



Do's And Don'ts

1) Healthy Diet

A Healthy diet not only plays a vital role in cancer prevention but can greatly aid cancer treatment. Research of the years from a range of studies suggests that a plant-based diet has been linked with reduced risks of several cancers, in particular Colon Cancer. Cancer Shop recommends cancer patients by adopting an Anti-Cancer Diet (You can Read all about this here), which usually entails cutting down on sugars, red meat, processed foods etc and replacing them with fish, vegetables, fresh fruits and antioxidants such as Broccoli Sprouts and Wheatgrass.

2) Avoid Exposures to Cancer Causing Elements

It's been known for many years that certain radiation exposures and chemicals can cause cancer. According to the American Cancer Society – ionizing radiation from gamma rays, X-Rays and UV Rays can be linked to cancers of the Stomach, Breast, Skin and lung.

3) Do Get Screened for Cancer on a Regular basis

In this day and age you can get screen tested for cancers of the prostate, Colon, Breast, cervix and Skin. (Consult your doctor for information on how often you need them at your age). It doesn't matter whether you have symptoms or not, any chance of finding cancer early is worth taking as it can greatly increase treatment success and survival rate. The most common screen tests include Physical Exams, Imaging and x-Rays, Blood tests and genetic tests.

4) Don't t Smoke

Smoking or use of any tobacco products can contribute to causing a host of cancers, including cancer of the lung, mouth, oesophagus, throat, stomach and pancreas. In the United States it's currently the leading cause of premature, preventable death.

5) Protect your Skin from the Sun

If ultraviolet rays are able to damage the skins DNA then they can causes genetic mutations which in turn can lead to skin cancer. Don't exposure your skin to the suns powerful rays, instead when outdoors make sure you wear sun screen (the higher the SPF the better). Remember to keep covered up with suitable headwear and Sunglasses.

6) Don't let your BMI go over 25

By keeping your weight within the advised guidelines you can effectively reduce risk of cancers such as endometrial, esophageal, renal, gall bladder, and thyroid and colon cancers. It's advised to try and stay within 10 pounds of the weight you were when you were aged 18.

7) Do Keep a positive State of Mind

In some cases cancer can be a disease of the mind, body and spirit. As a result it's important to maintain a proactive and positive spirit when fighting cancer. Harboring anger, being unforgiving and bitterness can put the body into an acidic environment. By learning to love and forgive, you can keep a positive mind set and relax and enjoy life.

8) Limit Tea and Coffee & Chocolate Consumption

All of the three above contain high sugar and caffeine levels. Try an alternative such as green tea with its anti cancer fighting properties. Also when drinking water try to ensure the water you are drinking is filtered to avoid toxins and metals found in tap water. Distilled water is acidic so it's best to avoid

9) Get plenty of exercise

As well as all the other health benefits of exercising every day, cancer cells are unable to survive in an oxygenated environment. By Exercising everyday and using deep breathing techniques you can get more oxygen down to the cellular level which can help prevent cancer.

10) Don't Avoid Supplements

Certain supplements can build up the immune system and help enable the bodies killers cells which can eliminate cancer cells. These supplements can include Vitamins, Minerals, EFA's, Anti-oxidants, Essiac, Flor-ssence, IP6.