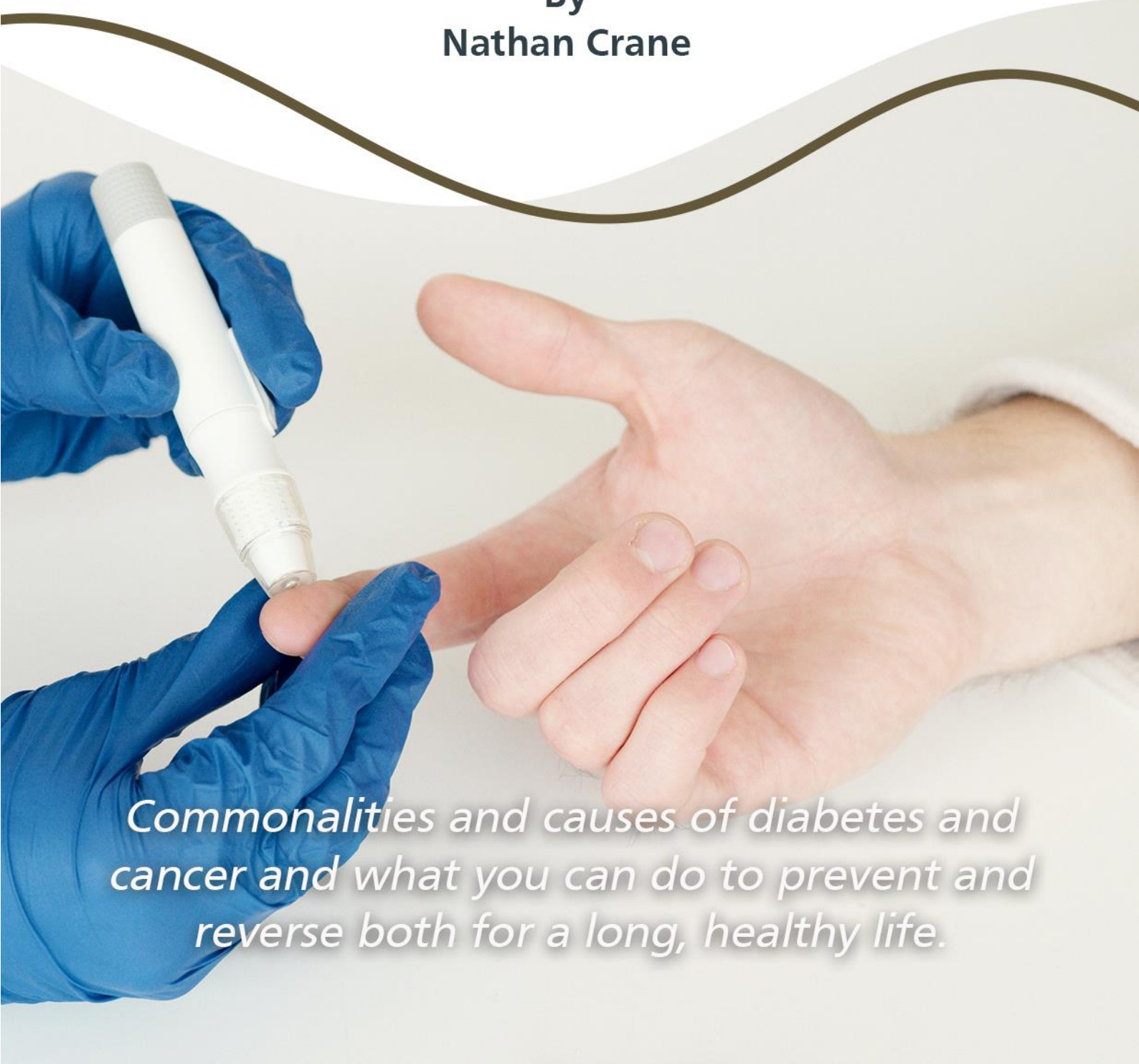


# The Shocking Link Between Diabetes and Cancer

By  
Nathan Crane

A close-up photograph showing a person's hand being tested with a glucose meter. A healthcare professional wearing blue nitrile gloves is holding the white glucose meter and pricking the person's finger. The person's hand is held steady. The background is a plain, light-colored surface.

*Commonalities and causes of diabetes and cancer and what you can do to prevent and reverse both for a long, healthy life.*

# About Nathan Crane

Nathan Crane is a natural health researcher and holistic cancer coach. He is an award-winning author, inspirational speaker, Amazon #1 bestselling author and 20x award-winning documentary filmmaker.

Nathan is on the Board of Directors for the Beljanski Foundation, a Non-Profit Conducting Scientific Research into Natural Solutions for Cancer.

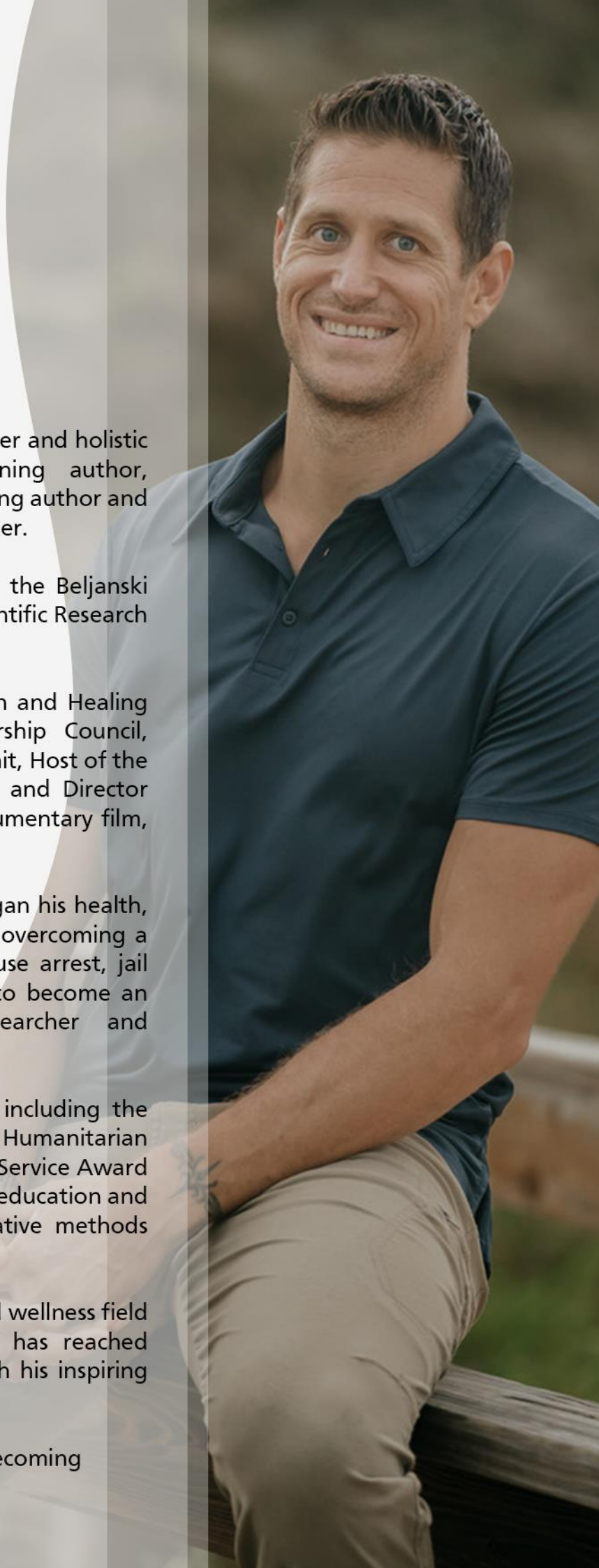
Nathan is also the Director of the Health and Healing Club, President of the Holistic Leadership Council, Producer of the Conquering Cancer Summit, Host of the Conquering Cancer Documentary Series, and Director and Producer of the award winning documentary film, Cancer; The Integrative Perspective.

In 2005, at only 18 years old, Nathan began his health, healing and spiritual journey, eventually overcoming a decade of brutal teenage addiction, house arrest, jail and challenging times of homelessness to become an international author, filmmaker, researcher and educator.

Nathan has received numerous awards including the Accolade 2020 Outstanding Achievement Humanitarian Award, and the Outstanding Community Service Award from the California Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

With more than 15 years in the health and wellness field as a researcher and advocate, Nathan has reached millions of people around the world with his inspiring messages of hope and healing.

Receive a Free Download of his ebook, Becoming Cancer-Free at: [www.NathanCrane.com](http://www.NathanCrane.com)



## **DISCLAIMER**

This ebook contains general information relating to various medical conditions and their treatment. Such information is provided for informational purposes only and is not meant to be a substitute for medical advice. You should not use the information contained herein for diagnosing a health or fitness problem or disease. You should always consult with your physician or other qualified health care professional for medical advice or information about diagnosis and treatment.

Copyright © 2022 by Panacea Community, LLC

All rights reserved. No portion of this e-book or may be reproduced in any form without permission of the publisher except s permitted by U.S copyright law.

# INTRODUCTION

Recently, I was asked to speak at the Mastering Diabetes Online Summit where we discussed the shocking link between cancer and diabetes. I may not be an expert in diabetes as my hosts, Robby Barbaro, MPH and Cyrus Khambatta, PhD are, but I have spent many years researching how to prevent and reverse cancer.

What I have discovered in my research is that many commonalities exist between cancer and diabetes. In this ebook, I'll discuss what these commonalities are, the six common causes of both diabetes and cancer, as well as your genetic inclination for cancer.

Plus, I'll reveal the research that proves the increased risk you may have for cancer if you currently have diabetes. But there is hope and healing. I'll offer a few simple steps you can take today to reduce your risk of developing diabetes and cancer... and even reversing these diseases.

You can take back control of your health and life by what you will learn in this free ebook.

Yours for a Healthy Life,

**Nathan Crane**

## CHAPTER 1 The Myth of Disease

The first time I heard the term “Myth of Disease” was from a colleague and a friend, Dr. Thomas Lodi, a renowned integrative oncologist. He’s been a frequent speaker at my cancer conferences, as well as participating in my award-winning cancer documentary, *Cancer: The Integrative Perspective*.

I just loved the way he framed such a complicated health issue into a simple phrase, The Myth of Disease. I’ve expanded on his idea in my own way to deliver a different, and perhaps more hopeful, perspective about disease.

Basically, there’s a myth most people believe – The Myth of Disease – where we’re programmed from birth to believe that disease is something you catch. We treat disease like it’s an invading enemy attacking us. So we counterattack.

For example, we “catch” cancer and fight it by cutting it out of our bodies. We destroy this cancer enemy by burning it out of our bodies through radiation or toxic chemicals. We kill it. We remove it from our bodies forever.

But the reality is, we don’t catch metabolic-related diseases like cancer, diabetes, cardiovascular disease, metabolic syndrome diseases and other life-style diseases. These diseases aren’t something you catch. No. They’re diseases we create. We create them within our own body. Not only do we create these diseases, but our parents and grandparents can unknowingly create these diseases in us as well.



I'm the parent of two children, a ten-year-old and a five-year-old. Since my life's mission is health and wellness, I am breaking these bad genetic patterns in my children that have been handed down to me through addiction, junk food, poor diet, stress and more. These destructive patterns can absolutely play a role in the genetics of my children.

Fortunately, epigenetics tells us that genes actually play a very small role in the expression of disease, especially cancer and other metabolic-related diseases like cancer and diabetes. Epigenetics is the study of how behaviors, lifestyle and environment can cause changes that affect the way your genes work. It's important to realize that these changes don't change your DNA, but instead change how your body reads and expresses your DNA.

And the good news is... epigenetic changes are reversible. And we have the scientific studies to prove it.

## Genes are NOT your Destiny

In a large peer-reviewed study published in the medical journal, *Nature*, researchers concluded that up to 90% of all cancers are caused by diet, lifestyle and the environment. Cancer.gov claims that 5% to 7% of cancer is hereditary or genetic-related.



So if 90% of cancer is your lifestyle, what you're putting into your body and the toxins in the environment around you, and only 5% is hereditary, my theory is that 95% of cancer could be prevented and potentially reversed.

Genes are not your destiny. You have a lot of control over whether cancer shows up in your body or not. If you take your diet, lifestyle and environment seriously and realize your actions can actively create disease within your body, and you don't externally catch it like a germ, then you can significantly reduce your cancer risk.

And we see far often than not, the people who have diabetes often end up having a cancer diagnosis. But it doesn't have to be that way. If you're living with cancer or type 2 diabetes, or are currently prediabetic, you can take full control of your health and control your destiny.

Diabetes and cancer have many commonalities. The number one most commonality is that Type 1 and Type 2 diabetes and cancer are immune related in one way or another.

### Type 1 Diabetes

With Type 1 diabetes the immune system attacks the pancreas and destroys the beta cells. As a result, the pancreas can't produce insulin. It's the beta cells that make insulin which controls the level of glucose in the blood.

But in a recent article in Nature, the beta cell (or B-cell) itself is thought to be a key contributor to Type 1 diabetes. That's because the B-cell is prone to biosynthetic stress. Biosynthesis is when simple compounds are converted into other

This B-cell stress provokes an immune attack that has considerable negative effects on the source of a vital hormone.

This new research indicates that therapies that revitalize B-cells in combination with immune enhancement strategies may



### Type 2 Diabetes

Type 2 diabetes, the most common type of diabetes, is a disease most people thought is caused by sugar, but in fact, it's caused by excess fat in the diet. Excess dietary fat gets stored in the liver and the muscle tissues, eventually leading to insulin resistance, and if not cleared out of the body through proper diet and exercise, eventually can lead to type 2 diabetes. The hormone insulin, which is made by the pancreas, helps glucose from food enter your cells to be used as energy. When there's too much fat in the tissues, the pancreas must over produce insulin, increasing blood sugar levels, eventually leading your cells to become insulin resistant. In Type 2 diabetes your body doesn't make enough insulin, or your cells don't respond to insulin. As a result, the glucose stays in your blood and is not converted to energy.



## Cancer

Now cancer is basically caused by a weakened immune system over-burdened through diet, lifestyle, environmental toxins and stress. This weakened immune system leads to DNA damage. This in turn leads to chronic cell fermentation which can eventually become cancerous in the body, creating tumor growth and the spread of the cancer or metastasis.

Developing cancer in your body, like developing diabetes, is also immune related.



Immune-related is the first commonality between diabetes and cancer. The second commonality is that diabetes and cancer are both driven by chronic inflammation. For both diabetes and cancer, inflammation is a double-edged sword. Inflammation is an underlying cause of both diabetes and cancer in the body. But then having diabetes or cancer also increases inflammation. It's a vicious cycle.

**So we must learn how to reduce inflammation if we're going to have any chance at all at preventing or reversing cancer and diabetes.**







Shocking new research shows a concerning link between diabetes diagnosis and an increased risk of developing cancer.

A massive meta-study of 47 studies covering 20 million people from across the globe, including US, UK, China, Australia, Japan, confirms beyond doubt that diabetes heightens the risk for developing cancer.<sup>1</sup>

Additional studies found that diabetes doubles the risk of liver pancreas, and endometrial cancer. Diabetes also increases the risk of colorectal, breast, and bladder cancer by 20% to 50%.<sup>2</sup>

People with diabetes tend to have some known risk factors for cancer, such as obesity, poor diet and physical inactivity. Problems common in diabetes, such as high insulin levels, high blood sugar levels and chronic inflammation, are also known to increase cancer risk.

And there's one more study that found high blood sugar damages the body's DNA, altering its structure and suppressing its normal repair functions. This makes the genome unstable, creating an opportunity for cancer cells to grow.

If you have diabetes then you really want to do everything you can to help reduce your cancer risk. And if you have both diseases, you have to be vigilant in your approach.

Fortunately, there are many natural solutions to reducing inflammation in the body, and to helping enhance the immune system so the body can do what it was designed to do, which is to heal itself. When it comes to cancer, the immune system is everything.

If you have a strong, vital, fully functioning immune system, you have a significantly greater chance of preventing and reversing cancer.

<sup>1</sup> <https://link.springer.com/article/10.1007/s00125-018-4664-5>

<sup>2</sup> <https://www.webmd.com/diabetes/news/20100616/why-does-diabetes-increase-cancer-risk>

Inflammation is a process that can happen in tissues all throughout your body – in your brain, your thyroid gland, your liver, your kidneys, your muscle tissue, your breast tissue and so on.

Inflammation is a normal immune response. For example, when you cut your finger, you notice the area gets red and swollen. This is normal inflammation and shows your immune system is on the job and healing the cut. Or, when your lymph glands get swollen while your body fights a cold or flu. Once the healing takes place, the inflammation disappears.

But in chronic inflammation, the inflammation never disappears and begins to damage the organs, tissue and blood vessels in your body.

So what does chronic inflammation have to do with diabetes and cancer? Let's start with diabetes.

Many people think they have diabetes because they have high blood glucose. But high blood sugar is a symptom of diabetes, not the underlying reason or pathology. The actual pathology that precedes diabetes is insulin resistance.

If you develop an inflammatory state that is present inside of your liver that can lead to the development of insulin resistance, such as excess dietary fat, your risk for chronic inflammation increases. Insulin resistance then causes a traffic jam of blood glucose, leading to high glucose values, which then tells your pancreas to produce more insulin.





Now your pancreas is stimulated to produce more insulin which is the primary anabolic hormone in your body. Insulin promotes more growth and more fuel storage than any other hormone. And people with diabetes have excess insulin in the blood which is the reason for the significantly increased risk for cancer.

It's this hyperinsulinemia state which is the primary connection between diabetes and cancer. In other words, when you develop a state of hyperinsulinemia, or excess insulin in your blood, then your risk for cancer goes up significantly. That's because insulin is a powerful growth signal in tissues all throughout your body. This now hyper-growth signal can dramatically increase the risk of tumor development and growth, and the spread of these tumors throughout your body. This process is known as metastases.

In my research I have identified six core causes of cancer:

- 1 **Inflammation**
- 2 **Elevated blood glucose**
- 3 **Environmental toxins**
- 4 **Stress**
- 5 **Unhealthy diet**
- 6 **Lifestyle behaviors.**



And it shouldn't surprise you to discover that this list is also the known causes of diabetes.

People often ask if there is a cure for cancer. But no matter how much research dollars are given to curing cancer, the pharmaceutical companies will never manufacture a single drug that will cure cancer or diabetes. That's because no drug can get to the root cause of these diseases.

But I believe there is a non-drug cure for cancer. And that is your immune system. If you have a fully functioning immune system, you will never have to worry about a cancer or diabetes diagnosis.

Let's say you have a leaky gut which leads to an autoimmune disorder which leads to chronic inflammation. And let's say you have hyperglycemia or prediabetes, and that leads to type 2 diabetes, and now you're chronically inflamed.

Plus you're stressed at work or home. And, you're bombarded daily by toxins from your soaps, shampoos, deodorants, carpets, and whatever else. You're also eating high amounts of processed food and a high fat animal-based diet.

This is the typical American lifestyle. But your body is highly inflamed and you're living in a cancer soup.



But if you can reverse these lifestyle choices and reduce the toxic bombardment of your body from carcinogens, then you enhance your immune system so it once again can do what it's designed to do. And your chances of healing, preventing, and reversing cancer go up exponentially. This approach can work for prediabetes and type 2 diabetes as well.

I hope you will agree with me that prevention of chronic metabolic-related diseases such as cancer and diabetes is better than treating the full-blown diseases. If you have diabetes and cancer, let's look at what we can do at a more therapeutic approach to help your body heal.

And you can start by reducing chronic inflammation.



Your body needs some inflammation to fight infection and heal wounds. But too much inflammation that never ends can lead to serious metabolic-related diseases, such as diabetes and cancer. Fortunately, you can lower inflammation with these simple steps.

## Are ALL Carbs Bad for You?

Fortunately, the answer is no, not all carbohydrates are bad for you. Healthy carbs exist that are good for you. They're anti-inflammatory, antioxidant, high in minerals, vitamins and nutrients and very healing.

Here are my favorite carbs to add to your diet to lower your inflammation and risk for cancer and diabetes... and can help

- **Quinoa**
- **Brown Rice**
- **Sweet Potato**
- **All Fruit and Berries,**
- **All Vegetables**
- **All Beans, including organic soybeans**

If possible, go organic with all fruits and vegetables.

Perhaps the most important step you can take today – if you want a fighting chance to reverse type 2 diabetes or cancer – is to make changes to your diet. I would suggest you start by reducing or

Since 2000, three large meta-analysis showed that eating meat is a significant risk factor for cancer. For instance, meat and dairy are high in a compound called trimethylamine-N-oxide, or TMAO for short. High levels of TMAO in the body are associated with higher levels of inflammation.<sup>3</sup>

A 2017 study published in the American Journal of Clinical Nutrition revealed a connection between high levels of TMAO and Type 2 diabetes.<sup>4</sup> And an exhaustive review in 2021 of published studies discovered a link between high levels of TMAO and certain cancers.<sup>5</sup>

What's more, carbohydrates in the body react with proteins and fats, to form Advanced Glycation End products or AGEs. This occurs when you cook your meat. High levels of AGEs in the body is a marker for inflammation, such as c-reactive proteins, as well as an indicator of insulin resistance.

Plus, high levels of saturated fat which is found in meat and animal products, as well as coconuts, palm oil, and chocolate, also leads to inflammation. Studies show a single high saturated fat meal immediately increases inflammation and oxidative stress, resulting in restriction of blood vessels, and an increase in blood pressure. We know that this type of meal immediately raises triglycerides in the blood, which further contributes to oxidative stress, and inflammation, and increases the adverse effects of post-meal hyperglycemia.

<sup>3</sup><https://foodrevolution.org/blog/what-is-tmao/>

<sup>4</sup><https://pubmed.ncbi.nlm.nih.gov/28724646/>

<sup>5</sup>[http://johe.rums.ac.ir/browse.php?a\\_id=424&sid=1&slc\\_lang=en&html=1](http://johe.rums.ac.ir/browse.php?a_id=424&sid=1&slc_lang=en&html=1)



## CHAPTER 6 Taming Inflammation

You can see a lot of diet commonalities between diabetes and cancer. For instance, drinking a sugary glass of orange juice will spike your blood sugar. And if you're enjoying it with a sausage Egg McMuffin, you're adding fuel to the fire. That high glycemic load, mixed with high animal protein and saturated fat causes a massive chronic inflammatory condition in the body. Most likely eating this meal once a month will be okay. But three, four, five, six days a week? Not good.



If you add processed foods, fried foods, highly chemicalized foods, foods that are non-GMO sprayed with tons of toxins that are carcinogenic, then you are creating a diet disaster which can lead to cancer or diabetes in your body.

In my health and wellness work, I've noticed that everyone who has ever reversed stage four cancer, all went on a highly nutritious, plant-based diet, free of processed foods, free of meat and dairy, free of GMOs, and primarily organic.

If you do just one thing to reduce chronic inflammation, get meat and dairy out of your diet as much as possible, and replace it with highly nutritional plants.

It's the same when it comes to prediabetes, type 2 diabetes, and gestational diabetes. There's a constellation of actions, or habits, that you need to develop daily, and execute over the course of time that is going to lead to a reduced risk for the development of diabetes and cancer. These changes can also help you reverse insulin resistance which will help prevent or reverse prediabetes, gestational diabetes, and type 2 diabetes as well.



The evidence is overwhelming that a nutrient-rich, plant-strong diet can make a phenomenal difference at reducing inflammation and reducing your risk for many chronic diseases.

It's important that you don't look at the changes to your diet and lifestyle as a chore. You have to believe that these changes are what will keep you healthy, feeling good, and having energy. The more you have a positive mindset of "this is what I want to do, and not this is what I have to do," then it becomes easier and easier and something you can look forward to for the rest of your life.

On a personal note, as an athlete and 10+ years on a plant-based diet, I'm healthier, stronger, more vital now than I've ever been in my entire life. And I'm just one case in millions of cases.

Below you'll find my personal invitation for how you can learn more about preventing and reversing diabetes or cancer and living a healthier life.

## "I Beat Cancer!"

by Elaine Gibson

In 2001 my chiropractor discovered a lump on my neck. It was early-stage non-Hodgkin's lymphoma. I was shocked. I thought I was healthy. But I was filled with chemicals and carcinogens from the food I was eating, the cleaning products I was using and the environmental toxins all around me.

Using traditional treatments, my cancer went into remission. And after 5 years my oncologist said, "You're done. We don't need to see you anymore." But 18 months later I'm back with Stage 4 cancer. She said, "Unless you do what I say, you won't see your grandchildren grow up." I didn't want to do it her way anymore, so we parted ways.

I began my own journey of healing. I learned from Dr. Otto Warburg and I began oxygen therapy to get more oxygen into my body. Plus, I began eating a plant-based diet and green juicing. With juicing I was getting the nourishment and oxygen directly into my body. I was cleansing my body, getting rid of the toxins, and losing weight. Two years later I was cancer-free and am still cancer free over ten years later.

**For more powerful true stories of cancer healings, go to [www.HealingLife.net](http://www.HealingLife.net)**

## GET A 14-DAY FREE TRIAL TO HEALINGLIFE.NET!

If you'd like to learn more about what you can do to prevent or reverse cancer, which can also help you prevent and reverse other inflammatory diseases, such as diabetes, then go to [www.HealingLife.net](http://www.HealingLife.net) for a **FREE TRIAL**.

At Healing Life, you'll get the latest information on what's working from the world's leading experts on cancer, diabetes, heart disease, depression and autoimmune diseases. You'll get the expert advice and support you need to overcome your greatest health challenges. This is your chance to get the actual blueprint to beat cancer, diabetes and many other diseases so you can live a truly healthy, vibrant life.

In your FREE trial membership, you will have access to our experts, library and community. You can:

- Talk to the experts in functional, holistic, integrative, and natural medicine in LIVE bi-monthly Q&A calls
- Be empowered with 24/7 access to our natural health library with 200+ hours of engaging and informative videos to help you heal and thrive
- Be supported by our Healing Life family, a welcoming and understanding community of like-minded people, when you need it most

If you or someone you know is fighting cancer, go to [www.HealingLife.net](http://www.HealingLife.net) and sign up for your **FREE TRIAL**. If you're not 100% satisfied, simply let us know and we'll send you a prompt refund. No questions asked.

Today, you can put cancer and disease in the rearview mirror forever. Take control of your health and life today!

**Go To [www.HealingLife.net](http://www.HealingLife.net)**