

## Cancer Prevention Tips

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### Optimize your health

- ☞ Sleep—do your best to get enough deep quality sleep daily. Long term disrupted sleep or night shift work can raise your cancer risk.
- ☞ Vitamin D—ideally get your levels tested and make sure you are not deficient.
- ☞ Digestion—improve your digestion so that you can absorb the nutrients from your food and decrease inflammation. Chew your food well, eat slowly with friends and loved ones. Try not to eat on the go!
- ☞ Diet—ideally eat mostly 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.
- ☞ 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.
- ☞ Emotional well-being-- set healthy boundaries, let go of things you can not control, find strategies to break the habit of overthinking/excessive rumination, rest when you need to, get support from a therapist if needed
- ☞ Regular check-ups and lab work by your primary care doctor, naturopathic, or functional medicine doctor can help them customize specific nutrients/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 can 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 (burnt bacon for example) 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 Bluetooth/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, 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, brussel sprouts (cooked and not raw if you have thyroid issues)
- ☞ Dark leafy nutrient powerhouse greens such as kale, collards, mustard greens, arugula, etc.