

24 WAYS TO DECREASE YOUR CANCER RISK

By Marnie Clark (<http://MarnieClark.com>)



As a breast cancer survivor and coach, and someone who lost both mother and grandmother to breast cancer, I have made it my life's quest to help others avoid breast cancer. In my quest, I have done a lot of reading research, trying things myself, and continually looking for answers to help others reduce their breast cancer risk.

One major thing to realize is that getting breast cancer has little to do with genetics. Breast cancer is, at least 90-95% of the time, not hereditary. And even if one is found to have the BRCA1/2 gene mutation, there are things you can do to minimize your chances of ever getting breast cancer (including everything on this list).

There is so much medical research, so much information out there (way more than there was when I started my breast cancer journey), and for anyone searching for information on the Internet it can really be quite baffling and downright confusing. Over the past 20 years or so, I have distilled what I have learned about breast cancer risk reduction into this report - and I continually add to it and revise it. This report comprises the absolute best of everything that I've found out about decreasing cancer risk and encompasses nutrition, exercise, attitudinal healing - the best for your body, mind and soul.

I have found that it isn't any one thing that works the best. Rather, it is a holistic lifestyle. Don't get put off by how many things are in the list, just take one thing at a time. Change what you can change now, and keep working on the list. I wish you well in your health journey!

- EAT ORGANIC FRUIT & VEGGIES.** Because of the fact that our fruits and vegetables are so highly sprayed with cancer-causing pesticides and herbicides, we absolutely must buy organically grown whenever possible and from a farmer's market is even better, due to the freshness component. Choose brightly colored produce - eat from the rainbow. Think of it this way - the brighter the color, the more protective it is. What creates that bright color is what protects us from cancer. So layer on those colors - as many as you can eat each day. Eat them raw whenever possible, or lightly steamed so that their nutrients aren't destroyed. Don't avoid fruit because someone said it has too much sugar. Fruit is enormously protective (and in fact I know one woman who cured herself from stage 4 cancer just by eating fruit). No matter where in the world you live, there are special fruits that will protect you, from apples to watermelon and everything in between.
- AVOID GENETICALLY MODIFIED ORGANISMS - GMO's.** In the USA especially avoid non-organic corn, soybeans, sugar beets, canola oil, papayas, squash, apples and potatoes, because these are the crops that are most frequently grown as GMO. GMOs have not been proven to be safe for us, and indeed seem to be causing a myriad of health problems.

3. **CUT YOUR INTAKE OF SUGAR AND AVOID ARTIFICIAL SUGAR SUBSTITUTES.** Sugar provides the fuel for cancer cells - especially highly processed white sugar. The more of it you eat, the better environment you give to cancer cells. Artificial sugars like aspartame have not been proven to be safe and some doctors feel that aspartame is responsible for at least 92 different health side effects. Sugar also feeds inflammation in the body - and cancer is an inflammatory process.
4. **IF YOU ARE EATING MEAT, ONLY EAT ORGANICALLY RAISED, GRASS FED, OR BIODYNAMIC MEATS.** The meat industry in many countries uses synthetic hormones and antibiotics on cattle, pigs and poultry to fatten them up quicker to get them to market sooner, and these chemicals have been shown to increase our risk for cancer considerably. Some experts are saying consumption of non-organic red meat gives women an 88% to 330% higher risk of breast cancer. Also, it's best to consume meat only every other day to allow your gut to properly rest. So have meat one day and a meat-free day the next, and so on.
5. **IF YOU ARE EATING HIGHLY PROCESSED MEATS LIKE BACON AND SAUSAGES, MAKE SURE TO COMBINE THEM WITH PLENTY OF FRUIT & VEGETABLES.** Highly processed meats contain preservatives called nitrites and if there are no fruits and vegetables present in the digestive tract, these nitrites can form nitrosamines in our bodies, which are linked to cancer development. However, when a high quantity of vegies and fruit have been consumed along with the processed meats, this does not happen!
6. **AVOID MARGARINE AND HYDROGENATED FATS.** Use organic butter and cold pressed oils instead. Things like organic extra virgin olive oil, organic coconut oil, organic sunflower oil, organic avocado oil - all are preferred over things like vegetable or canola oil. Oils containing hydrogenated fats, trans fats, partially hydrogenated fats all fuel cancer cells and are best avoided.
7. **TAKE AROUND 2 TBSP OF FRESHLY GROUND FLAXSEED EVERY DAY.** Flaxseed and flaxseed oil have been heavily studied for several decades and are considered to be wonderful cancer fighters. Flax seeds are rich in both alpha-linolenic acid and linoleic acid, zinc, magnesium, B vitamins, potassium and fiber. They also contain lignans which are protective against breast and colon cancer. Flaxseeds inhibit the development of many forms of cancer. Adding flaxseed to the diet helps liver function, protects against heart disease, can ease depression, accelerates healing, maintains flexibility of red blood cells, prevents fatty degeneration in the liver, lowers cholesterol and triglyceride levels and helps the brain work better. Combined with cottage cheese (organic of course), flaxseed stimulates oxygenation processes in the body which spells DEATH to cancer cells. The best way to take it: Rather than buying the oil already made in bottles, it is best to grind your own seeds (you can use a small coffee grinder) and sprinkle the resultant powder into cereals, onto salads and even mixed with juices and smoothies. If buying it in bottles as an oil is the only way you'll take it, do that, but make sure it is refrigerated, organic, and contains

the all-important lignans. Keep in mind that freshly ground flaxseed is the best and freshest way to obtain its nutrients.

8. **USE LOTS OF TURMERIC IN YOUR COOKING.** The principle active component in turmeric is the yellow pigment curcumin. Myriads of research studies indicate that curcumin is a potent anti-cancer phytochemical. It is anti-inflammatory, antioxidant, antimicrobial, boosts the immune system and protects cells against genetic mutations. Turmeric is considered the number one anti-cancer spice. For best results, either take it as a supplement, or if you are cooking with it, combine it with a cold pressed oil and some black pepper for best absorption (otherwise it isn't absorbed very readily).
9. **DRINK 1-2 CUPS ORGANIC GREEN TEA (OR WHITE TEA) EVERY DAY.** Green tea and white tea both contain numerous anti-cancer ingredients, including polyphenols and flavonoids, which are potent antioxidants. One class of flavonoids called catechins have been widely studied for their anti-cancer potential. Tea is the best source of catechins in the human diet, and green tea contains about three times more catechins than in black tea and white tea is even better than green tea. In studies, green tea has been shown to slow or completely prevent cancer developing in breast, colon, liver, and prostate cells. Other studies involving green tea have shown similar protective effects in tissues of the lung, skin and digestive tract. Tip: avoid tea bags if you can because they have too many chemicals in them. It's best to purchase organic loose leaf white or green tea and just use a tea ball to steep it for about 5 minutes.
10. **TAKE VITAMIN D3 EVERY DAY.** Vitamin D3 is created in our skin when sunshine hits it, but even if you're getting plenty of sunshine - and especially if you are not - supplementing with 5,000 iu of vitamin D3 daily is associated with a much reduced risk of developing breast cancer.
11. **KEEP ALCOHOL USE TO AN ABSOLUTE MINIMUM.** Some natural therapists say to avoid it entirely, because after all, it is toxic to the body. I believe, though, that if we want to also enjoy our lives, one or two glasses of organic wine per week isn't anything to worry about (unless you do have cancer, in which case alcohol must be strictly avoided to give your body the best chance to heal). Make sure any alcohol you do drink is organic though - grapes are one of the most chemically sprayed fruits and you do not need anything else to detoxify.
12. **FILTER YOUR DRINKING AND BATHING WATER.** Breast cancer has been linked to the accumulation of chlorine compounds in breast tissue. A study in Hartford, Connecticut found that women with breast cancer have 50-60% higher levels of organochlorines in their breast tissue than women without breast cancer. So filter your drinking water and also place a filter on your shower head.
13. **TRY INTERMITTENT FASTING** - This is the withholding of food for a certain period of time, but being sure to drink plenty of filtered water. Studies show that fasting just 13 hours per day (which is easy to do because you're asleep for most of that time) significantly reduced recurrence of breast cancer in survivors. For

example, let's say you finish eating at 7:30 pm. Your next meal wouldn't be until 8:30 am next day. It's not too difficult to do and there are immense benefits to be gained by doing this, including letting the digestive tract rest, thus reducing inflammation, body weight, boosting energy levels (because you're not spending a lot of energy digesting), optimizing hormone levels and many other benefits. Try the 13 hour fast just a few times per week.

14. **KEEP A HEALTHY WEIGHT.** Fat cells manufacture estrogen, especially after menopause. Obesity has been shown to be responsible for between 20-30% of post-menopausal breast cancers. In addition, a review of dozens of clinical trials involving 80,000 women showed that being overweight significantly increased the risk of dying from breast cancer-related causes for younger, pre-menopausal women.

15. **AVOID STRESS WHEN YOU CAN. WHEN YOU CAN'T, LEARN HOW TO MASTER YOUR MIND THROUGH MEDITATION.** Unrelenting stress raises your cortisol levels (cortisol is a hormone produced by the body in response to stress) and high levels of cortisol are toxic. Experts are calling cortisol the "death hormone", especially when it circulates in our system for prolonged periods of time. Our brain cells (neurons), are extremely sensitive to the effects of cortisol. When cortisol is circulating at a high level, it causes neurons to die. The very best way to combat stress is with meditation - I can't recommend it highly enough. As a breast cancer coach, at least 90% of my clients tell me that in the leadup to their breast cancer diagnosis they were under too much stress. It was the same for me. A friend suggested I try a meditation class, so I gave it a try. I feel strongly that learning meditation was one of the best things I could have done to combat stress. And studies are showing that it actually helps to rewire your brain, so that you are able to react more calmly in stressful situations. I found meditation so important that I developed my own meditation course to help people who had no access to meditation classes. You can access this training at: <http://MarnieClark.com/change-your-life-meditation-course> Often when I mention the importance of being able to quiet the mind and relax, people tell me "There's not enough time!", "I can't seem to squeeze it in!", or "I'm not good at it!" But these problems can be overcome. If you think about it, many of the illnesses and diseases of modern society are due to an overabundance of stress. If you can keep stress at bay using simple relaxation techniques it will be a skill you will deeply appreciate and it will help you stay healthy. Meditation is just like exercising - at first you might not be very good at it but the more you do it, the better you get at it. Try it! What have you got to lose except a heap of stress?

16. **WORK ON YOUR IMMUNE SYSTEM CONTINUALLY.** Since your immune system is your first line of defense against cancer cells, making sure that it is working optimally is of paramount importance, particularly since there are a lot of things that can turn it off or compromise it. For the best ways to build the immune system, see my webpage: <http://marnieclark.com/breast-health/8-ways-to-build-a-super-strong-immune-system/>

17. **TAKE CARE OF YOURSELF FIRST.** As women, we tend to put our children, our husbands, our parents, our friends FIRST. Which is commendable, however, research shows that women with breast cancer tend to give too much at the expense of their own needs. You cannot pour from an empty cup. If you take care of your needs first and stay healthy, then you'll have more to offer the ones you love and who depend upon you. And consider how looking after yourself first will communicate to others that it's okay to do this - such a valuable lesson to teach our children.

18. **DETOX YOUR PERSONAL CARE PRODUCTS & HOUSEHOLD CLEANERS.** Unseen toxins are prevalent in everything we use - from the dishwashing liquid to the flea collar on your pet. They are not good for the environment and they aren't good for us. The problem with many cleaning products are the chemicals that are in them - there are some 70,000 registered chemicals that are known hormone disrupters, in addition to being toxic and carcinogenic. These substances can increase the estrogen load in the body over time and are difficult to detoxify through the liver. They are called "xenoestrogens" (foreign estrogens) and they are estrogen mimickers that affect the estrogen in our bodies and can alter hormone activity. Growing evidence implicates xenoestrogens in a wide range of human and wildlife health problems. These synthetic estrogens are making their way into our bodies and pretending to be our biological estrogen. They are present in our soil, water, air, food supply, personal care and household products. Especially avoid anything that contains the word "paraben" in it. Dr Philippa Darbre of Reading University in the UK, together with Mr Lester Barr of University Hospital of South Manchester, analyzed the breast tissue samples from 40 women undergoing mastectomies between 2005 and 2008 for first primary breast cancer. In total, 160 samples were collected, four from each woman, covering locations from nearest the armpit to the sternum (breast bone). The results showed that 99% of the tissue samples contained a class of chemicals found in nearly all commercial body products and cosmetics called "parabens" and 60% of the samples had five different parabens. This is a clear indication that either the parabens are causing cancer or, at the very least, the body has trouble getting rid of it and that's not good. Buy certified organic body products and cosmetics - the word "natural" means nothing. The product can still contain umpteen xenoestrogens. We need to be very proactive about this - I recommend analyzing EVERY. SINGLE. THING. you put on your body, from your nail polish (don't use it!) to your mascara. Check out this website to find out the relative safety (or otherwise) of the ingredients in your body products and cosmetics: <http://www.ewg.org/skindeep/> The Environmental Working Group's Skindeep database is full of fantastic information. Bookmark that site and go through the list of ingredients of everything you are using. If it's green on the Skin Deep website, you're good to go. If it's yellow or red, toss it in the trash. Better yet, make your own cosmetics and body products from organic ingredients. I have quite a few recipes and would be glad to share them with you. Just drop me an email (address below).

19. **USE ESSENTIAL OILS RATHER THAN PHARMACEUTICALS.** I started getting involved with essential oils in 1999 when I finished my massage therapy

training. When I discovered that essential oils helped to oxygenate the body (always keeping in mind the knowledge that cancer loves to play in anaerobic - meaning without oxygen – conditions), I got very excited. My studies led me to understand how essential oils can help us regain our health, both physical and emotional. Did you know that many pharmaceutical drugs are based on the natural phytochemicals obtained from plants? Plants have been studied for centuries for their medicinal qualities and what they've discovered is that essential oils are the life-blood of the plant. They contain many healing properties and many of them are being studied for their anti-cancer activity. Pharmaceuticals are often based on the natural chemicals found in plants so that pharmaceutical companies can create patentable drugs that imitate the healing properties of these natural oils. The problem with drugs, however, is that they often have side effects and most are toxic to the cells of our body. Essential oils are the best thing nature could offer us in the way of medicine. But you need to be sure to buy high quality oils. Many of the essential oils available are adulterated with the chemicals they used to extract them or are ruined due to improper extraction or distillation procedures. So it's really important to find the best source of essential oils that you can. I have used Young Living Essential Oils since 1999 and I am very happy with their quality. They grow all of their plants that they distill in better-than-certified-organic conditions, and they test every single batch to make sure that the phytochemicals in that oil are within their very strict standards so that they are as therapeutically active as they can be. If the batch doesn't meet their standards, they throw it away! To me, that's true dedication to quality. I use essential oils daily, especially for breast health. For my list of the best essential oils to use, go to my webpage: <http://marnieclark.com/breast-health/essential-oils-for-overall-health-and-specific-health-problems/>

20. **SEE A HOLISTIC DENTIST AND DETOX YOUR MOUTH.** This is an important step, please don't ignore this one. If your mouth is full of toxins like amalgam fillings and old root canals, they can be leaching toxic chemicals into your body and this can increase your risk for breast cancer, as well as other diseases. Please see to this as soon as possible.
21. **GET RID OF ELECTRICAL APPLIANCES IN THE BEDROOM.** They are creating electromagnetic fields (EMFs) that disrupt your sleep and cause melatonin levels to decrease. Melatonin is a powerful antioxidant that arrests and deters breast cancer in many ways and it's needed to help you sleep well at night. All electrical appliances and wires produce cancer-promoting EMFs. Change the bright digital electrical clock that sits next to your head to a battery operated one (or sit your wristwatch there). Ditch the electric blanket - you'll be lying on or under an electromagnetic field, even if it's not turned on. Get the computer out of your bedroom if it's too close to the bed. Turn off the WiFi at night when you aren't using it. Hair dryers produce more EMFs than any other household appliance (and think how close to your head that is!). Use a low EMF hair dryer instead - obtainable at www.lowemf.com.

22. **GET AT LEAST THIRTY MINUTES OF EXERCISE 3-5 TIMES A WEEK.** Let your exercise be your medicine. Just 30 minutes of aerobic activity (walking briskly, rope-jumping, running, trampoline, gym workouts, Pilates, dancing) three to five times per week can decrease your breast cancer risk by 30-50%, particularly when you also eat a high fruit and vegetable diet.
23. **IF YOU'RE SMOKING, FIND A WAY TO STOP.** Smoking brings more than 7,000 chemicals into the body, at least 69 of which are highly toxic. There is plenty of research showing how cigarettes cause cancer - I don't need to belabor the point. If you need help, consider using hypnotherapy or nicotine patches. Honor your body enough to stop smoking - please.
24. **DON'T TAKE BIRTH CONTROL PILLS OR HORMONE REPLACEMENT THERAPY** (except in those rare circumstances when your doctor says you must). Long-term use of birth control pills has been shown to increase the risk of breast cancer, so please consider other methods of birth control - ask your doctor. Hormone replacement therapy increases the risk of heart disease, strokes, blood clots, gall bladder disease, endometrial cancer, ovarian cancer and invasive breast cancer. It is better avoided.

Bonus tip:

INCLUDE VITAMINS AND NUTRACEUTICALS EVERY DAY. Stress, poor nutrition and long delay times between fruits and vegetables being picked and actual consumption can cause the vitamins we get from the food we eat to be non-functional or even completely absent. Taking good quality supplements from a reputable source can make a huge difference to the thirty trillion cells in your body. Certain nutrients are especially helpful against cancer: selenium; medicinal mushrooms like reishi, maitake, turkey tail; vitamins C, B12, D3, E and folate; coenzyme Q10 (COQ10 - a natural vitamin-like substance that exhibits powerful antioxidant properties, and has been shown to stop the growth of breast cancer and shrink tumors); curcumin. I have a list of the best supplements that will help you to stay well on this webpage: <http://marnieclark.com/breast-health/marnies-must-have-supplements-for-breast-health/>

As you can see, there are plenty of really good ways to reduce your risk of ever getting breast cancer. If you have any questions, you can contact me at: info@marnieclark.com