HEALTH TIPS TO HELP REDUCE YOUR RISK OF CANCER

WHAT TO AVOID	REPLACE WITH
Artificial Sweeteners & Additives e.g. MSG & other Glutamates, Salt Aspartame, Sucralose, Saccharin, Acesulfame K, Monosodium Glutamate, E621, soy protein isolate, hydrolysed protein, textured protein '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.'' – Dr Leonard Coldwell ''In my estimation, soy should not be a food product'' – Dr Russell Blaylock	Xylitol, natural honey, stevia (natural) or just go without! Use Himalayan Salt instead of regular salt Do not eat soy products
Bad Food Choices (processed, sugar, trans fats) Processed food – the more a food is processed, the fewer nutrients it has. "Real food doesn't HAVE ingredients, it IS ingredients" – Jamie Oliver Sugar – cancer feeds on sugar, and is said to be as addictive as cocaine. "Cancer cells need sugar to thrive. Reducing sugar intake can lower your risk of	Unprocessed Real foods, increase healthy fats and protein intake, reduce carbohydrates
cancer" - Dr Mercola Trans fats – caused by altered/damaged fats, vegetable oils, spreads, etc "[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." Edmund Kabagambe PhD "Let Food be thy Medicine, and Medicine be thy food" – Hippocrates	Use coconut oil or organic butter in cooking, nut/seed/olive oils (cold) for dressing. Use pure butter in plac of any type of spread
Toxic Dentistry (fluoride, amalgam fillings, root canals) "In point of fact, fluoride causes more human cancer deaths, and causes it faster, than any other chemical." – Dean Burke, Former Chief Chemist Emeritus, U.S. National Cancer Institute "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" – Dr Mercola Root Canals are basically dead teeth that are fixed into the mouth "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" – Dr Josef Issels, MD	Toothpaste fluoride-free, hydrated bentonite clay, virgin coconut oil, bicarb & lemon Remove amalgam fillings/root canals – op for composite fillings and non metallic dentistry
Toiletries (Sodium Lauryl/Laureth Sulfate, parabens, deodorants) Anti-perspirants and deodorants contain aluminium which has been strongly linked to breast cancer and Alzheimer's. "Aluminium is capable of causing both DNA alterations and epigenetic effects, and this would be consistent with a potential role in breast cancer" Journal of Inorganic Biochemistry "Parabens can penetrate the skin and act like a very weak estrogen in the body - eotentially turning on the growth of hormone-receptor-positive breast cancers" - WebMD - common parabens: methylparaben, butylparaben, propylparaben, etc SLS & SLES found as foaming and cleaning agents may be carcinogenic.	Deodorants virgin coconut oil, aloe vera juice, natural deodorant stone Other toiletries Natural or organic alternatives and brands, natural or hand-made aromatherapy

Sun / Vlitamin D3	Natural Protection
Vitamin D3 is part of our cancer protection and defence mechanism.	Virgin Coconut Oil
The sun does not cause skin cancer, extreme exposure causing skin	zinc or titanium based
damage does, and so do toxic sunscreens.	sunscreens
"All four types of studies have found strong evidence that UVB [exposure] and vitamin D reduce the risk of breast cancer." Vitamin D Council "It [vitamin D deficiency] has found to be associated with the advancement of cancers, for example; breast, colon, ovarian, and prostate." – Wikipedia We should naturally be able to tolerate our native climate without problems. Overuse of sunscreens has made us intolerant to the sun.	cover -up! UVB rays are only found between 11am and 3pm, UVA rays at other times are more
Only UVB rays are the rays able to help our bodies produce vitamin D3, yet these are the rays mostly blocked by sunscreens.	damaging.
Under-wired and III-fitting Bras	Wear non-wired bras
"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	do not wear any bra to bed
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	limit wearing bras as much as possible
developing breast cancer were:	make sure bras are regularly fitted by a
Wearing bras 24hrs a day = 3 in 4	professional fitting
Wearing bras more than 12hrs a day, but not to bed = 1 in 7	service (free in most
Wearing bras less than 12 hrs a day = 1 in 52	department stores)
Wearing bras rarely or never (or non restrictive bras) = 1 in 168	acput errore scores,
Radiation – Mobile Phone, Wi-fi & Microwaves	Do not allow children
Radiation from mobile phones can damage brain cells.	and babies to use or play
"when held next to the head, 97% of the population will exceed the certified level of	with mobile
absorbed radiation, and even more so for children who will absorb more than two	phones/tablets, etc
times the certified cellphone radiation." Environmental Health Trust Microwave ovens not only kill the nutrients in our food, they alter the	reduce usage, especially close usage,
molecules in it. We are basically eating radiated molecules.	use hands-free or
"every microwave oven leaks electro-magnetic radiation, harms food, and converts substances cooked in it to dangerous organ-toxic and carcinogenic products" – Dr	speaker phone do not carry next to the
Lita Lee	body, or keep next to
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	the bed when sleeping
known.	Use wired network
"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	whenever possible to reduce wi-fi radiation
Devra Davies, Cancer Epidemiologist Radiation emitted from smart meters is classed as carcinogenic (cancer	Do not use microwave ovens
causing).	Do not have a Smart
"[Smart meters] are bathing you with cancer-causing radiation" – Health Ranger	Do not nave a Smart meter fitted

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 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 Non-organic meat is likely to have been fed GM feed (apart from Waitrose, at time of writing) Non-organic meat also contains growth hormones and pharmaceutical drugs "10,400 people in the US die each year from cancer related to pesticides." Toxin Information Project	Eat organic as much as possible Do not use pesticides and toxic weed killers in your garden, avoid taking children to the park after they have sprayed weedkillers Use natural products such as vinegar as weed killer Use diatomaceous earth, bowls of lager or Epsom salts for pests eg. slugs
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 Common vaccine ingredients: Thimerosal (mercury), Formaldehyde (carcinogen), Mixed Species cells (animal, insect, human), Polysorbate 80 (causes infertility) 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	Build up your immune system naturally by eating healthily. Avoid unnecessary medications which will deplete essential minerals in the body and may cause cancer (read the patient info) Avoid vaccinations, ask your GP to guarantee their safety before agreeing (they won't be able to)
 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 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. Unnecessary Medical Testing X-rays, mammograms. MRI, biopsies and CT scans are carcinogenic 	Reduce screen time before bed. Optimum falling asleep time 10–11pm Aim to get a minimum of 7hrs sleep per night in complete darkness (or wear an eye mask) True prevention is reducing your risk and
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	building up your immunity Only have tests when absolutely necessary

 "Researchers from Ohio discovered the 'stress gene', ATF2, corrupts healthy immune system cells, facilitating the spread of cancer." - Daily Mail "Substantial vidence suggests that exposure to long periods of stress increases rates of cancer development and growth." - Integrative Oncology "Stress, pessimism and other emotional factors have been proven to play a role, increasing the risk of cancer, metatasis and early mortality" - News Medical "Music is the medicine of the mind" - John A Logan Qur bodies will still release endorphins if the laughter is fake! Excessive Alcohol, Smoking or Drug use 2 cigarette depletes half of the RDA (Recommended Daily Amount) of vitamin C. There are 599 additives in cigarettes. More than 4,000 chemical compounds are created by burning, 69 of which are carcinogenic. "the real culprit of all this health damage is not the [tobacco] plant itsell but the toxic chemicals added to the plant in the manufacture of a cigarette." - Mike Adams datobolic beverages are classified by the International Agency for Research on Cancer (IARC) as a Group 1 carcinogen "Every year, alcohol causes 4% of cancer." - Cancer Research UK. "Cannabis kills cancer cells and shrinks brain tumours" - Daily Mail 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." Vitamin Deficiency Vitamin C boosts immunity Vitamin C is water soluble so our bodies will not store it, therefore needs to be taken regularly throughout the day. "An estimated 25% of men and 16% of women are deficient in vitamin C" - NCBI National Center for Biotechnology Information	Ctures (a cation and time	Deduce churce
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Toxin overload	Minerals mentioned
Our bodies have to process thousands of chemicals everyday that we were	previously will help
never made to process	eliminate toxins
One third of the elements of the Periodic Table are toxic to us, many we are exposed to every day.	Take a detoxing mineral eg clay, zeolite, charcoal
"More than ever, heavy metals are being linked to many forms of cancer." – Mike	Drink plenty of clear
Adams, Health Ranger	fluids each day
Plastic Bottles and tins with a white coating inside contain Bisphenol-A	Visit a kinesiologist or
(BPA) which mimmicks oestrogen, triggering hormone-related cancers.	reflexologist
The BPA can leach into the food or drink, especially when warmed.	Avoid BPA
Parasites & Candida	If you have symptoms
Symptoms are: digestive disturbances, allergies, immune disorders, low	mentioned, visit a
energy and mood, muscular aches and pains, unexplained itching	kinesiologist, nutritional
"Certain parasitic worms that can live inside the human body can raise the risk of	or detox therapist with
developing some kinds of cancer." – American Cancer Society	experience in dealing
Dr Hulda Clark, a leading parasitologist, has developed her own natural	with parasites
parasite protocol using only 3 herbs.	Take anti-parasite herbs

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
Catachins (ECGC)	Natural Green Tea	Avoid cheap processed green tea, buy organic and natural
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 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.

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 developing cancer, 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.drsircus.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 Emo	tional Freedom Technique (EFT) tutorials	by founder, Gary Craig)

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