Too Much Sugar Can Lead to a Higher Risk of Cancer – Study Confirms

A nine-year study by scientists in Belgium found that excess sugar consumption stimulates tumor growth and increases your risk of cancer. Scientists focused on the Warburg Effect, a phenomenon where cancer cells consume glucose and turn it into tumor-feeding lactic acid. According to one of the study's researchers, Professor Johan Thevelein:

> *Our research reveals how the hyperactive sugar consumption of cancerous cells leads to a vicious cycle of continued stimulation of cancer development and growth. Thus, it is able to explain the correlation between the strength of the Warburg effect and tumor aggressiveness. This link between sugar and cancer has sweeping consequences. Our results provide a foundation for future research in this domain, which can now be performed with a much more precise and relevant focus."*

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The study used yeast cells to examine the connection between Ras protein activity and the sugar metabolism in yeast. Ras proteins send important signals controlling growth between cells, and mutated versions of these genes are frequently found in tumors. In this study, excess sugar caused the yeast tested to produce overactive Ras proteins.

Professor Thevelein summarized the study,

> *The main advantage of using yeast was that our research was not affected by the additional regulatory mechanisms of mammalian cells, which conceal crucial underlying processes. We were thus able to target this process in yeast cells and*

confirm its presence in mammalian cells. However, the findings are not sufficient to identify the primary cause of the Warburg effect. Further research is needed to find out whether this primary cause is also conserved in yeast cells.”

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Too much sugar can increase your risk of cancer and promote tumor growth. This sugar is being consumed through any variety of foods. You could then be forgiven for assuming that a diet with too much sugar is more likely to cause cancer. Yet the Mayo Clinic places that idea firmly in the cancer myth column, which brings up an important question.

Related: *Cure Cancer Naturally*

As more research confirms that our health is first and foremost a direct product of what we eat, will our current food and medical system be able to acknowledge that before it’s too late?

Sources:

- *Eating too much sugar may increase your risk of cancer* – QZ
- *Scientists reveal the relationship between sugar and cancer* – VIB.be
- *Cancer* – Mayo Clinic