

This month is cancer prevention month and I wanted to take some time to raise awareness. First to answer the question above nearly 90% of cancers have preventable factors and even if you get cancer there is still many resources available to you.

Here are some of the factors that help prevent and can help slow the spread of cancer:

- Diet: Eating a balanced diet of vegetables, fruits, and lean meats is vital to the prevention and treatment of cancer. Having a diet rich in foods like broccoli, cabbage, Brussels sprouts, asparagus, onion, garlic, and egg yolks have also been shown to help prevent cancer.
- Exercise: Studies have found that those who are more active are less likely to develop cancer.
- Cut back on Smoking and Alcohol. Need help? Please talk to your doctor today to get the proper support you need.

What happens though if you get cancer? What are the next steps? Please refer to the document below from the American Cancer Society for next steps:

<https://www.cancer.org/content/dam/cancer-org/cancer-control/en/booklets-flyers/after-diagnosis-a-guide-for-patients-and-families.pdf>

Where does Parrish Chiropractic and Functional Health fit? We can help with the lifestyle changes as mentioned above along with giving other sources of complementary care to preventing cancer and supporting those who have cancer through herbal remedies and chiropractic.

If you have any questions about this feel free to call the office at 636-207-6600 or email us at parrishchirofunctionalhealth@gmail.com

Resources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>