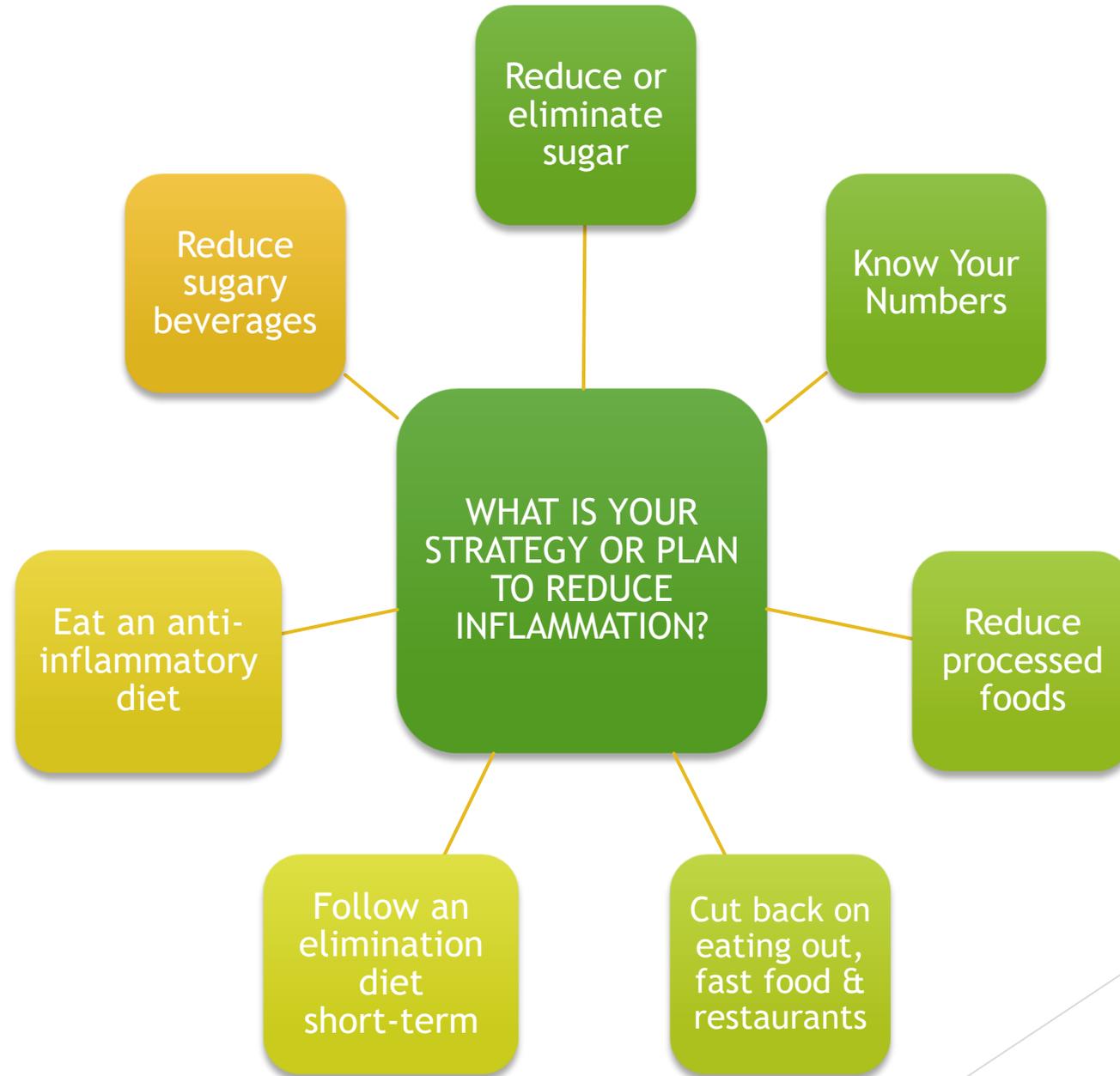
Nutrition: 1,230 calories, 87 g fat (18 g saturated fat), 1,860 mg sodium, 78 g carbs (10 g fiber, **56 g sugar**), 43 g protein

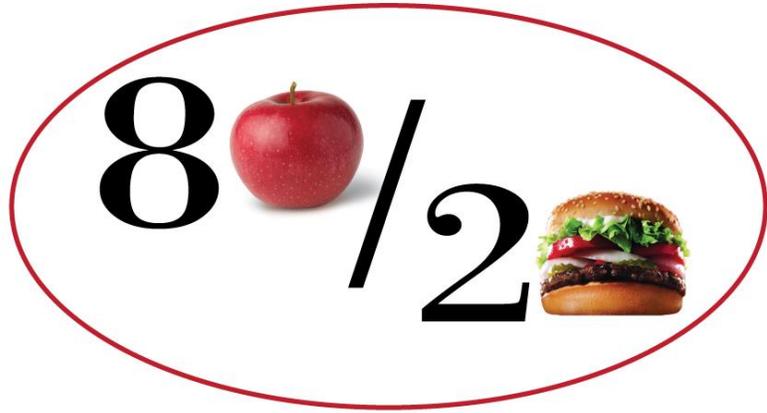
P.F. Chang's Spicy Chicken



Nutrition: 960 calories, 35 g fat (6 g saturated fat), 1,500 mg sodium, 102 g carbs (0 g fiber, **90 g sugar**), 61 g protein

Best practices to reduce sugar intake





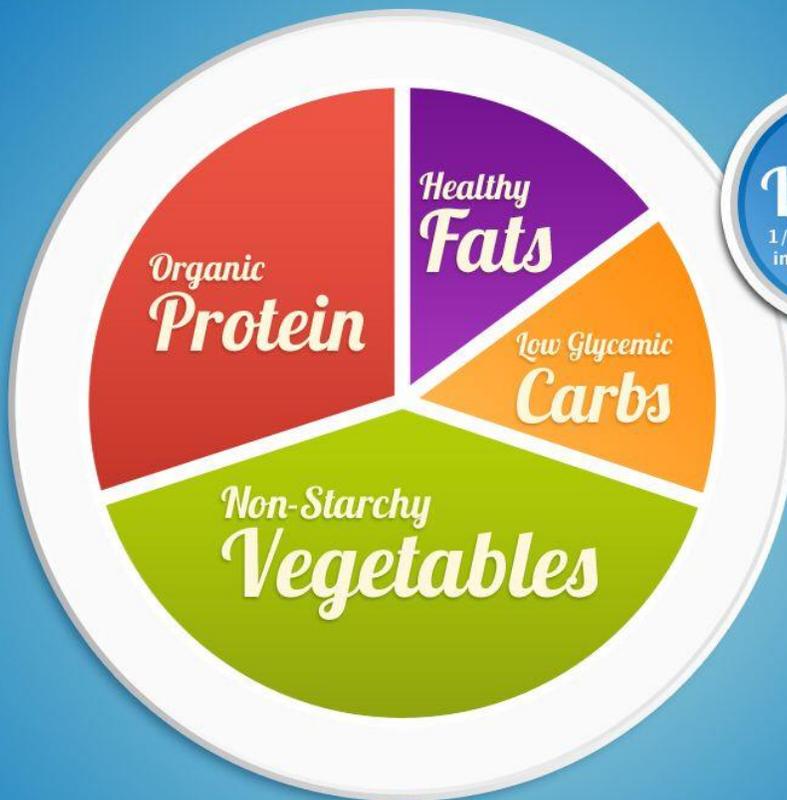
systems → goals

**LIFESTYLE
MODIFICATIONS AND
CHANGES**

Daily Eating Plan

- ✓ **Balance your blood sugar.** Swings in blood sugar drive cravings. It is important to keep blood sugar stable.
- ✓ **Make sure to eat good sources of protein** (fish, organic eggs, small amount of poultry, nuts, whole soy foods, and beans).
- ✓ **Eat good fats** (fish, extra virgin olive oil, unrefined coconut oil, olives, nuts, seeds and avocados).
- ✓ **Add complex carbohydrates** (beans, vegetables, whole grains, and fruit) in moderation to balance blood sugar.
- ✓ **Do not drink daily calories.** Liquid calories will boost appetite and add unneeded calories.
- ✓ **Eat a nutritious protein-filled breakfast.** Studies show that by eating protein at breakfast, help people lose weight, reduce cravings, and burn calories.
- ✓ **Enjoy small, frequent, fiber-rich meals throughout the day.** Eat every three to four hours and make sure to include protein with each snack or mini-meal.

THE SUPERFOOD PLATE



Clean Water
1/2 body weight
in ounces/daily

- Vegetables** 40%
- Leafy Greens
 - Red Cabbage
 - Carrots
 - Red Bell Pepper
 - Broccoli
 - Spinach
 - Kale
 - Onion
 - Cucumber
 - Cauliflower
 - Asparagus
 - Eggplant
 - Zucchini
 - Beets

- Protein** 30%
- Meat (Grass Fed)
- Eggs
 - Wild Salmon
 - Beef
 - Venison
 - Chicken
 - Turkey

- Healthy Fat** 15%
- Avocado
 - Raw Dairy
 - Flax Seeds
 - Pumpkin Seeds
 - Almonds
 - Pecans
 - Cashews
 - Coconut Milk

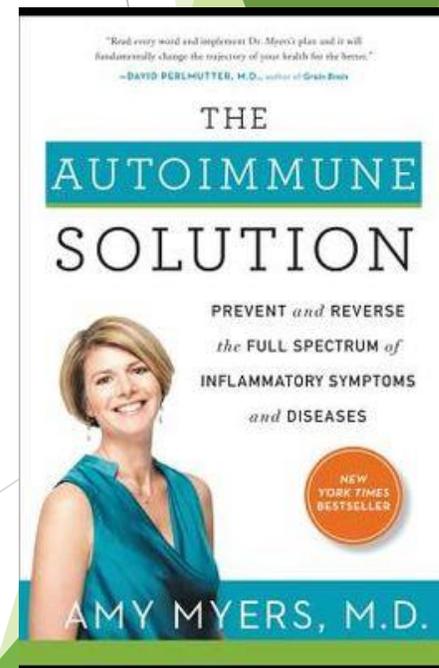
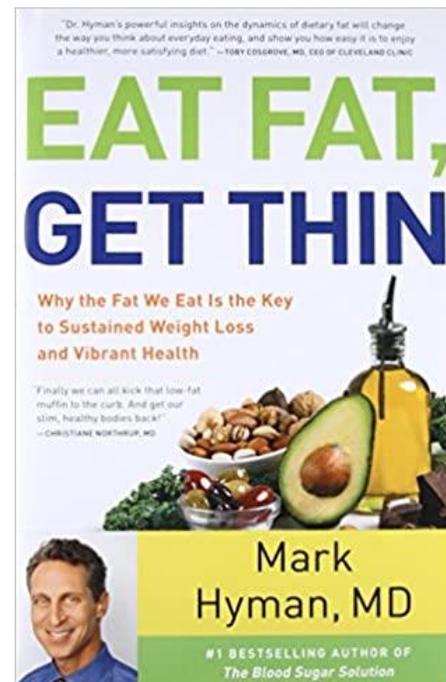
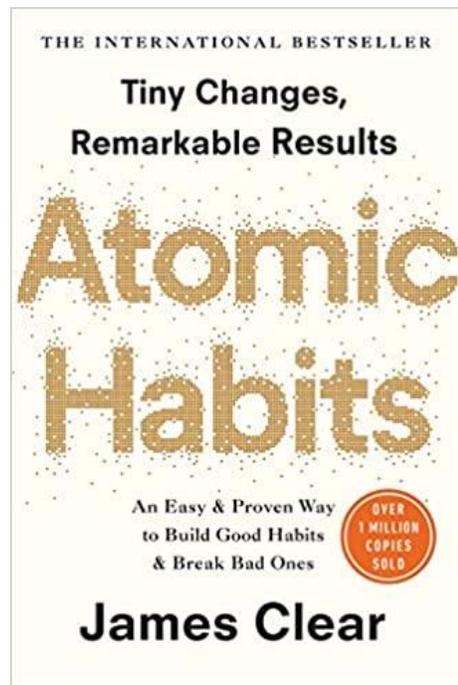
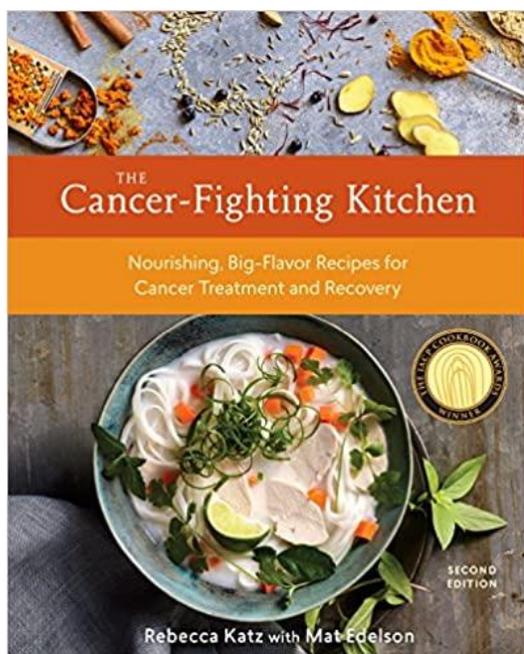
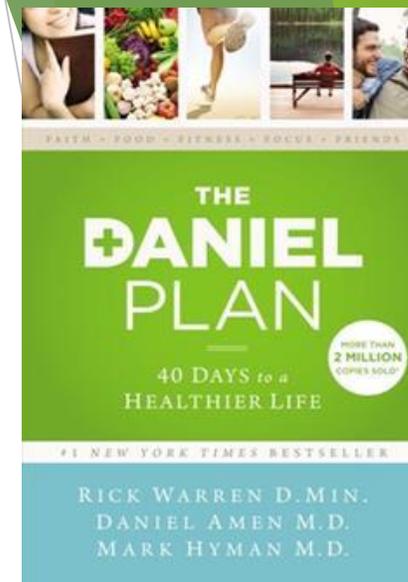
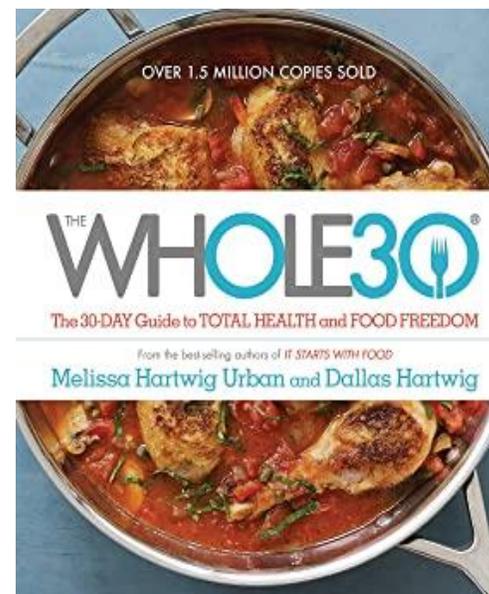
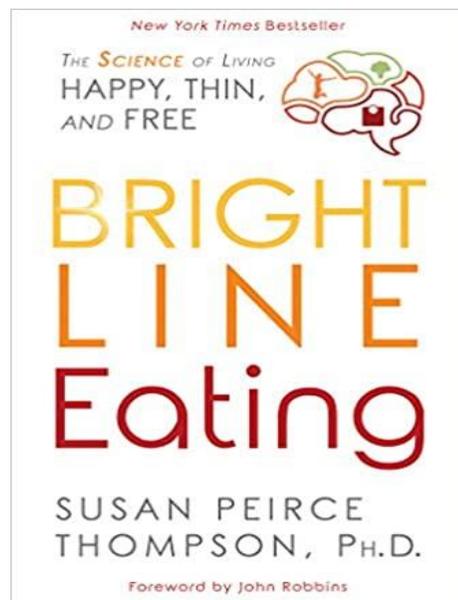
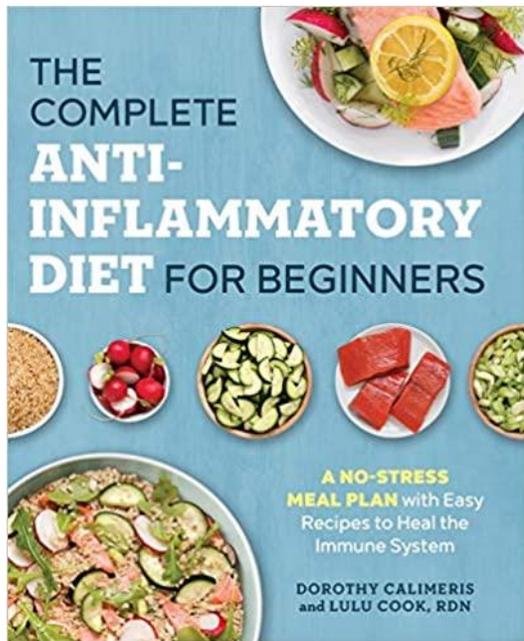
- Carbs** 15%
- Fruit
- Blueberries
 - Raspberries
 - Strawberries
 - Apples
- Beans
- Kidney
 - Black
 - Garbanzo
- Gluten Free Grains
- Sweet Potato
 - Quinoa
 - Brown/Wild Rice

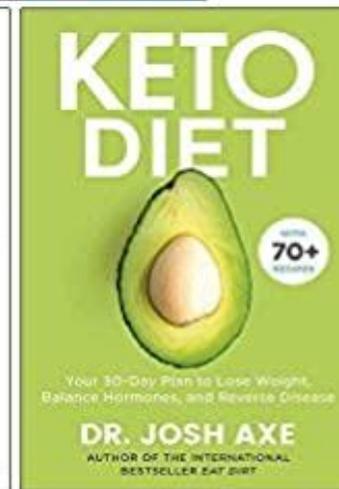
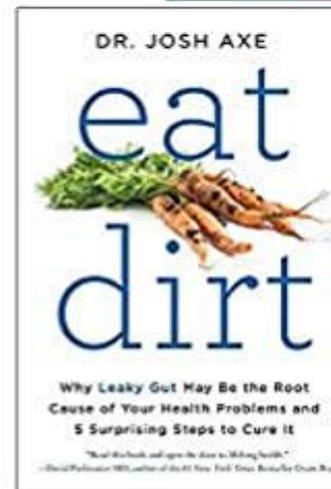
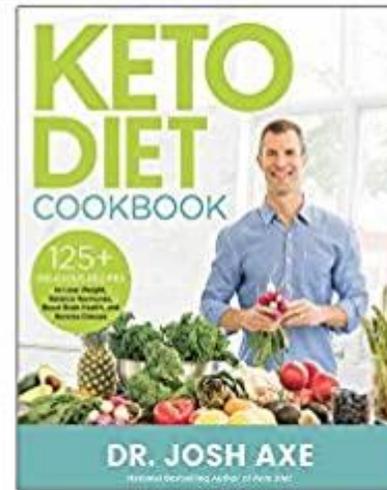
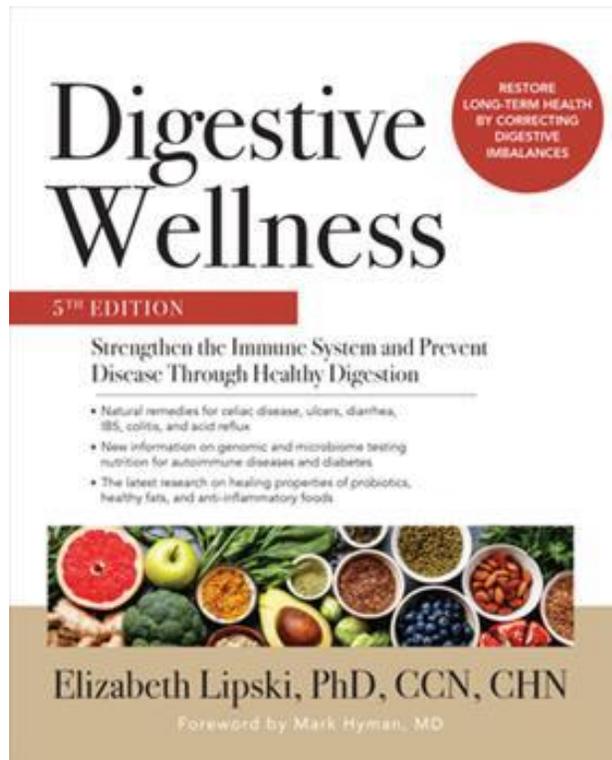
The Superfood Plate by Dr Jeff Langmaid Brandon, FL Chiropractor

SUGGESTIONS TO REDUCE SUGAR INTAKE

1. **Determine how much sugar you are eating.** Mindfulness = awareness.
2. **Consider a sugar detox.** This can mean anything from cutting it out completely to phasing it out slowly.
3. **Address past or current stressors** that might be causing dependency.
4. **Replace the habit.** Distract yourself by taking a walk, doing a chore, reading a magazine article or calling a friend.
5. **Consider complete avoidance.** For some, completely cutting out sugar and sweet foods from their diets can help break the addiction. Remove any sugar or sweet foods from your home, car and work place.
6. **Inform yourself.** Learn why sugar is so addictive and what are the inflammatory effects on the body. *Bright Line Eating* by Susan Peirce Thompson may be the perfect resource to read.

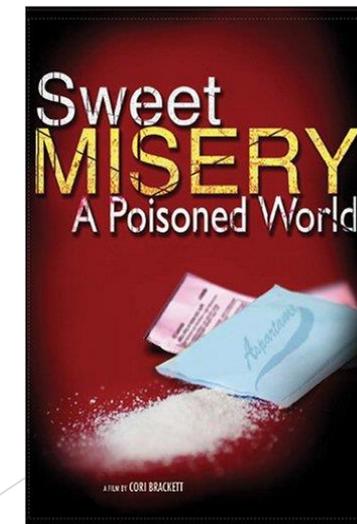
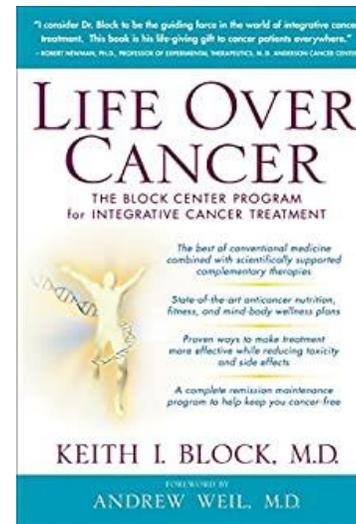
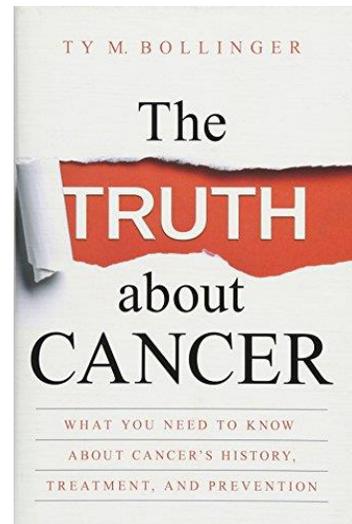
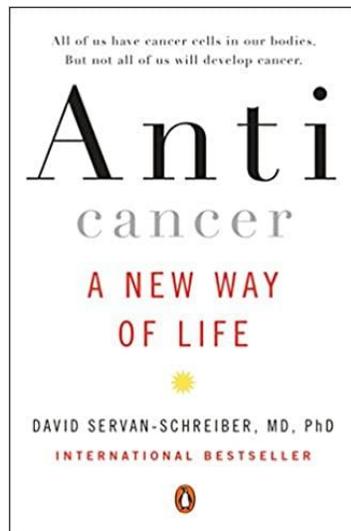
7. **Be gentle with yourself.** Remember you are breaking an addictive behavior.
8. **Replace the dessert with something healthy.** Like having a cup of herb tea, eating a piece of fruit or yogurt topped with nuts and berries.
9. **Are your micronutrient levels sufficient?** If you are deficient in micronutrients like vitamins and minerals, that can lead to sugar cravings.
10. **Eat enough protein and healthy fats.** Fat and protein satiate the body and keep blood sugar levels stable.
11. **Eat plenty of fiber!** Fill up on healthy carbohydrates like brown rice, quinoa and veggies.
12. **Get enough sleep.** Believe it or not, not getting enough sleep can cause junk food cravings. Sleep deficiency can reduce insulin sensitivity and increase stress hormones, which both contribute to imbalanced blood sugar and subsequent sugar cravings.





RESOURCES

- ▶ Dr. Axe; the founder of the Dr. Axe natural health website, co-founder of Ancient Nutrition and author of *The Gut Repair Cookbook and Keto Diet* <https://draxe.com/>
- ▶ David Servan-Schreiber, MD; Author of *Anti Cancer; A New Way of Life*
- ▶ Ty Bollinger; *The Truth About Cancer* <https://thetruthaboutcancer.com/>
- ▶ Dr. Keith Block; *Life Over Cancer* <https://blockmd.com/>
- ▶ *Sweet Misery: A Poisoned World*; documentary
- ▶ Dana Farber Cancer Institute <https://www.dana-farber.org/>



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- ▶ <https://www.caryortho.com/avoid-5-inflammatory-foods-ease-joint-pain/>
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- ▶ <https://www.foxnews.com/food-drink/over-half-us-grocery-store-purchases-are-highly-processed-foods-says-study>
- ▶ The Superfood Plate by Dr Jeff Langmaid Brandon, FL Chiropractor

THANK YOU!

- ▶ Christine Rosandich, MS, Nutrition Educator & Health Coach
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