Optimal diets for cancer patients

Background & Aim: Previous research has shown a correlation between blood sugar or glycemic load and cancer growth for a number of types of cancer. This study is the largest of its kind to date: It is a 7-year interventional study of 317 human patients at one clinic, who were treated naturopathically with nutrients and herbs, plus the recommended dietary intervention of abstention from sweetened foods.

Methods: We analyzed the clinical significance (mortality) of sweetened food consumption among all cancer patients at our clinic. Since 2006, this clinic has collected data on sugar consumption in cancer patients and has actively recommended, but never enforced, avoiding the consumption of sweetened foods (except with the sweetener *Stevia rebaudiana*, which has no sugar content or sugar alcohol content). In this controlled interventional study, we followed the diets and outcomes of all 317 cancer patients who came to our clinic with a diagnosis of cancer and who stayed at least two weeks in our care. We also look at consumption of other common foods and cancer outcome.

Results: The remission rate is significantly different for the following two categories: All patients: 151/317=48% and those who ate sweetened foods: 9/29=31%. However, the difference is much more pronounced if we consider those patients who continued our treatments until either remission or death. Of all patients who were steadfast in the treatments (including our sweetened food eaters), 32/183=17% died while still under our care, but considering only the sweetened food eaters who were otherwise steadfast in the treatments, 16/25=64% died.

Conclusion: Consuming sweetened foods (other than Stevia sweetened foods) made a significant difference in patient outcome across all stages and all types of cancer.

Biography

Colleen Huber is a Naturopathic Medical Doctor in Tempe, Arizona. Her clinic, Nature Works Best Cancer Clinic, has had the most successful results of any clinic in the world reporting its results over the last 9 years. She is the President of the Naturopathic Cancer Society, whose primary aim is to inform the public of safe and effective natural treatments for breast cancer, colorectal cancer, gastric and esophageal cancer, leukemias and lymphomas, liver and biliary tract cancers, lung cancer, ovarian and uterine cancers, pancreatic cancer, prostate cancer, skin cancer, general and other cancer.

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