

# Cancer Prevention

Knowing exactly why one person develops cancer and another doesn't, can be broken down to a baseline of factors. The most common risk factors for cancer include aging, tobacco, sun exposure, radiation exposure, chemicals and other substances, some viruses and bacteria, certain hormones, family history of cancer, alcohol, poor diet, lack of physical activity, or being overweight. With this said, I need to tell you, there are a few things you can do to deter cancer from happening to you or someone you love (or help them if they do get cancer).

You can help prevent many forms of cancer by quitting smoking, staying out of the sun and using sunscreen regularly, follow all safety precautions if you work with dangerous chemicals, do not have unprotected sex or share needles, get the vaccine that prevents hepatitis B infection if you are at risk for getting hepatitis B, drink in moderation, eat a balanced diet, exercise, and maintain a healthy weight. Sometimes this is easier said than done.

## **Things to Consider to Prevent Cancer or Fight it: MORE EXERCISE, BETTER DIET, LESS STRESS**

- Exercise produces hormones called endorphins, a powerful positive chemical inside your body. Exercise improves the immune system in a major way. It helps dissolve visceral fat in the lymph system, flushing toxins from cells, oxygenating the blood, and neutralizing harmful cortisol (stress hormone).
- The liver is the largest organ in the body; it detoxifies the whole body and is crucial to your immune system. Cancer cells produce a lactate enzyme toxic to the liver resulting in fat building up in the liver and flushing back into the lymph and blood system. Detoxing the liver lowers LDL 'bad cholesterol', flushes toxins such as trans fats and chemicals causing cancer.
- Healthy foods fend off serious diseases such as diabetes, cancer, and heart disease, they also fortify your immune system, protect and smooth your skin, and help you lose weight. These foods do not include junk food or most fast foods; but do include organic fresh fruits and vegetables, lean red meat, fish (especially Salmon and sardines), beans and lentils, nut meats, dairy and grains.
- Herbs in their whole organic state (which the body sees as food), and organic essential oils. There are many herbs and essential oils that can be used for various purposes. For instance, some herbs as immune boosters would be astragalus, echinacea, cat's claw, turmeric, ginger, garlic, ginkgo biloba, and ginseng. Most of these herbs also combat inflammation. You also have myrrh and frankincense essential oils that are high on the list for immune stimulants and cell regeneration.

Herbs and essential oils have been used for thousands of years to heal internally and externally, for the mind and the body. Using organic whole herbs rather than standardized herbs, you'll rarely ever experience any side effects from herbal or drug interactions.

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, just let us know. You can also reach us through Facebook and Messenger or come see us at - WHOLE HEALTH CONNECTION • 221 Williams Ave • Picayune, MS • 601.749.9831 • Email [info@wholehealthconnection.com](mailto:info@wholehealthconnection.com).

Thanks, Sami