

Cancer Prevention Tips

Optimize your health

- ☞ Sleep—get enough deep quality sleep daily. Long term disrupted sleep or night shift work can raise your cancer risk.
- ☞ Vitamin D—get your levels tested and make sure they are at the optimal level to reap the anti-cancer benefits.
- ☞ Digestion—improve your digestion so that you can absorb the nutrients from your food and decrease inflammation.
- ☞ Diet—eat organic and locally grown foods; follow an anti-inflammatory diet 80% of the time.
- ☞ Exercise—move your body 3-5 times a week but be careful to not overdo it. Excessive exercise causes a lot of oxidative stress which is hard on the body.
- ☞ Water—filter your water and drink enough filtered water to stay hydrated and flush toxins.
- ☞ Stress management—find healthy ways to manage your stress and make time for hobbies that you love.
- ☞ Get comprehensive lab work done from your naturopathic or functional medicine doctor who can customize specific supplements to optimize your health.

Decrease sources of toxicity and inflammation

- ☞ Quit smoking, cut back on alcoholic beverages.
- ☞ Decrease exposure to air and water pollution by using a water filter, shower filter and air filter in your home.
- ☞ Cut back as best you can on toxic fumes from paints, new carpets, air fresheners/car fresheners, body sprays, perfumes/colognes, hair products, nail polish/nail polish remover etc...
- ☞ Watch out for toxins in your cleaning supplies, toiletries and cosmetics; anti-bacterial soaps, for example, contain carcinogens...the more biodegradable and non-toxic the better.
- ☞ Teflon cookware can release carcinogens as you cook with it. Switch to Teflon-free pans.
- ☞ Processed or canned foods can contain additives, preservatives, artificial colors/flavors or MSG which are carcinogenic and frequently neurotoxic...
- ☞ Artificial sweeteners such as nutrasweet found in diet sodas or gum are also carcinogenic and neurotoxic.
- ☞ Refined sugars/flours and high fructose corn syrup cause inflammation.
- ☞ Trans fats, margarine/Crisco, fried foods, rancid or oxidized oils from cooking with improper oils at the wrong temperature, lipid peroxides from overheated fats (bacon being the main culprit) can increase your cancer risk.
- ☞ Blackened meats, grilled/charred/smoked meats are carcinogenic—make sure to use some anti-cancer spices like rosemary or a squeeze of lemon to help mitigate the damaging effects of charred meat.
- ☞ Processed or cured meats (hot dogs, luncheon meats, bologna, ham, salami, etc) are high in nitrates/nitrites which are known carcinogens.
- ☞ EMF/radiation can alter DNA—try to limit your cell phone use and avoid unnecessary x-rays and CT scans when possible.
- ☞ Plastic can leach chemicals into food—do not microwave anything in plastic, switch to glass containers vs plastic Tupperware/plastic bags. BPA-free containers leach chemicals as well so they are still not as safe as ceramic or glass. Decrease your intake of canned foods, bottled water, and packaged food wrapped/stored in plastic as best you can.

Eat nutrient dense foods/herbs high in anti-oxidants

- ☞ Green tea
- ☞ Onions and garlic, turmeric, ginger, rosemary, cilantro, parsley; most herbs/spices contain anti-oxidants
- ☞ Fiber—eat enough vegetables, legumes and whole grains
- ☞ Rainbow colored/brightly colored foods—berries, red/orange/yellow peppers, beets, carrots, dark leafy greens
- ☞ Cruciferous veggies such as cabbage, broccoli
- ☞ Dark leafy nutrient powerhouse greens such as kale, collards, mustard greens, arugula, etc...
- ☞ Ground flax seeds—1-2 tbsp daily for the omega-3 fatty acids and lignans; flax can also decrease damage from radiation.