

QUESTION OF THE WEEK

Is breast cancer linked to type 2 diabetes?



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Unfortunately, yes. The reason is that insulin resistance in type 2 diabetes leads to high insulin levels. High insulin levels in turn act like a growth factor for all cells. At the same time, insulin increases the level of circulating estrogen. It is also involved in many inflammatory pathways in the body. Inflammation is a potent stimulator for cancer growth.

Fortunately, hyperinsulinism can be reversed through a healthy plant-based diet, low processed food and good sleep patterns. The other bonus of lowering circulating insulin is its positive effect in decreasing cardiovascular disease.