Why Glucose Restrictions Are Essential in Treating Cancer

Analysis by Dr. Joseph Mercola Fact Checked

Previous Next

July 31, 2022

Download PDF

Download Interview Transcript | Download my FREE Podcast | Video Link

STORY AT-A-GLANCE

- All cancer cells, regardless of tissue origin, use fermentation energy for growth. They ferment lactic acid from glucose in the cytoplasm, which also involves succinic acid fermentation using glutamine as a fermentable fuel
- Even when tumor cells appear to be making ATP and taking in oxygen, suggestive of normal respiration, their mitochondria are abnormal; hence, mitochondrial dysfunction is at the root of most cancers
- The true origin of cancer is damage to the respiratory function of your mitochondria, triggering compensatory fermentation, which is run by oncogenes. Oncogenes facilitate the entry of glucose and glutamine into the cell to replace oxidative phosphorylation
- Metastatic cancer cells are hybrid "rogue" macrophage cells — a mix of an immune system cell and a dysregulated stem cell with macrophage characteristics, which allows it to rapidly replicate and spread
- Press-pulse cancer treatment involves restricting the fermentable fuels — glucose and glutamine — in a cyclical fashion to avoid causing damage to the immune system
- A biopsy may not always be a good option as this procedure may actually cause the cancer to spread or turn a potentially benign situation into a malignant one

This article was previously published December 8, 2019, and has been updated with new information.

Thomas Seyfried, Ph.D., professor in the biology department at Boston College, is a leading expert and researcher in the field of cancer metabolism and nutritional ketosis. His book, "Cancer as a Metabolic Disease: On the Origin, Management and Prevention of Cancer" is a foundational textbook on this topic, and in August 2016, he received the Mercola.com Game Changer Award for his work.

Here, we discuss the mechanisms of cancer and the influence of mitochondrial function, which plays a crucial role in the development and treatment of this disease. His landmark cancer theory is available as a free PDF.

Many of his views are now encapsulated in his most recent paper,[1] "Mitochondrial Substrate-Level Phosphorylation as Energy Source for Glioblastoma: Review and Hypothesis," published online December 27, 2018. He's also published a number of other papers[2,3,4] on the metabolic underpinnings of cancer.

> *"The paper … is a review and hypothesis paper identifying the missing link in Otto Warburg's central theory,"* Seyfried explains. *"[Warburg] defined the origin of cancer very accurately back in the 1920s, '30s, '40s and '50s in his work in Germany. Basically, he argued and provided data showing that all cancer cells, regardless of tissue origin, were fermenters. They fermented lactic acid from glucose as a substrate.*
>
> *Even in the presence of oxygen, these cells were fermenting. This is clearly a defect in oxidative phosphorylation. The problem is that for decades, people said Warburg was wrong — mainly because we see a lot of cancer cells take up oxygen and make adenosine triphosphate (ATP) from within the mitochondria … People began to question, 'If cancer cells have normal respiration, why would they want to use glucose as a fermentable fuel?'*
>
> *The whole concept became distorted … The cancer cells simply choose to ferment rather than respire. Now, of course, if you look under the electron microscope at majority of cancers, you'll see that the mitochondria are defective in a number of different ways. Their structures are abnormal. The numbers are abnormal. There are many abnormalities of mitochondria seen directly under electron microscopy. Clearly, Warburg was not wrong."*

Why Biopsies Are Risky

Before we delve into the meat of how cancer actually occurs it would be good to review a diagnostic strategy that nearly all of us are offered when confronted with a cancer diagnosis. It is vital to understand that this may not be your best strategy and that for many it would be wise to avoid the biopsy.

Seyfried warns against doing biopsies, as this procedure may actually cause the cancer to spread. A tumor is basically a group of proliferating cells in a particular part of your body. For purposes of diagnosis, a small biopsy sample will often be taken to ascertain whether the tumor is benign or malignant.

The problem is that when you stab into the cancer microenvironment to remove a part of the tissue, it creates a wound in that microenvironment that in turn elicits the invasion by macrophages and other immune cells.

If you already have an acidic microenvironment, you run the risk of causing a fusion hybridization event in that microenvironment between your macrophages and cancer stem cells (as discussed below). This could turn a potentially benign situation into a malignant one, and if the tumor is malignant, stabbing into it could make a bad situation worse.

> *"The question is, what is the value of doing a biopsy in the first place? We take biopsies of breast tissue to get a genomic readout of the different kinds of mutations that might be in the cells. Now, if cancer is not a genetic disease and the mutations are largely irrelevant, then it makes no sense to do that in the first place. If the tumor is benign, why would you want to stab it? If the tumor is malignant, why would you ever want to stab it?*
>
> *I came to this view by reading so many articles in the literature based on brain cancer, breast cancer, colon cancer, liver cancer showing how needle biopsies have led to the dissemination of these tumor cells, putting these people at risk for metastatic cancer and death,"* Seyfried says.

In metabolic therapy you would not touch the tumor; you would not disturb the microenvironment. By leaving it alone, you allow the tumor to shrink and go away.

> *"When you start to look at this as a biological problem, many of the things that we do in cancer make no sense. We have, in brain cancer, people say, 'You have a very low-grade tumor. Let's go in and get it out.' What happens is you go in and get it out, and then the following year it turns into a glioblastoma.*
>
> *How did that happen? Well, you disturbed the microenvironment. You allowed these cells that are marginally aggressive to become highly aggressive. Then you lead to the demise of the patient,"* Seyfried says.
>
> *"That happens significantly because it's called secondary glioblastoma arising from therapeutic attempt to manage a low-grade tumor. The same thing can happen with all these different organs. You stab breast tumors, you stab colon tumors, you run the risk of spreading the cells …*
>
> *My argument is the following: If the patient has a lump, whether it's in the breast, in the colon, lung or wherever or a lesion of some sort, that should be the cue to do metabolic therapy.*
>
> *Do metabolic therapy first. In all likelihood, it will shrink down and become less aggressive. Then the option becomes, 'Should we debulk completely rather than doing some sort of a biopsy?' We want to reduce the risk, because if we can catch the whole tumor completely, then we don't run the risk of spreading it …*
>
> *In our procedure, you bring the body back into a very high state of metabolic balance, and then you strategically go and degrade the tumors slowly without harming the rest of the body.*
>
> *Radiation, chemo and the strategies that we're using today don't do this. They're based on the gene theory of cancer that genetic mutations are causing the cell cycle to grow out of control. Well, this is not the case. Again, a lot of these toxic procedures need to be rethought, reanalyzed in my mind."*

Solving the Warburg Theory's Dilemma

In biology, structure determines function. This is an evolutionarily conserved concept. So, how can mitochondria be structurally abnormal in tissue, yet have normal respiration? As Seyfried notes, this doesn't make sense. Confusion has arisen in part because many study cancer in culture, and "make profound statements and comments regarding what happens in culture," Seyfried says.

> *"If you look at cancer cells in culture, many of them do take in oxygen and make ATP, but at the same time, they're fermenting. This was the conundrum. They called it the Warburg Effect. They're fermenting, but many people at the same time thought their respiration was normal.*
>
> *This was the main problem with Warburg's theory. But Warburg clearly said in his papers [that] it's not the fact that they take in oxygen; it's how much ATP they can generate from oxidative phosphorylation, which is the normal respiratory capacity of the mitochondria."*

As explained by Seyfried, if you measure ATP and look at oxygen consumption in tumor cells, it appears they're making ATP and taking in oxygen, therefore, their respiration is assumed to be normal. However, when you look at the tissues in cancer patients, the mitochondria are abnormal.

> *"What I and Dr. Christos Chinopoulos from Semmelweis University in Budapest, Hungary, who is the world-leading expert on mitochondrial physiology and biochemistry … realized [was] that the mitochondria of tumor cells are actually fermenting amino acids, glutamine in particular. They're not respiring. They're fermenting an alternative fuel, which is glutamine,"* Seyfried says.

Warburg's Cancer Theory Proves Correct

With this understanding, Warburg's theory can be proven correct — cancer arises from damage to the mitochondria's ability to produce energy through respiration in their electron transport chain.

The compensatory fermentation involves not only lactic acid fermentation, but also succinic acid fermentation using glutamine as a fermentable fuel. It's been known for decades that glutamine is a main fuel for many different kinds of cancers, but most people thought it was being respired, not fermented.

Seyfried and Chinopoulos' discovery confirms that cancer cells in fact have damaged respiration, and to survive, the cancer cells must use fermentation. The two most available fermentable fuels in the cancer microenvironment are glucose and glutamine. Hence, targeting glucose and glutamine is a crucial component of cancer treatment.

Without glucose and glutamine, the cancer cells will starve, as they cannot use ketones. The simplest approach to cancer then is to bring patients into therapeutic ketosis, and then strategically target the availability of glucose and glutamine.

> *"Basically, what we're saying [is] that mitochondrial substrate-level phosphorylation is a non-oxidative metabolism mechanism inside the mitochondria that would generate significant amounts of energy without oxidative phosphorylation,"* Seyfried says.

Genetic Mutations Are Not the Cause of Cancer

According to Seyfried, mitochondrial dysfunction is at the heart of nearly every type of cancer. Unfortunately, few oncologists have this understanding and many still believe cancer is the result of genetic defects. However, nuclear transfer experiments clearly show cancer cannot be a genetic disease.

> *"There's been no rational scientific argument that I have seen, to discredit the multitude of evidence showing that the [genetic] mutations are not the drivers but the effects [of mitochondrial dysfunction],"* Seyfried says.
>
> *"As a matter of fact, there's new information now where people are finding so-called genetic drivers of cancer expressed and present in normal cells, normal skin and also esophagus … This is another [issue] — how you get these so-called driver mutations in normal tissues. We're also finding some cancers that have no mutations, yet, they're fermenting and growing out of control.*
>
> *There are a number of new observations coming out that challenge the concept that cancer is a genetic disease. And once you realize that it's not a genetic disease, then you have to seriously question the majority of therapies being used to manage the disease. This [helps] explain [why] we have 1,600 people a day dying from cancer in the United States.*
>
> *Why do we have such an epidemic of suffering and death when we have been studying this disease for decades? Well, if you look at the massive amounts of scientific papers being written on cancer, you'll often find that they're structured around gene defects.*
>
> *What I'm saying is that if cancer is not a genetic disease and the mutations are downstream epiphenomena, why would the field continue to focus on things that are mostly irrelevant to the nature of the disease? What I'm saying is very devastating, because I'm telling the majority of the people in the field that they're basically wasting their time …*
>
> *I think we can drop the death rate of this disease by about 50% in 10 years if cancer is treated as a mitochondrial metabolic disease, targeting fermentable fuels rather than using toxic therapies that are focused on downstream effects.*
>
> *Radiation is designed to stop DNA replication. DNA replication requires energy. If you pull the plug on their fermentable fuels, they're not going to be able to replicate anyway … All of the things that we're doing to treat cancer is basically approaching the disease from a misunderstanding of the biology …*
>
> *We know viruses can cause cancer. We know radiation causes cancer. We know carcinogens cause cancer. We know intermittent hypoxia causes cancer. We know systemic inflammation causes cancer. We know just getting older puts you at risk for more cancer.*
>
> *We know there are inherited mutations in the genome that can cause cancer. But how are all these things linked through a common pathophysiological mechanism? The common pathophysiological mechanism is damaged through the structure and function of the mitochondria.*
>
> *Every one of the issues … including inherited mutations, damage the respiration of a particular population of cells in a tissue. You look at the breast cancer gene (BRCA 1), for example. People will say, 'Cancer must be a genetic disease because you inherit a mutation that causes the disease.'*
>
> *You only get the disease if that mutation disrupts the function of the mitochondria. Fifty percent of women who carry the mutation never get cancer or breast cancer because the mutation, for some reason, did not damage the mitochondria in that person."*

So, to summarize, the true origin of cancer is damage to the respiratory function of the mitochondria, triggering compensatory fermentation, which is run by oncogenes. Oncogenes play a role by facilitating the entry of glucose and glutamine into the cell to replace oxidative phosphorylation.

Why and How Cancer Spreads

Seyfried also has a very different view on the biology of metastasis (the spread of cancer). He explains:

> *"We've looked at cancer stem cells in a number of our preclinical models … These guys grow like crazy in place. The tumor just keeps expanding, but it doesn't spread. It doesn't spread into the bloodstream or metastasize to various organs.*
>
> *We discovered a very unusual cancer 20 years ago. It took us 10 to 15 years to figure out what it was. You can put a few of these cells anywhere in the mouse's body and within three to four weeks, this mouse is full of metastatic cancer. It made the cover of the International Journal of Cancer, when we published this back in 2008, but we had worked on the problem for years.*
>
> *We couldn't figure out what it was that made these cells so incredibly metastatic. We found out that once we identified the biology of the cell, it turned out [it has] many characteristics in common with the macrophage, which is one of the most powerful immune cells in our body.*
>
> *We said, 'Wow. Is this unique only to this kind of cell or do metastatic cancers in humans also express characteristics of macrophages?' We looked and we found that almost every major cancer that metastasizes has characteristics of macrophages. Then we said, 'Well, how could this possibly happen? Is it coming from the macrophage?'*
>
> *A number of scientists ... have all clearly shown that there is some fusion hybridization character going on. In other words, macrophages, our wound-healing cells, they come into a microenvironment where you might find many proliferating neoplastic stem cells, but they don't have the capacity to metastasize.*
>
> *It's only when the macrophages fuse with these stem cells that you have a dysregulated energy metabolism coming in this hybrid cell. This hybrid cell now has characteristics of both stem cells and macrophages.*
>
> *The stem cell is not genetically equipped to enter and exit tissue. The macrophage, as a normal cell of your body, is genetically equipped to enter and exit tissue and live in the bloodstream. They're very strongly immunosuppressive. These are all characteristics of metastatic cancer."*

Metastatic Cancer Is a Hybrid Cell Combination

According to Seyfried, metastatic cancer cells are essentially a hybrid, a mix of an immune system cell and a dysregulated stem cell, the latter of which could originate from a disorganized epithelial cell or something similar. In short, it's a hybrid cell with macrophage characteristics.

Macrophages are essential for wound healing and part of our primary defense system against bacterial infections. They live both in the bloodstream and in tissues, and can go anywhere in the body. When an injury or infection occurs, they immediately move in to protect the tissue.

> *"The metastatic cancer cell has many of those same properties,"* Seyfried explains, *"But the energy and the function of the cell is completely dysregulated, so it proliferates like crazy but has the capacity to move and spread through the body, so it's a corrupted macrophage. We call it a rogue macrophage."*

Like macrophages, metastatic cancer cells can also survive in hypoxic environments, which is why most angiogenic therapies are ineffective against metastatic cancer.

So, what do these metastatic hybrid cells need to survive? Both macrophages and immune cells are major glutamine consumers, and according to Seyfried, you can effectively kill metastatic cells by targeting glutamine.

Conventional Cancer Treatments Are Unnecessarily Deadly

However, it must be done in such a way so as to not harm the normal macrophages and the normal immune cells. In other words, it must be strategic. For this reason, Seyfried developed a "press-pulse therapy" for cancer, which allows the patient to maintain normal immune system function, while at the same time targeting the corrupted immune cells — the macrophage fusion hybrid metastatic cells — as well as inflammation.

> *"The therapies we are using to attempt to kill these [metastatic] cells put us at risk for having the cells survive and kill us. You can control these cells for a short period of time, but they can hunker down and enter into some sort of a slightly dormant state, but they reappear.*
>
> *People say, 'Oh, these tumor cells are so nifty and smart they can come back at you.' The*

problem is you've never really challenged them on their very existence, which is they depend on fermentation to survive. If you don't target their fermentation, they're going to continue to survive and come back at you.

Many of the therapies that we use — radiation, chemo and some of these other procedures — are not really going after the heart of the problem. That oftentimes puts you at risk for the recurrence of the disease. Your body is already seriously weakened by the toxic treatments. And in the battle, you lose. If you are fortunate enough to survive … your body is still beat up.

You have now put your [body] at risk for other kinds of maladies … Why are we using such toxic therapies to kill a cell when we know what its weaknesses are? These are the paradigm changes that will have to occur as we move into the new era of managing cancer in a logical way."

A Strategic Approach to Killing Cancer Cells

To properly address cancer, then, you need to clean up the microenvironment, because the microenvironment will strategically kill cells that are dependent on fermentation while enhancing cells that aren't. At the same time, the microenvironment will also reduce inflammation.

"You also have to be very careful not to kill your normal and healthy immune cells, because they need glutamine too," Seyfried says. "What we find is that when we strategically attack the tumor this way, it turns out that our immune cells are paralyzed.

The cancer cells are killed, but the normal immune cells are paralyzed. They're not dying, they're just not doing their job. What we do is we back off the therapy a little; allow the normal immune cells to regain their biological capacity, pick up dead corpses, heal the microenvironment, and then we go after the cancer cells again.

It's a graded response, knowing the biology of the normal cells and the abnormal biology of the tumor cells. This is a beautiful strategy. Once people know how you can play one group of cells off another, and how you can strategically kill one group of cells without harming the other cells, it really becomes a precision mechanism for eliminating tumor cells without harming the rest of the body.

You don't need to be poisoned and irradiated. You just have to know how to use these procedures to strategically kill the cells. Protecting normal macrophages is part of the strategic process. Killing the corrupted ones is part of the strategic process. Again, you have to put all of these together in a very logical path. Otherwise, you're not going to get the level of success that we should be getting."

The Press-Pulse Strategy

This strategy is what Seyfried calls "press-pulse treatment," and essentially involves restricting the fermentable fuels — glucose and glutamine — in a cyclical fashion to avoid causing damage to normal cells and tissues. Glucose is effectively restricted through a ketogenic diet. Restricting glutamine is slightly trickier.

The press-pulse strategy was developed from the concept of press-pulse in the field of the paleobiology. A "press" was some chronic stress on populations, killing off large numbers, but not everything, because some organisms can adapt to stress. The "pulse" refers to some catastrophic event.

The simultaneous occurrence of these two unlikely events led to the mass extinction of almost all organisms that existed on the planet. This was a cyclic event over many hundreds of millions of years. The geological records show evidence for this press-pulse extinction phenomenon.

"What we simply did was take that concept and say, 'Let's chronically stress the tumor cells.' They need glucose. You can probably kill a significant number of tumor cells by just stressing their glucose. That's the press. The press is different ways to lower blood sugar. You put that chronic stress on top of the population either by restricted ketogenic diets [or] therapeutic fasting. There are a lot of ways that you can do this.

Also, emotional stress reduction. People are freaked out because they have cancer, therefore their corticoid steroids are elevated, which elevates blood sugar. Using various forms of stress management, moderate exercise — all of these will lower blood sugar and contribute to a chronic press and stress on the cancer cells.

However, you're not going to kill all cancer cells if you just take away glucose. Because the other fuel that's keeping the beast alive is the glutamine. We have to pulse, because we can't use a press for glutamine targeting, because then you're going to kill your normal immune cells or impair them, and they are needed for the eventual resolution of the disease.

What we're going to do is we're going to pulse various drugs. We don't have a diet system that will target glutamine. Glutamine is everywhere. It's the most abundant amino acid in your body … But you have to use [the drugs] very strategically; otherwise they can harm our normal immune system and then be counterproductive …

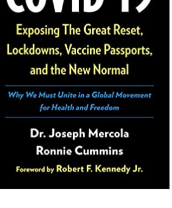
I think that once we understand how we can target effectively glutamine without harming our normal immune cells … this is the strategy that will make most of these other therapies obsolete … It's cost-effective and non-toxic and it will work very well.

But we're still at the very beginning of this. We need to continue to develop the doses, timing and scheduling of those drugs that are most effective in targeting glutamine that can be done without harming the rest of the cells in our body."

If you would like to support Dr. Seyfried's research, please consider making a donation to the "Foundation For Metabolic Cancer Therapies." The donation tag is on the top row of the of the foundation site. This Foundation is dedicated to supporting Dr. Seyfried's studies using metabolic therapy for cancer management with 100% of the donated funds going directly to research on metabolic therapy for cancer.

My #1 Bestselling Book – Now on Paperback!

My latest book, "The Truth About COVID-19," is an instant bestseller. After thousands of reviews it has a nearly perfect 5-star rating, so grab your copy today before it's too late!



The Truth About COVID-19

by Doctor Joseph Mercola

★★★★★

6,918 ratings

ORDER NOW

+ Sources and References

TODAY'S FREE ARTICLES

1 Monkeypox Declared a Public Health Emergency

2 5 Health Benefits of Golden Milk

3 How Dietary Intervention Lifts Depression

Hide Comments (32)   Post your comment

Sort Comments by : Top Rated | Newest | Oldest | Top Poster

DeeMarie123
Joined On 9/22/2015 8:19:02 AM
Add as Friend | Send Message

There are two types of macrophages involved, the first ferries iron to a damaged area or cell, causing ferropoptosis (if you look at cancer cells, the iron inside can as much as five times as a normal cell) The second, mentioned in the article, is the healing mode, bringing oxygen to the area. The latter can't function without bioavailable copper. Cells can't respire naturally without ferroxidase being present. But they can use glucose, iron, glutamine as fuel when they are forced to make that metabolic switch to cancer and fermentation. It's this lack of bioavailable copper (ceruloplasmin, ferroxidase) that can fuel cancers. Sugar, glyphosate, antibiotics, fluoride, iron fortification all tank this critical protein. And yet 'research' is focused on DNA. Morley Robbins has several articles on iron and cancer, the above is credited to him, quite enlightening.

Reply | Mark as Spam | Posted On 5/19/2019 2:40:45 AM
Like | Dislike

datadragon
Joined On 6/14/2015 6:50:55 PM
Add as Friend | Send Message

Hi DeeMarie,   From my autism research I've started working on https://tgl.ink/v0VrgZ The greatest yield of ATP is found in the electron transport chain in the third step. Bioavailable copper (attached to ceruloplasmin) is necessary for the electron transport chain to operate and so when bioavailable copper is low mitochondria dysfunction also results. Most of the ATP in neurons is derived from oxidative metabolism, and cytochrome c oxidase (COX) is a critical energy-generating enzyme. It is an integral protein of the inner mitochondrial membrane, catalyzing the final step of oxidative metabolism (Cytochrome c oxidase, the terminal oxidase in the electron transport chain, is copper dependent). Iron cant be absorbed and utilized without USABLE bioavailable copper. Iron also requires Ceruloplasmin, a copper-containing plasma enzyme which catalyzes the oxidation of the ferrous ion to ferric ion. Mitochondrial dysfunction can also occur with a loss of magnesium, ATP is the main source of energy in cells made within most cells of the body, and must be bound to a magnesium ion in order to be biologically active.

Very briefly, retinoic acid, active metabolites of Vitamin A plays important roles in cell development and differentiation, apoptosis as well as cancer treatment. Lung, prostate, breast, ovarian, bladder, oral, and skin cancers have all been demonstrated to be suppressed by retinoic acid. Ceruloplasmin, a copper-containing acute phase plasma protein, has been shown to be regulated by 13-cis retinoic acid. Both Zinc and also Magnesium for Cytochrome P450 enzymes are involved in the metabolism of Vitamin A as well as needed for ceruloplasmin. We can have plenty of copper intake or excess accumulation, but the body can be deficient at the very same time due to the lack of it no longer being attached to transporters like ceruloplasmin. It is somewhat like being in the middle of the ocean surrounded by water, yet still starved of water to drink.

Mark as Spam | Posted On 5/19/2019 8:07:48 AM
Like | Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
Add as Friend | Send Message

Cancers can be prevented via nutrition, detoxification, lifestyle improvement and emotional stability....which prevent inflammation/oxidative stress and allow oxygen to arrive in cells and prevent damaging buildup of acids and ROS...That said there are many avenues of reversal...Consider HIF 1 (hypoxic induction factor) and Vit C to oppose fermentation and angiogenesis that feeds tumors...or fendendazole which inhibits HIF 1.....Also consider the many ways O2 gets kidnapped en-route; poor breathing, poor O2/CO2 balance, low electrolyte levels, encrusted/corrupted membranes, acidic mantle/biofilm barriers, general low pH.   Also consider hyperbaric oxygen/HBOT, hydrogen/oxygen, bicarbonate, Mega Vit C (as sodium ascorbate) both antioxidant and oxidizer, MMS chlorite as powerful oxidizer, cannabinoids and various polyphenols...and the use of a combo protocol utilizing many......Most people gripped by fear and believing in their TV will opt for chemo, surgery or bio-immuno therapies...

My two successes with breast cancer in a dog led me to a redox approach; first using MMS chlorite, a year later by injecting baking soda solution into and around gland...where tissues returned to healthy pink in one week....I would never fight, kill or war against cancer/a negatory mindset...but restore healthy conditions to allow healing.   Yes, It's Always the OXYGEN!...www.greenmedinfo.com/.../forbidden-healing-thing-about-oxygen   Consider these links;
lpi.oregonstate.edu/diet-and-optimum-health/2017-abstracts/vissers
www.lewrockwell.com/2019/05/bill-sardi/a-cancer-cure-has-gotten-out-of..

Reply | Mark as Spam | Posted On 5/19/2019 7:49:36 AM
Like | Dislike

rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend | Send Message

Hi Forbidden, It takes a lot of guts (gut feelings?) to walk away from standard care. Chris Wark (see Chris Beat Cancer) talks in-depth about the pressures his family put on him, plus his wife was carrying their first child when his cancer returned. And Dr. Zach Bush has placed emphasis on maintaining and restoring cell-to-cell communication. According to Zach, it is a loss of communication, leading to cell isolation that causes it to divide and proliferate. Yes, these two sentences are intertwined in concept... Everyone still believes what they watch on tv? That information outlet has been seriously hijacked, mostly supported in the US by big pharma/ food/ag/consumer products/automobile/bank advertising. Add'l: then there's this recent longevity article on Life Extension: www.lifeextension.com/Magazine/2019/3/Vitamin-C-Reduces-Human-Mortalit..

Mark as Spam | Posted On 5/19/2019 9:59:58 AM
Like | Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

forbiddenhealing... What you say is very accurate. To recover from cancer, you need to heal at a rate faster than the cancer is growing. At some point, it begins to grow exponentially and this is a tipping point if you lose control. You need to put good nutrition and good water into your body. This is not the same as a normal healthy diet, but may be a severely restricted therapeutic diet with specific alterative purposes in mind. It must be reevaluated as changes and improvements in health occur. The other component of recovery is detox.

Cancer is evidence of metabolic disruption. If you ask yourself what causes this disruption, you will gain a better understanding. Often it is some form of toxicity that overloads the vital organs. Toxins are site specific where stored in the body. Organs get priority uptake on minerals and essential nutrients because they are vital to health. Many toxins are tightly bound to these minerals, etc. and are carried into the organs. That is why we see so many organ cancers, inc. cancers of the emunctories (organs of elimination--kidney, colon (and gut), lung, skin). Nature also considers reproduction a vital activity, so may also store certain compounds in these organs. And the brain takes up a lot of substances.

To prevent or recover from cancer, you need "good stuff in" and "bad stuff out". Expect malaise to linger as toxins are eliminated via the bloodstream before reaching emunctories. This can be a long and difficult process. Hopefully, it can be regulated and there is time to proceed with detox at a cautious pace. Too much dumping of poisons into the bloodstream too fast is counter productive, too. Better to have toxins eliminated and outside the body than tightly bound within in a manner that does the most damage wherever they are held. Toxins will create bio-chemical-electrical disruptions to metabolic processes.

Mark as Spam | Posted On 12/8/2019 1:11:46 AM
Like | Dislike

AureliaOana
Joined On 8/25/2008 10:57:44 AM
Add as Friend | Send Message

Detoxification is something that the body itself DOES! if you give the body the proper "fuel", the body detoxes itself naturally! it's like a factory, the raw material gets into the factory and the waste material goes out naturally.... there's no other perfect machinery like the human body!

Mark as Spam | Posted On 7/31/2022 10:51:21 AM
Like | Dislike

Bunny1
Joined On 5/13/2008 2:45:53 PM
Add as Friend | Send Message

Needle biopsies have caused breast tumors to spread, with mortality rates higher for women who had needle biopsies before surgery than those who did not.   Do a sonogram instead. They have equipment now that can tell if a tumor is malignant or not - without the risks of surgery or of the cancer spreading.

Reply | Mark as Spam | Posted On 5/19/2019 10:31:12 AM
Like | Dislike

Bugg
Joined On 10/20/2012 11:49:48 AM
Add as Friend | Send Message

Bunny, I couldn't agree more and was interested to read the portion about biopsies. I had a very good friend who had beaten cancer twice. She developed a lump 12 years after her second bout which she overcame through holistic means. Unfortunately, as the lump became increasingly painful, she became increasingly desperate for relief. She had been an RN and loathed allopathic medicine after she saw the corruption. Unfortunately, her desperation to control the pain drove her to seek allopathic surgical intervention in the hope of having it removed. I won't go into all the details except to say that she was pressured by the oncologist and surgeon to do a biopsy which she reluctantly agreed to hoping that the surgeon would later agree to remove it.

During the biopsy, she was sufficiently alert to feel what happened when he inserted the needle. As she described it, "it exploded." She then heard the surgeon under his mask whisper to the nurse, "DAMN!" That was the beginning of the end. She died 10 months later.   We spent many hours talking about her experiences and I learned a great deal from her which I will be forever grateful. This was a superb article. I now have another close friend that was recently dx with breast cancer and was told she needs to have both chemo & radiation. I'm very sad.

Mark as Spam | Posted On 5/19/2019 8:20:47 PM
Like | Dislike

palomiuxs
Joined On 9/20/2009 11:40:23 PM
Add as Friend | Send Message

I had breast cancer when I was 40, the doctors wanted to do a biopsy and I refused, I just wanted the tumor (micro-calcification as they called it) removed and the doctors said it was the "protocol" to do a biopsy first and that protocol had to be followed. At that time all the women that had died in my family had died of breast cancer (grandmother, mother, my two aunts, my two cousins, one in her twenties, and my sister) so against my doctors advise, I traveled to Mexico. The doctors there agreed with me and I had the tumor removed and sure enough it was cancerous. The doctors in Mexico said that it hadn't metastasized and upon returning to US, not to let them give me any chemotherapy or radiation since it was not necessary, they had removed it with "margins".

When I came back and my doctor checked me he said what I had done was very risky (as if the doctors in Mexico were not well trained) and to have a round of chemotherapy just to be sure, to make sure of what? they are afraid you're going to sue them so they poison your body! where's the "Do no harm"? of course I didn't get the chemo but I followed the recommendations of the doctors in Mexico, that was to "avoid chemicals in my life" (food, environment, products I use to clean etc.) I have been cancer free for over 20 years and older my sister who saw me thrive and not die after the diagnose, also followed the recommendations, she's over 70 now and still cancer free. We may be the first women in our family to die of something else other than cancer.

Mark as Spam | Posted On 5/20/2019 6:47:41 PM
Like | Dislike

Krofter
Joined On 6/2/2015 9:47:59 AM
Add as Friend | Send Message

Wow. This article has me reconsidering the glutamine rich bone stock I like to make during the winter. Whoda thunk something so good for my gut could also be a favored food source for cancer cells?

Reply | Mark as Spam | Posted On 5/19/2019 8:55:02 AM
Like | Dislike

Dr. Mercola
Joined On 12/21/1997 7:06:45 PM

This is easily confused. Glutamine is an important amino acid and bone broth is an excellent food that should be regularly consumed for its many health benefits, including gut health and production of glutathione. It does not have any increased cancer risk. It should not be consumed during fasting/autophagy cycles as it tends to inhibit autophagy. However it does not cause cancer. If you have cancer and are in an aggressive treatment mode than restricting glutamine could be helpful.

Mark as Spam | Posted On 5/19/2019 9:17:56 AM
Like | Dislike

Krofter
Joined On 6/2/2015 9:47:59 AM
Add as Friend | Send Message

Thanks for the clarification about caution. Good to know I can continue to use bone stock as a base for many dishes and benefit from its effect on my gut. Thanks doc.

Mark as Spam · Posted On: 5/19/2019 9:52:26 AM

Like · Dislike

sstroglia
Joined On 12/25/2012 1:35:45 PM
Add as Friend · Send Message

There is so much to learn. Am I understanding correctly that if you have cancer and are undergoing aggressive treatment, it's best to avoid consuming bone broth? More importantly, what specific drugs can be used to target glutamine? They aren't listed and I understand this is just beginning to be understood but what do you do if you have cancer now? Are there physicians knowledgeable in how to address glutamine and where do you find them?

Mark as Spam · Posted On: 10/8/2019 6:47:47 PM

Like · Dislike

pat3979
Joined On 6/13/2016 12:35:24 PM
Add as Friend · Send Message

This is fascinating. I wish doctors have been aware of this when my mother had breast cancer. She went through a biopsy, a mastectomy, chemotherapy, and all it did was buy her a little time. Once it metastasized she passed quickly. I don't think I'll ever get over how much I miss her.

Reply · Mark as Spam · Posted On: 5/19/2019 6:45:39 AM

Like · Dislike

aclark
Joined On 9/13/2015 8:29:05 AM
Add as Friend · Send Message

When my very knowledgeable chiropractor learned that I would be having a breast biopsy (which showed cancer after the test) he recommended that I take modified citrus pectin (also called citrusfiber) to prevent any spread of cells that might result from the biopsy which I did, and still do.I took it before and after the biopsy. He administered IV vitamin C treatments as well. It turned out that it was determined that I needed no further treatment (no chemo). The margins were clear. I attribute this to the vitamin C treatments and the supplement.

Reply · Mark as Spam · Posted On: 12/8/2019 1:49:17 PM

Like · Dislike

sethealthy7
Joined On 6/17/2013 2:31:34 PM
Add as Friend · Send Message

EcoMagnesia funds the research on Modified Citrus Pectin. It's no surprise that they determine that their product is effective in cancer treatment. They pretty much have a monopoly on the research and the product. I do not have time to provide sources for this now, but will do later.

Mark as Spam · Posted On: 12/8/2019 2:11:49 PM

Like · Dislike

kokobattah
Joined On 7/11/2016 12:57:39 AM
Add as Friend · Send Message

This article verifies my suspictions since seeing bludgeoned tumor images from a loved one's biopsy during colonoscopy. The large tumor looked so angry and evil. A beautiful resection was performed, the tumor removed. The tumor had not penetrated the intestinal wall. All expected stage 1, but it was stage 3. I believe the biopsy pushed it into the bloodstream, which went straight to the liver. IF surgery will be used to remove a mass anyway, just have it removed. It should be tested afterwards regardless. I will not have biopsies.

Reply · Mark as Spam · Posted On: 9/3/2019 12:15:19 AM

Like · Dislike

Shannon_Flaherty
Joined On 2/19/2021 6:53:36 AM
Add as Friend · Send Message

At the end of the abstract Dr. Seyfried's study it states, "A view of cancer as primarily a metabolic disease will impact approaches to cancer management and prevention." Unfortunately, it will do nothing of the sort. Cancer is a BIG business and the allopathic medical system and pharmaceutical companies see cancer as a moneymaker. I cannot imagine these systems putting huge profits aside to prevent or cure ANY disease, especially cancer. This is why doctors and researchers like Mercola and Seyfried are the precious gems of the medical and research fields. So, I say thank you to all of the doctors and researchers who dare to go outside of the allopathic paradigm to work on actual causes and prevention of diseases AND sharing that crucial information with us.

Reply · Mark as Spam · Posted On: 7/31/2022 8:47:32 AM

Like · Dislike

mercolizing
Joined On 3/4/2013 12:45:05 PM
Add as Friend · Send Message

Absolutely agree. I was thinking the same thing as I listened to the presentation. You have to be very brave to go against the doctors. They are not gods. There are alternatives. My husband gave into the doctor after he said "if you don't listen to me you will die". That is one difficult choice when you hear that. He didn't die, but he did end up disabled.

Mark as Spam · Posted On: 8/1/2022 6:08:01 AM

Like · Dislike

Edwig.Carol
Joined On 3/27/2019 8:38:30 AM
Add as Friend · Send Message

Thank you so much Dr. Mercola for sharing with us this interview, so rich an information, of a so high quality. I have lost my beloved brother (39 old), two brother-in-law's (49 one, the other 67 old)... one sister in law living now with Colin cancer (63). This within 4 years! My brother knowing the futility of cancer conventional treatment chose to die, accepting only pain killers...

Reply · Mark as Spam · Posted On: 5/19/2019 9:42:22 AM

Like · Dislike

Barbara Charis
Joined On 5/8/2007 9:13:41 AM
Add as Friend · Send Message

It is amazing that with all the time and money spent on research on cancer research that an answer has not been found. When I was diagnosed with having a cancerous tumor in 1976, I told the doctor that I was going home to pray. People need to read Hrexa 4:6 My people are destroyed for lack of knowledge...and because you have rejected knowledge, I will also reject thee. Well, I prayed and a book came into my hands and I felt it was an answer. I went along with the information and within less than 3 months the tumor was totally gone. This was almost 44 years ago. I learned if you don't feed a tumor, it can't live. Years after the first tumor, I developed another one. I examined my foods and removed a high glucose food I was using....and the tumor was gone within 10 weeks. I totally trust in the Maker for answers and they come.

Reply · Mark as Spam · Posted On: 12/8/2019 12:46:36 PM

Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend · Send Message

Eliminating cancer requires a 2-pronged approach. Creating physical terrain that is hostile to the growth of cancer, while at the same time supporting the immune system. Then, it simply becomes an issue of being able to detox and recover at a rate faster than the cancer is growing.

Reply · Mark as Spam · Posted On: 7/31/2022 4:32:33 AM

Like · Dislike

MNlandyschool
Joined On 12/3/2018 10:16:19 AM
Add as Friend · Send Message

Thank you so much Dr. Mercola for bringing this article to our attention. Dr. Seyfried makes good sense. It has also opened my eyes. to the suggestion of biopsy on my wife breast tumor. over a year ago he wanted to go by the book and operate on her. But considering her age and position, (she is a stroke patient, four years now, losing at home and also being taken care of by me), My daughter and I decided to refuse surgery for her. He then suggested a pill. Which we greatfully accepted. Since then he reduced the pill to one half.The tumor is still benign.

Reply · Mark as Spam · Posted On: 12/8/2019 12:58:19 PM

Like · Dislike

mercolizing
Joined On 3/4/2013 12:45:05 PM
Add as Friend · Send Message

This is the problem. He tried to talk you into all the money making procedures and only after you stood strong against it did he offer a benign solution. The pill. Unbelievable, and I think immoral.

Mark as Spam · Posted On: 8/1/2022 6:15:16 AM

Like · Dislike

ray7595
Joined On 6/1/2016 6:46:00 PM
Add as Friend · Send Message

excellent interview ... fascinating information.

Reply · Mark as Spam · Posted On: 5/19/2019 1:02:14 PM

Like · Dislike

Barbara Charis
Joined On 5/8/2007 9:13:41 AM
Add as Friend · Send Message

Glucose restriction is very necessary in order to stop giving fuel to a tumor. In 1998, I got rid of a tumor by limiting glucose from ingesting a very "good" food, which had too many carbs. Previously in 1976, I got rid of a tumor by eliminating a "good" food, which contained too much protein. Excess protein can contribute to tumor growth. Unfortunately the food industry has set the standards for protein, fat, carbs, sodium, etc. Where can health researchers go to get valid nutrient information? The wrong standards have contributed to making people sick. In the states, the RDA for sodium was approximately 500 mg daily. Today it is a bitter ...2200 mg. My father died, because of his addiction to sodium. It caused him to retain too much water in his bloodstream, and his heart could not pump his water-logged blood. His heart failed, because it wasn't receiving nutrients to keep it functioning. Me live and learn!

Reply · Mark as Spam · Posted On: 7/31/2022 8:58:38 PM

Like · Dislike

bonacbaby
Joined On 12/31/2018 5:08:02 PM
Add as Friend · Send Message

From the research, I've been doing over the past couple of years and listening to Doug Kaufmann's videos, etc. I think he is right on the money about fungus being the cause of cancer and many diagnoses of cancer were not cancer but fungus.

Reply · Mark as Spam · Posted On: 12/8/2019 11:04:27 AM

Like · Dislike

LauraHenceRussell
Joined On 6/14/2017 7:49:20 AM
Add as Friend · Send Message

Excellent article, and work by Dr. Seyfried. For more on this, see the chapter on Cancer in the new book by Simon Yu MD, AcuDental Blow Up in Medicine Battle Plan for Real Life. www.amazon.com/AcuDental-Blow-Up-Medicine-Battle-dp/0578224177

Reply · Mark as Spam · Posted On: 12/8/2019 6:43:39 AM

Like · Dislike

emmanuel2015
Joined On 4/26/2015 2:39:32 AM
Add as Friend · Send Message

FYI: Millimeter microwaves, and scalar energy military grade weapons used on "Targeted Individuals" (TIs) causes cancer anywhere from your head to your feet. My wife and I had exactly the same right Colon cancer (undifferentiated adenocarcinoma) few years apart after decades of attack. This happened despite not ever smoking, drinking, etc, and eating organic. She was cured, and I had liver & lung Mets. I am a double-boarded physician, and retired. The perpetrators are now installing me 24/7 trying to cause more spread to the rest of my body. For decades I took dozens of antioxidants & supplements, meditated, exercised, and lived clean. None of these could stop the Directed Energy Weapons. So protect yourself fully against EMFs, RFs, using a good emf & radio frequency meter. These and cabal now use these technology to covertly kill their targets. They now call it the "Havana Syndrome". What a joke.

Reply · Mark as Spam · Posted On: 8/1/2022 1:28:02 AM

Like · Dislike

rlc5998
Joined On 3/25/2021 11:44:36 AM
Add as Friend · Send Message

Interesting take on cancer fermentation and glutamine suppression. I don't like the idea of using drugs to suppress glutamine. There are many natural cancer cures that work. The budwig remedy has enjoyed considerable success, but it's mostly used on tumors. I would really like to see you take a deep dive into the royal rife frequencies. I want to know their effective they are. Ivermectin chemerapy modulation capabilities has anticancer effects. Sulphoraphane, Ozone, alternated with high dose vitamin C, organic vegetable and berry juicing. What did they use to cure Roger Stones wife who had stage 4 cancer? Cancertutor.com by Webster Kehr has a lot of interesting cancer therapies.

Reply · Mark as Spam · Posted On: 7/31/2022 10:07:58 AM

Like · Dislike

pjvr100255
Joined On 5/22/2015 7:36:26 PM
Add as Friend · Send Message

As I have some digestive issues (bloating, gas, etc.), I tend to stay away from fermented foods like sauerkraut, yogurts, kefir, though I've heard from so many different sources that fermented foods are GOOD for you, regardless, and thought maybe I should try them again. It is a good way to preserve foods for when the shit. But I'm just not sure. Is this article saying no to fermented foods? This is very confusing to me. Thanks!

Reply · Mark as Spam · Posted On: 7/31/2022 9:12:35 PM

Like · Dislike

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
Add as Friend · Send Message

I would argue that both Warburg AND the gene theory were correct.& incorrect. in certain aspects.both having partial understanding as more knowledge was amassed. AND reduction in the body is regulated by the infoming, meaningful workjob wintercence of the dna, giving instruction to the cellular mechanisms& biochemistry in the cells. When we have breakdown in that,or when the instructions cannot be completed due to lack of material or energy, we have problems. It would seem we need a clean burn in the little after type organelles of our material cells rather than a ferment.

So, we need light,wokat.fast in proper measurd quality as well as something to take out the trash,the sulfur,to speak, along w/ impurities in the fuel, incomplete burns, poor energy transport etc. The rub is that there is also the spiritual breath of life coming of God,& in mankind created in his image,a whole other level of sulfurd, conscientious knowing which the beasts just do not have, the this spark of life in them is more knowingly responsible than that of plants.

Fungi, viruses& such incomplete, dependent things being more mysterious,yet not unknowable. All are physically made of the same elements, w/ acting info,fuel & energy, & all are still dead w/o the added divine quality of life coming of the Creator& Redeemer, also Kingd. Judge (the mercifully putting that off for a season so more right come to their senses to be made wholeds healed in the most complete,eternal sense).

The Flood judgment was directed at those responsible: all those beastsk mankind of the earth which had the breath of life in them,& which had all corrupted their ways upon the earth w/an angelic element in that indicating a level of knowledgeresponsibility. Afterward God put the fear of man into the beasts& added them to the mess,which has further implications,especially once you realize who the fallen chmn& beasts spiritual type is. Why there is conceptional death in the 1st place necessitating redemptionk regeneration.

Reply · Mark as Spam · Posted On: 7/31/2022 11:20:49 AM

Like · Dislike

Post your comment

Previous Article · Next Article

Join the World's #1 Natural Health Newsletter for FREE!
Latest Trustworthy News from Dr. Mercola — delivered straight to your inbox!
Enter your email address · Subscribe Now!

Disclaimer: The entire contents of this website are based upon the opinions of Dr. Mercola, unless otherwise noted. Individual articles are based upon the opinions of the respective author, who retains copyright on material. The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Mercola and his community. Dr. Mercola encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. If you are pregnant, nursing, taking medications, or have a medical condition, consult your health care professional before using products based on this content.

If you want to use an article on your site please click here. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Mercola is required.

Terms & Conditions - Updated Privacy Policy
© 1997-2022 Dr. Joseph Mercola. All rights reserved.

TrustedSite Certified Secure · WoTrus Validated Secure