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Sugar is sweet, but sugar can also increase some health risks. We have all heard this before - "read food labels." Don't just check the caloric number but check for hidden sugars and salts. See ladies there is a cycle to be broken as one negative event feeds another. You can improve the odds of not contracting Pancreatic cancer by working on lowering your sugar intake. The higher the risk of diabetes, the higher the risk factor to pancreatic cancer. Diabetes increases your insulin levels and high insulin levels promote cancer cells to grow faster. By just lowering your daily intake, especial from hidden sugars in processed foods, you can lower your risk of one type of cancer.

This is an easy way to lower your risk of cancer, and the best visible side effect is you get to lose some lbs.

Not too shabby as one good deed leads to another. Tomorrow I will give you just another little

Cancer Proofing With Foods

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tidbit to help keep you cancer free. If we add all of these tips and live a healthy lifestyle we can make a difference in our health.

Ciao for now

xoxo