

HEALTH TIPS TO REDUCE YOUR RISK OF DISEASE

<u>WHAT TO AVOID</u>	<u>REPLACE WITH</u>
<p>Artificial Sweeteners & Additives e.g. MSG & other Glutamates, Salt Aspartame, Sucralose, Saccharin, Acesulfame K, Monosodium Glutamate, E621, soy protein isolate, hydrolysed protein, textured protein <i>"Aspartame is the most dangerous Neurotoxin that I personally know of. To me there is no doubt that Aspartame is one of the leading toxins causing cancer."</i> – Dr Leonard Coldwell <i>"In my estimation, soy should not be a food product"</i> – Dr Russell Blaylock</p>	<p>Xylitol, natural honey, stevia (natural) or just go without! Use Himalayan Salt instead of regular salt Do not eat soy products</p>
<p>Bad Food Choices (processed, sugar, trans fats) Processed food – the more a food is processed, the fewer nutrients it has. <i>"Real food doesn't HAVE ingredients, it IS ingredients"</i> – Jamie Oliver Sugar – cancer feeds on sugar, and is said to be as addictive as cocaine. <i>"Cancer cells need sugar to thrive. Reducing sugar intake can lower your risk of cancer"</i> – Dr Mercola Trans fats – caused by altered/damaged fats, vegetable oils, spreads, etc <i>"[this study] found that people whose TFA [Trans Fatty Acid] consumption was as much as 3.5-4% of their daily energy intake had significantly higher rates of death from everything from stroke to diabetes to cancer."</i> Edmund Kabagambe PhD <i>"Let Food be thy Medicine, and Medicine be thy food"</i> – Hippocrates</p>	<p>Unprocessed Real foods, increase healthy fats and protein intake, reduce carbohydrates Use coconut oil or organic butter in cooking, nut/seed/olive oils (cold) for dressing. Use pure butter in place of any type of spread</p>
<p>Toxic Dentistry (fluoride, amalgam fillings, root canals) <i>"In point of fact, fluoride causes more human cancer deaths, and causes it faster, than any other chemical."</i> – Dean Burke, Former Chief Chemist Emeritus, U.S. National Cancer Institute <i>"If you were to take the amount of mercury in a typical thermometer and put it in a small lake, that lake would be closed down due to environmental hazards. Yet, amounts much higher than that are in an amalgam filling"</i> – Dr Mercola Root Canals are basically dead teeth that are fixed into the mouth <i>"over a period of 40 years working with 16,000 cancer patients, over 90 percent of his patients had between 2 and 10 dead teeth [root canals] in their mouths"</i> – Dr Josef Issels, MD</p>	<p>Toothpaste fluoride-free, hydrated bentonite clay, virgin coconut oil, bicarb & lemon Remove amalgam fillings/root canals – opt for composite fillings and non metallic dentistry</p>
<p>Toiletries (Sodium Lauryl/Laureth Sulfate, parabens, deodorants) Anti-perspirants and deodorants contain aluminium which has been strongly linked to breast cancer and Alzheimer's. <i>"Aluminium is capable of causing both DNA alterations and epigenetic effects, and this would be consistent with a potential role in breast cancer"</i> Journal of Inorganic Biochemistry <i>"Parabens can penetrate the skin and act like a very weak estrogen in the body – potentially turning on the growth of hormone-receptor-positive breast cancers"</i> – WebMD – common parabens: methylparaben, butylparaben, propylparaben, etc SLS & SLES found as foaming and cleaning agents may be carcinogenic. <i>"can be irritating to the eyes and skin, and may contain the carcinogen, dioxane."</i> – Livestrong.com SLS – sodium lauryl sulfate, SLES – sodium laureth sulfate</p>	<p>Deodorants virgin coconut oil, aloe vera juice, natural deodorant stone Other toiletries Natural or organic alternatives and brands, natural or hand-made aromatherapy products</p>

<p>Sun / Vitamin D3</p> <p>Vitamin D3 is part of our cancer protection and defence mechanism.</p> <p>The sun does not cause skin cancer, extreme exposure causing skin damage does, and so do toxic sunscreens.</p> <p>"All four types of studies have found strong evidence that UVB [exposure] and vitamin D reduce the risk of breast cancer." Vitamin D Council</p> <p>"It [vitamin D deficiency] has found to be associated with the advancement of cancers, for example; breast, colon, ovarian, and prostate." – Wikipedia</p> <p>We should naturally be able to tolerate our native climate without problems. Overuse of sunscreens has made us intolerant to the sun.</p> <p>Only UVB rays are the rays able to help our bodies produce vitamin D3, yet these are the rays mostly blocked by sunscreens.</p>	<p>Natural Protection</p> <p>Virgin Coconut Oil</p> <p>zinc or titanium based sunscreens</p> <p>cover –up!</p> <p>UVB rays are only found between 11am and 3pm, UVA rays at other times are more damaging.</p>
<p>Under-wired and Ill-fitting Bras</p> <p>"Many physicians and researchers now agree that wearing a tight fitting bra can cut off lymph drainage, which can contribute to the development of breast cancer." – Dr Mercola</p> <p>Despite many opposing this view, a study involving 4,000 women showed a strong link between wearing under-wired bras and cancer. The risks of developing breast cancer were:</p> <p>Wearing bras 24hrs a day = 3 in 4</p> <p>Wearing bras more than 12hrs a day, but not to bed = 1 in 7</p> <p>Wearing bras less than 12 hrs a day = 1 in 52</p> <p>Wearing bras rarely or never (or non restrictive bras) = 1 in 168</p>	<p>Wear non-wired bras</p> <p>do not wear any bra to bed</p> <p>limit wearing bras as much as possible</p> <p>make sure bras are regularly fitted by a professional fitting service (free in most department stores)</p>
<p>Radiation – Mobile Phone, Wi-fi & Microwaves</p> <p>Radiation from mobile phones can damage brain cells.</p> <p>"when held next to the head, 97% of the population will exceed the certified level of absorbed radiation, and even more so for children who will absorb more than two times the certified cellphone radiation." Environmental Health Trust</p> <p>Microwave ovens not only kill the nutrients in our food, they alter the molecules in it. We are basically eating radiated molecules.</p> <p>"every microwave oven leaks electro-magnetic radiation, harms food, and converts substances cooked in it to dangerous organ-toxic and carcinogenic products" – Dr Lita Lee</p> <p>While many dispute that there is a link to wi-fi and cancer, there have never been any long term safety tests, and therefore its safety is not known.</p> <p>"Millions of children are being exposed to something that has never been fully tested. We're treating our children like lab rats in an experiment with no controls." – Dr Devra Davies, Cancer Epidemiologist</p> <p>Radiation emitted from smart meters is classed as carcinogenic (cancer causing).</p> <p>"[Smart meters] are bathing you with cancer-causing radiation" – Health Ranger</p>	<p>Do not allow children and babies to use or play with mobile phones/tablets, etc</p> <p>reduce usage, especially close usage,</p> <p>use hands-free or speaker phone</p> <p>do not carry next to the body, or keep next to the bed when sleeping</p> <p>Use wired network whenever possible to reduce wi-fi radiation</p> <p>Do not use microwave ovens</p> <p>Do not have a Smart meter fitted</p>

<p>Pesticide and herbicide residue on non-organic foods Pesticides (weedkillers) and herbicides put in the soil or sprayed onto the plant will absorb into the plant, meaning you can't just wash the chemicals away</p> <p>Roundup contains glyphosate which is a very dangerous carcinogen, and is banned in many countries. Councils regularly use it in public places. "this deadly weed killer promotes multiple myeloma, leukemia, sperm damage, infertility, kidney damage, autism, endocrine disruption, DNA damage and birth defects" – Health Ranger</p> <p>Non-organic meat is likely to have been fed GM feed (apart from Waitrose, at time of writing)</p> <p>Non-organic meat also contains growth hormones and pharmaceutical drugs</p> <p>"10,400 people in the US die each year from cancer related to pesticides." Toxin Information Project</p>	<p>Eat organic as much as possible</p> <p>Do not use pesticides and toxic weed killers in your garden, avoid taking children to the park after they have sprayed weedkillers</p> <p>Use natural products such as vinegar as weed killer</p> <p>Use diatomaceous earth, bowls of lager or Epsom salts for pests eg. slugs</p>
<p>Vaccines / some pharmaceutical medications The HPV Vaccine is falsely called the cervical cancer jab, it only protects against 2 strains of the 13 cancer-causing strains, creating a false sense of security. It is believed to compromise fertility and yet: "The HPV (cervical cancer) vaccine still has never been proven to actually prevent cancer." and "the [HPV] vaccine increases your risk of precancerous lesions by nearly 45 percent" – Vaccination Council</p> <p>Common vaccine ingredients: Thimerosal (mercury), Formaldehyde (carcinogen), Mixed Species cells (animal, insect, human), Polysorbate 80 (causes infertility)</p> <p>Common medications have a list of side effects, some including cancer, for example: "Diabetes drugs taken by thousands of Britons may contribute to the causes of pancreatic cancer." – Daily Mail</p>	<p>Build up your immune system naturally by eating healthily.</p> <p>Avoid unnecessary medications which will deplete essential minerals in the body and may cause cancer (read the patient info)</p> <p>Avoid vaccinations, ask your GP to guarantee their safety before agreeing (they won't be able to)</p>
<p>Lack of Quality Sleep Melatonin is released during sleep – it protects against cell damage that causes cancer. Light blocks the production of melatonin. "the risk for cancers, including prostate, lung, ovarian and other cancers, is linked to the presence or absence of adequate sleep in our daily lives" – Margaret I. Cuomo, M.D. — Author of A World Without Cancer</p> <p>Screen time (such as computers, TV, mobile phones) before bed, and artificial light tricks our bodies into thinking it is still daytime, increasing insomnia and stopping melatonin production.</p>	<p>Reduce screen time before bed.</p> <p>Optimum falling asleep time 10-11pm</p> <p>Aim to get a minimum of 7hrs sleep per night in complete darkness (or wear an eye mask)</p>
<p>Unnecessary Medical Testing X-rays, mammograms. MRI, biopsies and CT scans are carcinogenic Our bodies are constantly in and out of 'Cancer state', and this is controlled by our immunity. Healthy Immune system is key. "mammography alone can misdiagnose up to 56% of women" – Dr Mercola</p>	<p>True prevention is reducing your risk and building up your immunity</p> <p>Opt for healthier tests such as thermography</p>

<p>Stress / negative emotions</p> <p>"Researchers from Ohio discovered the 'stress gene', ATF3, corrupts healthy immune system cells, facilitating the spread of cancer." – Daily Mail</p> <p>"Substantial evidence suggests that exposure to long periods of stress increases rates of cancer development and growth." – Integrative Oncology</p> <p>"Stress, pessimism and other emotional factors have been proven to play a role, increasing the risk of cancer, metastasis and early mortality" – News Medical</p> <p>"Music is the medicine of the mind" – John A Logan</p> <p>Our bodies will still release endorphins if the laughter is fake!</p>	<p>Reduce stress</p> <p>Practice Yoga, meditation, mindfulness</p> <p>Positive attitude</p> <p>Emotional Healing (EFT)</p> <p>Listen to your favourite Music</p> <p>Laugh (even if it's fake!)</p>
<p>Excessive Alcohol, Smoking or Drug use</p> <p>1 cigarette depletes half of the RDA (Recommended Daily Amount) of vitamin C.</p> <p>There are 599 additives in cigarettes. More than 4,000 chemical compounds are created by burning, 69 of which are carcinogenic.</p> <p>"the real culprit of all this health damage is not the [tobacco] plant itself but the toxic chemicals added to the plant in the manufacture of a cigarette." – Mike Adams</p> <p>Alcoholic beverages are classified by the International Agency for Research on Cancer (IARC) as a Group 1 carcinogen</p> <p>"Every year, alcohol causes 4% of cancers in the UK. The less alcohol you drink, the lower the risk of cancer." – Cancer Research UK</p> <p>"Cannabis kills cancer cells and shrinks brain tumours" – Daily Mail</p> <p>A study by University of California into a link with marijuana smoking and lung cancer found "no association at all, and even a suggestion of some protective effect."</p>	<p>Give up smoking!</p> <p>If you use a vape, it should only be as a tool to give up and only with natural ingredients.</p> <p>Natural tobacco is deemed less harmful than commercial cigarettes</p> <p>Reduce alcohol consumption</p> <p>Moderate marijuana use could be protective</p>
<p>Vitamin Deficiency</p> <p>Vitamin D3 is our natural cancer protection</p> <p>It is best to take a larger dose once per week rather than daily as it is fat soluble so our bodies will store it and use it when needed.</p> <p>"87.1% deficiency rate in winter, 60.9% in summer in UK" – NCBI National Centre for Biotechnology Information</p> <p>Vitamin C boosts immunity</p> <p>Vitamin C is water soluble so our bodies will not store it, therefore needs to be taken regularly throughout the day.</p> <p>"An estimated 25% of men and 16% of women are deficient in vitamin C" – NCBI National Centre for Biotechnology Information</p>	<p>Eat plenty of fresh fruit and veg, esp. berries</p> <p>If you smoke, take 30mg vitamin C for every cigarette just to combat depletion!</p> <p>Take a vitamin D3 supplement, around 25-50,000iu once per week, less in summer</p>
<p>Mineral deficiency</p> <p>Magnesium is involved in over 300 processes in the body</p> <p>"Magnesium is basic to cancer treatment and its avoidance. Several studies have shown an increased cancer rate in regions with low magnesium levels in soil and drinking water." – Dr Mark Sircus</p> <p>Selenium is an excellent cancer protector.</p> <p>"Selenium has been shown in multiple studies to be an effective tool in warding off various types of cancer" – Mike Adams, Health Ranger</p> <p>Iodine is severely depleted by radiation, and is essential for healthy metabolism.</p> <p>"Iodine kills off breast cancer cells without killing off normal cells in the process. It's ideal for both the treatment AND the prevention of breast cancer." – Dr Mark Sircus</p>	<p>Supplement with magnesium chloride in the bath, or oil on the skin</p> <p>Take 200mg selenium every day or eat 2-3 organic brazil nuts</p> <p>Take an iodine supplement or eat plenty of seaweed and organic yoghurt</p>

<p>Toxin overload Our bodies have to process thousands of chemicals everyday that we were never made to process One third of the elements of the Periodic Table are toxic to us, many we are exposed to every day. “More than ever, heavy metals are being linked to many forms of cancer.” – Mike Adams, Health Ranger Plastic Bottles and tins with a white coating inside contain Bisphenol-A (BPA) which mimics oestrogen, triggering hormone-related cancers. The BPA can leach into the food or drink, especially when warmed.</p>	<p>Minerals mentioned previously will help eliminate toxins Take a detoxing mineral eg clay, zeolite, charcoal Drink plenty of clear fluids each day Visit a kinesiologist or reflexologist Avoid BPA</p>
<p>Parasites & Candida Symptoms are: digestive disturbances, allergies, immune disorders, low energy and mood, muscular aches and pains, unexplained itching “Certain parasitic worms that can live inside the human body can raise the risk of developing some kinds of cancer.” – American Cancer Society Dr Hulda Clark, a leading parasitologist, has developed her own natural parasite protocol using only 3 herbs.</p>	<p>If you have symptoms mentioned, visit a kinesiologist, nutritional or detox therapist with experience in dealing with parasites Take anti-parasite herbs</p>

Some Herbs and Nutrients to include in your daily diet/lifestyle

<u>Substance</u>	<u>Found in</u>	<u>Notes</u>
Curcumin	Organic turmeric	Curcumin content can vary from 1-6%
Quercetin	Onions / garlic	Eat raw
Resveratrol	Red/black/purple fruit	Organic, sulphate free wine is rich in resveratrol!
Vitamin B17	Bitter Apricot Kernels	Also known as laetrile. Max 3-4 per day as it breaks down into cyanide!
Essiac Tea	-	Buy ingredients or DIY tea from health shops
Carnisol	Rosemary	
Coconut Oil	-	Also protects against Alzheimer's. Safe to cook with, virgin is best
Catichins (ECGC)	Natural Green Tea	Avoid cheap processed green tea, buy organic and natural, matcha is best
Sulforaphane	Cruciferous Vegetables	Broccoli sprouts have highest content

When visiting your Medical professional:

Do not be afraid to ask medical professionals for second opinions, or to provide you with proof that a treatment they are recommending is safe/will work/that you actually really need it.

Do not rush into any major decisions, take time and research for yourself.

Take time to read the patient instruction leaflet of medications fully and don't be afraid to raise concerns, especially regarding the side effects of medications.

Research to see if any ailments or conditions can be controlled or eased by natural means or simply a change in diet. Or visit a nutritional therapist or kinesiologist.

While it is good practice to have professional advice and opinion, do not give this power over your own instinct, and your own body's ability to heal itself.

The information in this handout has been collated by a nutritional therapist. By following only some of this advice you will potentially be reducing your risk of disease, the more tips you adopt, the lower your potential risk!

Some recommended information resources:

www.naturalnews.com	www.phoenixtears.ca	www.mercola.com
www.cancertutor.com	www.curezone.org	www.thenhf.com
www.anhinternational.org	www.chrisbeatcancer.com	www.drircus.com
www.drhuldaclark.org	www.hempcures.work (free ebook)	www.gerson.org
www.genesis2church.is	www.thetruthaboutcancer.com	www.drlwilson.com
www.emofree.com (Free Emotional Freedom Technique (EFT) tutorials by founder, Gary Craig)		

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The listed causes and prevention tips are offered without making any intentional medical claims, and are given as a basis for you to start your own research, so you can make your own informed decisions regarding your health. Please do not take any information offered here as fact, but search for the answers yourself. Please be aware that official sources are restricted in what information is allowed to be given. It is recommended that you seek advice from a professional health practitioner.

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I hope you found this empowering. Wishing you and your loved ones good health, longevity and happiness.

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