

## CANCER AND SUGAR

Research indicates when we control our sugar consumption, we can prevent cancer and somewhat slow down the progression of active cancer too.

The World Health Organization made a current recommendation of no more than 6 teaspoons of added sweetener (24 grams) a day for overall health and weight management.

Currently on a daily average Americans are eating close to 22 teaspoons of added sweetener. These coming from: table sugar, high fructose corn syrup, honey, dextrose, etc.

Our goal should be to use the real deal and less of it!

There is hope that soon additive sugar will appear on food labels, but until that is the case here is a way to determine the approximate amount of added teaspoons of sweetener in foods:

Divide the grams of sugar that appear on a food label by **4**. This works because there are 4 grams of sugar in one 1 teaspoon.

**For Example:** If one serving of a food or drink contains 28 grams of sugar, this equals 7 teaspoons of sugar per serving.

When having sweeteners, choose foods and beverages made with the real deal; and try to stay under 6 teaspoons of added sweetener per day. And the more you can stay under this amount the better.

## RECIPE THE MONTH

### Buttered Basil Carrots

#### You'll Need

- 6 medium carrots
- 1 tablespoon butter, melted
- ¼ teaspoon salt, plus extra to salt water
- ¼ teaspoon dried basil

#### Directions

- Slice carrots (peeled or unpeeled) into ½ inch pieces.
- Simmer, covered, in salted water until tender, about 10 to 15 minutes; drain.
- Combine remaining ingredients, toss with carrots.

# Eat Food

Recently ConsumerLab.com did a study and found out that 80% of supplements were mislabeled and contained ingredients not on the label and/or were missing things that were listed on the label.

Since this is currently not a regulated industry in the United States, we need to play on the side of caution.

Choose to get your nutrients from foods instead of supplements. Research does not demonstrate that supplements provide the same anti-cancer benefits as foods. In addition, some research does suggest that high-dose supplements may actually increase cancer risk.

## Food IS Medicine

Let food be thy medicine, and medicine by thy food. ~Hippocrates

Here are some cancer fighting foods and tips. It would be beneficial to make them a part of your lifestyle when possible.

- Make vegetables the staple of your diet.
- Incorporate omega 3 fatty acid foods into your diet. For a detailed list email: [nutrition@willclower.com](mailto:nutrition@willclower.com)
- Focus on removing artificial sweeteners, colors and flavorings from your diet.
- Focus on portion control. Eating more than our body needs can be a cause of chronic inflammation which may be a cause of cancer.
- Any movement throughout the day is great! Add more steps into your day! Even if you have a planned physical activity, regularly getting up and stretching or walking throughout the day is beneficial for general health.

# Dessert Anyone?

Here are some real food, low sugar desserts that anyone can enjoy. No need to cut sugar out completely, it's more about focusing on the real deal and having it in a healthy balance.

- Peanut butter with a few dark chocolate chips
- Dark chocolate and some nuts
- Dark chocolate covered nuts
- Fresh fruit with a dollop of whipped cream
- Baked apples or pears sprinkled with toasted walnuts, a tiny bit of brown sugar, and cinnamon
- Walnuts topped with a tiny bit of honey and cinnamon
- A small fruit smoothie
- Dark chocolate covered coconut
- Coconut with fruit or nuts
- Clotted cream with fruit

## Ask Will

*I heard fasting is good for our health? I find this hard to believe.*

You ask a very good question! Fasting is a very ancient practice that to this day takes place in many parts of the world. In fact, many scientific studies show health benefits by simply eating less. We really don't need a lot of food but we need foods that contain nutrients!

Here are some areas that fasting has shown to have benefit with and these areas continue to be researched:

- Weight loss and a boost for the metabolism
- Blood sugar control
- Improved cognitive function
- Boost to immune system
- Help decrease unstable molecules known as free radicals, that can damage healthy cells. And free radical damage may be a cause of cancers, heart disease other chronic diseases.
- Benefits the skin

There are various ways to fast but unfortunately not enough space to write about here. So if you're interested in learning more, please email [nutrition@willclower.com](mailto:nutrition@willclower.com) and we'll get you more information.



### HAVE A QUESTION?

Email him:  
[askwill@willclower.com](mailto:askwill@willclower.com)