

# Sugar

# Is it Cancer and Candida

# Fuel?

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**TABLE OF CONTENTS**

*SUGAR AND CANCER* ..... **3**

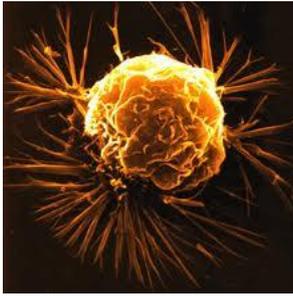
*YOUR CELLS*..... **4**

*SUMMARY RE: SUGAR AND CANCER*..... **6**

*SUGAR AND CANDIDA* ..... **7**

*SUMMARY RE: SUGAR AND CANDIDA* ..... **9**

## Sugar and Cancer



Let's get down to understanding the intricacies of this fearsome 'disease' referred to as "cancer". We will do so through the lenses of Dr. Robert Morse's simplified and easy-to-understand teachings.

First off, and for your own good, you should get rid of the concept of "diseases" (including autoimmune); also when speaking of cancer. Cancer is not a disease, and you're not battling an invisible enemy that is out to hurt or kill you. Empower yourself, take control, and begin taking charge of (and responsibility for) your own health.

You inhabit a physical body, you live in a physical world and must follow the universe as well as the laws of Nature. This is all chemistry and physics. Not following and aligning oneself with these laws inevitably comes with a price that one must pay to the detriment of one's health.

The vast and intricate details and information concerning cancer are beyond the scope of this PDF, thus we will get straight to the point on what cancer is, in a language that most people can grasp. For we can either get caught up in a million different theories, opinions and/or ideas - concerning what cancer is or what causes it - or we can cut the fat off and stop amplifying the issue more than it really needs to be. Sometimes we get too smart for our own good. It is advisable that you view Dr. Morse's '[Cancer, The Raw Truth](#)' video series.

The bottom-line message you will attain, from the aforementioned series, is that cancer is a normal **cell** that has been damaged from **acids**. In other words, it is your NORMAL cells that are damaged from acids that have accumulated from a sluggish lymphatic system that is not able to filter through your eliminative pathways (notably the kidneys, colon and skin). They [the cells] first become atypical cells as a result of prolonged acid damage. When the cells are rendered unable to eliminate into the lymphatic system (since the backed up congestion and acids are never dealt with and removed) the cells are forced to retain their own waste byproducts resulting in **intracellular** acidosis. The cells are now breaking down from the inside-out degenerating and mutating them into what we call "cancer". The cells then continue to mutate this damage genetically.

Cancer is therefore NOT your enemy. The "enemy", so to speak, is the medium that damages your cells turning them into what we call cancer cells. It would greatly benefit the individual to forget the "C-word" altogether.

Remember the fundamental basics regarding your physical body:

- \* Your body is mainly a bunch of cells (cells come together in specialized groups to form specific tissues. These tissue in turn comprise your skin, bones, muscles, glands, organs, etc.).
- \* You have two major interstitial fluids: (roughly 1/4 or 25%) blood & (roughly 3/4 or 75%) lymph (these fluids control the health of your cells).
- \* There are two sides to chemistry: **acid** and **alkaline** (base). Straying too far on either side of the pH spectrum will cause damage to your cells. It all comes down to maintaining a homeostasis, or balance, in chemistry – but our propensity is to stray over to the far acid side of chemistry and remaining there.

## Your Cells

The approximately 50, 76, or 100 trillion cells (depending on which school you come from or book you read) that comprise your physical body are like little people. They must be **fed** and **cleaned**.

Your cells require adenosine triphosphate (ATP) to function, live, and excel. Within a cell you find its power station or power producer known as the mitochondria. It is within the mitochondria you find the process of mixing oxygen (air) and carbon (simple sugars) which yields ATP. You can call ATP “cellular juice”, “fuel”, “power” or the like.

It is important to note here that **simple sugars** are an essential ingredient required to create ATP. If your cells are unable to create ATP they eventually die.

This is why the body, no matter what you do (whether you’re undergoing a controlled fast, or just deliberately trying to starve yourself, etc.), will convert whatever it has stored whether it be glycogen, fats or [eventually] protein, into glucose - a simple sugar. Your cells must be fed and this includes your damaged [“cancer”] cells.

It should now be clear that if sugar feeds cancer in the fashion that people generally relay it, you’d be in **TROUBLE** because you **CANNOT** starve the body of sugars whether it is from fructose, glucose, galactose or any other simple sugars.

If fruit sugar (fructose - a simple and **superior** sugar) feeds or spreads cancer, then be mindful that vegetable plant sugar (glucose - a simple **inferior** sugar) will do just the same. It doesn’t matter what any anti-fruit diet advocates, naturopaths or medical doctors assume about fruit sugar and its supposed link to cancer. Fruit contains sugars. Vegetables contain sugars. Your cells require simple sugars to function and it is impossible to starve your cancer cells of sugar without starving your normal cells in the process and killing yourself first.

If you consume **acidic** sugars, or sugars that will indirectly lead to acidosis of the body, then we could, feasibly, consider the idea of sugar “feeding” cancer. These sugars include:

- \* Polysaccharides (with weak adrenal glands)
- \* Disaccharides (especially with weak adrenal glands)

This includes food sources such as refined sugar, rice, potatoes (white potatoes in particular), pastries, pasta, rye, oatmeal, and starches in general. See the following 'Sugar and Candida' section.

### Summary re: Sugar and Cancer

- \* A cancer cell is the result of a normal-functioning cell being damaged from strong acids or bases (e.g. chemotherapy (strong acid) or Drano® (strong base)) until the point of mutation. It is your duty to help these cells recover (if the cell can regenerate) or help your body eliminate these damaged cells via the lymph nodes of your lymphatic system (alkalize or enact pH homeostasis and increase fluidity and movement of lymph, etc.).
- \* A damaged cell still needs to eat in order to make fuel (simple sugars and oxygen for ATP).
- \* Overcoming cancer is not about killing, poisoning or starving your damaged cells (you would kill or starve your normal cells in this same process).
- \* Cancer is not the problem; the acid damage to cells is - and until you fix this problem - your body will continue to degenerate.
- \* Read Dr. Morse's [Opposing Opinion](#) on the sugar misinformation permeating the healthcare field.

## Sugar and Candida



... "Fruit sugar feeds candida!" and therefore, apparently, you must consume vegetables which just happen to contain simple sugars, just like fruit? Not to mention vegetables are overall more difficult to digest and energy-draining; also not to mention that glucose (vegetable plant sugar) is an inferior sugar compared to fructose.

Remember that your culturing medium for Candida (fungi in general) and yeast is your lymphatic system. The party-invite, however, is the excessive consumption of starches and complex carbohydrates topped off with weak adrenal glands and/or pancreatic weakness. With a compromised cortex of the adrenal glands, you will experience a decreased production of the primary glucocorticoid (a group of steroid hormones) known as cortisol. Cortisol controls the carbohydrate (sugar) metabolism process along with your pancreas (through output of digestive enzymes).

If you have a lack of digestive power from a weak pancreas, your simple sugars will very likely begin fermenting. Throw in a lack of sufficient sugar metabolism and you may even experience problems eating fruit. The solution is not to abandon fruits (especially) and vegetables. The solution is to fix the underlying cause of the problem and to work your way through this process while still consuming fruits and vegetables. Use herbs, essential oils and glandulars (if needed) to help you through this.

So, keep in mind, if you fail to digest and metabolize your sugars effectively and quick enough, fermentation of these sugars will ensue. Guess who just might be tagging along to help you out in this situation... correct, the fungal family.

What are you going to do now? Starve your body of sugars? Eat a high protein diet? Try your luck with a high fat diet? Well, you can, but it's not advisable.

Rather, you're going to alkalize your body, clean up the lymphatic system with astringent fruits as well as herbs, and consume primarily electrical sugars (fructose). There is only one group of foods that accomplish all this simultaneously: high water content sub-acid and acid fruits, especially the astringent fruits such as grapes, grapefruits, watermelons, lime and lemons. Additionally it is pivotal that you address glandular weaknesses (mind you that most healers and physicians on the planet do not make this part of their focus). Rejuvenate your adrenal glands and pancreas.

It is true that fruits will stir up Candida and fungi as it pulls on the lymphatic system. This means you will **likely** re-experience itching, fatigue, foggy memory and other symptoms of fungal overgrowth, as you eliminate the fungi from your body. More moles/skin tags may develop on

your skin before they disappear completely. Use [Parasite M](#) to your advantage but never forget to work on the lymphatic system and your adrenal glands and/or pancreas.

**Following, is an example of a basic herbal protocol for someone dealing with Candida, fungi and/or yeast problems:**

- \* Lymphatic System I tincture.
- \* Kidney & Bladder I capsules.
- \* Endocrine Glands formula.
- \* Stomach & Bowels #\_ (depends on frequency of bowel movements).
- \* Parasite M formula.

**Diet:**

- \* Low to high intake of fruits (depending on intensity of symptoms).
- \* Vegetables are okay (preferably as the last meal of the day).
- \* Absolutely no starches or complex carbohydrates.
- \* Experiment with eating smaller [fruit] portions more frequently.

## Summary re: Sugar and Candida

- \* The underlying problem with high yeast and fungi/Candida problems is a congested, slow moving lymphatic system coupled with weak adrenal glands and/or pancreas, but also the overconsumption of starches and/or improper food combining.
- \* Fruit sugar will only promote fungi if you cannot metabolize the sugars (this means VERY weak adrenal glands and/or pancreas).
- \* Fruits are **easier** to digest (which generally means less fermentation) compared to vegetables.
- \* Fruit sugar will stir up the lymphatic system thereby stirring up fungi for elimination and you will likely experience symptoms from this.
- \* The solution is not to starve the body of sugar with high protein, high fat or exclusive vegetable diets or green juice fasts or feasts with the reasoning being "fruit feeds fungi."
- \* If the symptoms of fungal elimination become too severe on a high fruit diet, then slow down with raw/steamed/stir-fry vegetables, recuperate, and kick it up to fruits again when ready.
- \* Remember that vegetables possess simple sugars, so if "fruit feeds fungi" then vegetables will do just the same.
- \* View page 145 of Dr. Morse's '[Detox Miracle Sourcebook](#)'.
- \* Read Dr. Morse's [Opposing Opinion](#) on the sugar misinformation permeating the healthcare field.

