

# eldr **HOW TO REDUCE YOUR CANCER RISK**

## **STEP ONE: LIVE A HEALTHY LIFESTYLE**

**DON'T SMOKE:** Lung cancer is the most common cancer in the world. **MAINTAIN A HEALTHY BODY WEIGHT:** Obesity is on course to overtake tobacco as the leading cause for cancer in the United States. **NURTURE POSITIVE THOUGHTS AND EMOTIONS:** Negative emotions and cancer are connected. Men who are depressed have been found to have more pancreatic cancer. **EXERCISE OFTEN:** The incidence of all forms of cancer correlates with a lack of physical fitness. The American Cancer Society says at least 30 minutes a day of dedicated exercise above and beyond the usual activities of daily life on five or more days a week is needed to reduce your cancer risk. Regular exercise reduces the risk of breast cancer in women. **GET PLENTY OF SLEEP:** Lack of sleep can lead to a breakdown in immunity, which in turn makes your body more susceptible to cancer. **GET SOME SUN:** Twenty minutes of sunshine a day provides enough natural Vitamin D to reduce your risk. If you're in the sun for a longer period **USE SUNSCREEN.** Get an annual skin exam from a dermatologist.

## **STEP TWO: EAT THE RIGHT FOODS**

**EAT YOUR VEGGIES:** Simply eating more vegetables and fruits could eliminate about 20 percent of cancers. **EAT LESS FAT:** By avoiding animal products, you can double this number, preventing two of every five cancers, according to the Physicians Committee for Responsible Medicine. **LESS MEAT:** Eat no more than 18 ounces of red meat per week. Every additional 1.7 ounces increases your cancer risk by 15 percent. Avoid grilled, broiled, and fried meat. **NEVER EAT PROCESSED MEAT:** Every 1.7 ounces of processed meat consumed per day increases the risk of colorectal cancer by 21 percent. **BE A VEGETARIAN IF YOU CAN:** Vegetarians have dramatically lower cancer rates, as much as 50 percent. **CUT BACK ON DAIRY:** Men who consume 2½ servings or more of dairy per day are 30 percent more likely to develop prostate cancer. **GO SOY:** Men who drink soy milk more than once a day have a 70 percent reduced rate of prostate cancer. **EAT LESS CALCIUM:** High calcium diets are also associated with higher prostate cancer risk. **AVOID:** sugar, salt, moldy food, alcohol, and saturated and hydrogenated oil. **USE OLIVE OIL:** Populations with an olive oil rich diet, such as Mediterranean cuisine, have a lower incidence of cancer. Greek women have a much lower rate of breast cancer. **EAT CANCER-FIGHTING FOODS:** Garlic has been shown to be an effective inhibitor of the cancer process. Drinking three or more cups of green tea a day reduces the likelihood of stomach and esophageal cancer. **OTHER CANCER-FIGHTING FOODS INCLUDE:** tomatoes, whole grains, citrus fruits, blueberries, apple peels, kale, spinach, fava beans, soy, onions, squash, sweet potatoes, apricots, grapefruit, grapes, lemons, mangoes, papayas, peaches, persimmons, strawberries, tangerines, and cruciferous vegetables such as cabbage, cauliflower, brussel sprouts, and bok choy. **INCREASE FIBER INTAKE:** High fiber diets are associated with lower colon cancer rates.

## **STEP THREE: TAKE SUPPLEMENTS**

**TAKE VITAMINS:** It is impossible to get adequate nutrients for optimal health from diet alone. Take a multivitamin with 800 mcg of folic acid. If you drink alcohol, take additional folic acid. **TAKE ADDITIONAL CANCER-FIGHTING SUPPLEMENTS:** Selenium has been shown to have the ability to slow or even stop cancer growth. Take it with vitamin E. Probiotics promote the growth of healthy bacteria in the colon and reduce the conversion of bile acids into carcinogens. Vitamin D suppresses angiogenesis, the formation of new blood vessels that nourish the growth of tumors. Take 1000 IU a day. Consider taking CoQ10, omega-3, milk thistle, palmetto (men only), nattokinase, acetyl-L-carnitine, extra vitamin C, alpha lipoic acid, zinc, and beta-carotene.

## **STEP FOUR: AVOID TOXINS**

**AVOID INDUSTRIAL AREAS:** Industrial toxins have estrogenic properties which may be at the root of increased breast cancer and other cancers. **LIMIT THE USE OF SKIN AND COSMETIC PRODUCTS:** The average American is exposed to 100 distinct chemicals from personal care products a day. Many of these are hormone-mimicking agents, and many are known carcinogens. Avoid products containing parabens, which have been detected in human breast tumors. Beware of personal products containing phthalates, which soak into the skin, accumulate and are suspected to contribute to cancer. **DON'T DYE YOUR HAIR:** People who use hair dyes at least once a month for a year may be more likely to develop bladder cancer. **THROW AWAY YOUR TEFLON:** Don't cook with pans coated with nonstick chemicals. **LIMIT RADIATION:** Be aware that radiation accumulates in the body and avoid unnecessary CT scans such as full body scans. Get mammograms from radiologists at academic medical centers. Avoid unnecessary X-rays. **AVOID:** asbestos, chlorinated tap water, electric and magnetic fields, pesticides, and PBDEs.