

(Clinical Science Reference Collection)



Anticancer compounds in fruit:

The Trojan Horse Theory

I do not recommend concentrated fruit juice as this is too concentrated sugar and will cause insulin spike. The fibers naturally present in whole fruit is there to help slow the insulin spike, so always opt for whole fruits. Also, in regards to glycemic index, be aware that it is the glycemic load which is important. When you combine a high glycemic index food with a glycemic low index food like fat, the fat serves as a buffer against insulin spikes; the overall glycemic load is now moderate.

HIGH GLYCEMIC FOOD + (LOW GLYCEMIC) FAT = Moderate Glycemic Load

The total overall glycemic load of a meal containing both high glycemic index foods with low glycemic index foods like fats, will then be moderate.

Fats protect blood sugar balance.

Avoiding all fruit due to concerns about the fact that sugar feeds cancer is too simplistic.

However, it is important to understand the mechanism of how fruit can be part of an efficient anticancer program. Basically, certain fruit have such potent anticancer compounds attached to sugars that it kills the cancer cells from within. The sugar initially attracts the cancer cells, as cancer feeds on sugar.

Thus, it can be compared to a Trojan horse: the natural sugar contents of certain fruits and raw honey attracts the enemy, and once inside, they kill the cancer cells.

This is the intelligent design by nature that we need to understand better to utilize it. Compounds such as curcumin, ginger etc. changes the milieu but is very difficult to get inside cancer cells, because cancer cells are only attracted to sugar. This is also the explanation for how the maple syrup and baking soda protocol works – maple syrup has shown to contain anticancer compounds and the sugar enables it to get inside the cancer cells – transporting the strongly alkaline baking soda right along with it. Once inside the cancer cells, the baking soda changes the pH so that the cancer cells die. Cancer cannot thrive in an alkaline pH.

That is the brilliant design of nature.

IMPORTANT: I do NOT recommend high or extreme fruit intake. I recommend to use certain fruits moderately and specifically to utilize what I call “The Trojan Horse Theory”.

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