

## Guillermou

This systematic review supports recommendations to avoid consumption of sugar-sweetened beverages, including sugar-sweetened beverages (SSB), artificially sweetened beverages (ASB) for cancer prevention. The current meta-analysis of cohort and case-control studies indicated a statistically significant positive association between higher SSB consumption and the incidence of breast and prostate cancer. Regarding premenopausal breast cancer, the results of the cohort studies alone showed a significant association. Likewise, it showed a statistically significant positive link between high FJ consumption and cancer risk. Positive associations for the following: SSB and risk of colorectal and pancreatic cancer; high FJ consumption and risk of breast, colorectal and pancreatic cancer; and ASB and pancreatic cancer risk. Although some guidelines maintain that moderate consumption of fruit juices (FJ) can be part of a healthy diet, FJ contain little or no dietary fiber and are positively associated with tooth decay in children.

Professional societies have recently recommended limiting FJ consumption in children as a means to address the obesity epidemic. This would aim to promote adequate consumption of essential nutrients, reduce excessive sugar/calorie intake and therefore reduce the incidence of cardiometabolic diseases and cancer.

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Obesity and type 2 diabetes have been shown to be well-known risk factors for cancer. Diets high in added sugars often cause weight gain and an increase in metabolic parameters related to adiposity, insulin resistance, steroid hormone bioactivity, oxidative stress and inflammation, ultimately leading to the development and cancer progression. The International Agency for Research on Cancer (IARC) reported compelling evidence that excess body fat is a major risk factor for many cancers, including esophageal, pancreatic, colorectal, postmenopausal breast, endometrial, renal, and ovarian cancers. , gallbladder, hepatic and gastric. cardia, among others. [www.mdpi.com/.../516](http://www.mdpi.com/.../516) (2021).-----

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Consumption of sugary drinks increases the risk of developing breast cancer, particularly in premenopausal women.

For premenopausal women, after adjusting for matching characteristics, total energy intake, and all potential confounders, the odds of having breast cancer in women who drank one or more servings of SSB per day showed 1.78 times the odds. of those who drank one or fewer servings of SSB per day. month [OR = 1.78 [aacrjournals.org/cebpa/article-abstract/33/2/325/733925/Sugar-Sweetened..](http://aacrjournals.org/cebpa/article-abstract/33/2/325/733925/Sugar-Sweetened..) (2024).--

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## juststeve

Gui, when it is a very strong conclusion up to 80 to 90% of our mental and immune function is influenced by our gut microbes the following is also used as a shield for Glyphosate - Roundup: "In a carefully crafted message, Ariel Kushmaro, Ph.D., professor of microbial biotechnology at Ben-Gurion University and lead author, told Business Insider, "We are not claiming that it's toxic to human beings. We're claiming that it might be toxic to the gut bacteria, and by that, will influence us." The two are giving us a one two punch severely damaging our Gut, the quantity and quality of microbes and very likely causing a rising tide of endotoxins. We are in a symbiotic coexistent, codependent relationship with the microbe world. Microbes are not our enemy. Microbes disrupted and out of balance caused by artificial substances cause very real Dis-ease.

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Interesting reference..and we can add more. Exposure to glyphosate and glyphosate-based herbicides has the potential to negatively influence neurodevelopment and behavior across generations indirectly through the gut-brain-microbiome axis. Glyphosate can kill commensal members of the microbiome resulting in reductions in key microbial metabolites acting through the gut-brain-microbiome axis, including indoles, L-glutamate, and SCFAs. Glyphosate-resistant microbes in the gut have the potential to increase the production of pro-inflammatory cytokines and reactive oxygen species that may result in increased HPA activation, resulting in increased production of glucocorticoids that have implications for neurodevelopment.

Furthermore, maternal transfer of the gut microbiome can affect immune and neurological development from generation to generation. [www.frontiersin.org/.../full](http://www.frontiersin.org/.../full) (2022) Also this study reported that glyphosate exposure, at doses similar to the US ADI, can alter the composition of the gut microbiota and modulate the neuro-immune-endocrine system, resulting in a pro-inflammatory environment.

Microbial alterations were characterized by the loss of beneficial bacteria (Lactobacillus and Bifidobacterium) and a reduction in SCFA-producing microbial gene pathways. Furthermore, these microbial alterations were accompanied by an increase in inflammatory markers, including an increase in lipocalin-2, CD4 + IL17A + gut-resident immune cells, and an increase in fecal pH. [www.sciencedirect.com/.../S1382668923000911](http://www.sciencedirect.com/.../S1382668923000911) (2023)

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## K31Scout

I use glycine to sweeten my coffee and assume it's ok. The electrolyte mix i use has Organic stevia and in my opinion is too sweet and now I need to research that.

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## **RJC2001**

Glycine is fine. I take at least 4G per day as a supplement and it has cut down on the frequency of nosebleeds for me. Dr. Mercola has a good article about glycine.

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## **MuscleGuy**

When I read the teaser, "The remedy is tasty and has few to no calories," I thought to myself, drink water you idiots! Sure enough, Dr. Mercola came through, although more politely than me. hahahaha

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