

The Truth About Juice

For decades, our infants have been given juice as a substitute for Mother's milk and our children have been given juice as the "drink of choice." Most of us thought it was superior to soda or other sweetened drinks, but that assumption was wrong. During this trend, the childhood cancer rates have increased almost 50% (pg. 3). Is it just a coincidence? Here's what was recently stated from an Associated Press article titled "For children, effects of juice can be sour," by J.M. Hirsch, *Houston Chronicle*, February 11, 2005, page A29:

- "Studies link the **high-sugar drinks to obesity**; experts **advise strict limits**.
- "...But researchers say that when a **baby's bottle or cup** is filled with **juice - even the 100 percent, all-natural, no-sugar-added stuff** - parents **might as well be pouring Pepsi**.
- "'All of these beverages are largely the same. **They are 100% sugar. Juice is only minimally better than soda,**' states Dr. David Ludwig, an expert on pediatric obesity at Children's Hospital Boston.
- "This is an example of how children's diets can be *perverted by the unbridled actions of the food industry when it places private profit ahead of public health.*"

Are you shocked and in disbelief at how you were misled? You might have well been giving the kids "cake for breakfast." You will soon see how these carbohydrates from juice are cancer-causing, too. The scientific truth about juice has been known for decades -- any medical physiology textbook makes it clear -- if anyone cared to look, but you probably haven't heard it until now. Dr. Ludwig's last statement says it all - **private interests and private profits are placed above public health**. Unfortunately, given their lack of results, this statement applied to the cancer research institutes, too.

You also should know that only a very small, insignificant amount of fruit is required to fulfill the body's vitamin C requirement when following the *Cancer - Its Cause and Cure* dietary guidelines. Therefore, eating a small amount of fruit and vegetables is fine, but too much causes slow blood flow and places you at higher risk of contracting cancer. You will discover this fact shortly in the section "Blood Speed and Cancer Metastasis" on page 118.