



## Table Sugar Feeds Alcohol - Alcohol Shortens Life, Causes Cancer Smart Sugars don't feed alcohol like sucrose and can lower addiction

Smart Sugars Lesson #86

by JC Spencer

An unsolved mystery surrounds the reason alcohol causes cancer and takes years off of one's life. The mystery may remain because scientists hesitate to address the dangers of the socially accepted drug, alcohol. Alcohol is placed in a social category of its own outside the drug pill box and therefore treated differently.

Breast cancer is the most common alcohol-related cancer among women. It is reported that alcohol contributes fifteen percent (15%) to all breast cancer deaths. Alcohol related cancer deaths in men is primarily of the mouth, larynx, pharynx, and esophagus.

To understand the mystery of the alcohol-cancer link may be more simple than previously thought. Alcohol is a solvent that accelerates the assimilation of tobacco chemicals and other toxins into the blood stream. Alcohol alters estrogen levels in women and causes hormonal malfunction in men. As the liver is damaged, life is shortened and diabetes becomes more problematic.

It is estimated that the average cost of human life in years eighteen (18). This means a person who dies at age sixty (60) from alcohol-related cancer would have otherwise probably lived to the age of seventy-eight (78).

The National Cancer Institute at the NIH reports that US cost of cancer care in 2010 was \$157 billion and is expected to be \$174 billion by 2020.

A recent study reported in February 2013, published in the *American Journal of Public Health*, is the first major analysis of alcohol-attributable cancer deaths in recent years. The study's authors acknowledged that moderate alcohol consumption can have health benefits but estimated that alcohol causes ten (10) times as many deaths as it prevents. There's no known safe level of drinking, they said.

Regular table sugar compounds the dangers by fermentation. The fermentation conversion of sugar is simply into carbon dioxide gas (CO<sup>2</sup>) and alcohol. Xylitol is beneficial for the teeth but Xylitol is itself a sugar alcohol. Other common sugar alcohols include mannitol, sorbitol, lactitol, isomalt, maltitol, and hydrogenated starch hydrolysates (HSH).

The molecular polyol structure of a sugar alcohol, as sorbitol for an example, is part sugar and part alcohol. The negative side effects of sugar alcohol may include bloating, diarrhea, and laxative effect. Polyol (polyalcohol) contains three or more hydroxyl groups which make a polyhydric alcohol which is rapidly and nearly completely metabolized to carbon dioxide that results in undo cell stress by messing with the mitochondria and interfering with the RNA that results in cell death. Synthetic sorbitol is an artificial sweetener.

The sugar Trehalose does not feed alcohol like sucrose and other sugar alcohols do. Trehalose remains stable in high acid conditions and strengthens the cell membrane enabling the cell to withstand stress. Trehalose lowers sugar craving and studies show that other Smart Sugars can reduce addiction.

Source: <http://www.sfgate.com/health/article/Alcohol-said-to-have-big-role-in-cancer-4280659.php#ixzz2L7bnb9IN>

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