

CANCER PREVENTION TECHNIQUES

Cancer rates have rapidly increased worldwide. Cancer is a result of cells that grow out of control and are not recognized by the immune system. Its cause is very complex, as it encompasses many different aspects, from heredity and environmental factors to lifestyle choices. However, cancer can be prevented in various ways. The following is a list of some effective techniques that can be implemented on a daily basis to prevent cancer.

IN THE HOME – ENVIRONMENTAL FACTORS		
	Current Trends	Positive Changes
Personal Products	Many toxins and chemicals in personal products ¹ are absorbed through the skin.	Read labels to avoid buying products that contain toxins, such as in soaps, shampoo, conditioner, female hygiene products, etc.
Cleaning Products	Mainstream products contain highly toxic chemicals, such as chlorine and ammonia. ¹	Read labels to buy higher quality products. Make your own cleaning products by using vinegar and/or baking soda as the base, and adding other natural ingredients, like orange peel or high-quality essential oils.
Water Quality	May contain chlorine and/or fluoride, as well as organic contaminants, pesticides, etc.	Use a good quality water filter for drinking water and for the bath/shower. Make sure the water filter gets rid of microorganisms that may cause disease.
Plastics	May degrade with heat or light and produce harmful chemicals, like xenoestrogens.	Use glass wherever possible to preserve food, personal and cleaning products. Especially avoid using plastic in microwave ovens, as it makes the food toxic.
Electro Magnetic Forces (EMF)	Exposure to EMFs constantly, such as from Wi-Fi or microwave ovens	Turn off Wi-Fi at night. Do grounding techniques, like by spending time outdoors.
Air Quality	Avoid artificial scents, that many times are found in all sorts of personal products, as well as smoke and other contaminants.	Have high oxygen-producing plants in your house, plant an indoor tower garden, and, if needed, use a good air filter.
Mould	Mould, dominant in humid areas, is harmful because it produces spores and toxins.	Remove mould from the environment. Clean mouldy surfaces with antifungal, natural products (i.e. tea tree oil).

IN THE HOME – ENVIRONMENTAL FACTORS (cont'd)		
	Current Trends	Positive Changes
Clothing	Synthetic clothing (i.e. polyester) doesn't allow the skin to breathe naturally.	Whenever possible, use natural fibers like organic cotton, wool, bamboo, etc.
Paints	May contain lead.	Use good-quality paint, that does not contain lead.
Sun Exposure	Not enough or too much time in the sun and the use of toxic sunscreens.	Spend about 20 mins. daily in the sun. Buy a more natural or organic sunscreen or make your own.
Car Environment	Too much time in the car and its bad air quality.	Use the time in the car to reduce stress, and check regularly air filters in the car.

DIET		
	Current Trends	Positive Changes
Processed Foods	Commonly contain GMOs, HFCS, chemicals that are not labeled, refined sugars, colouring agents, artificial flavours, etc.	Avoid consuming processed foods, and instead incorporate more fresh products, such as fruits and vegetables, or homemade goods.
Water	Low amount, low quality, consumed from plastic bottles.	Increase the amount of water to approximately 8 glasses per day. Search for a good quality water filter. Avoid using plastic to store water, as it may degrade and release harmful chemicals into the water.
Produce Quality	Most produce is grown with pesticides. Check: <i>Clean 15 and Dirty 12</i> at www.ewg.org ¹	Consume organic fruits and vegetables, as they are not grown with pesticides. Buy local produce and research the quality.
Genetically Modified Organisms (GMOs)	GMOs don't need to be labeled. GMOs have been linked to cancer in rats ² .	Consume organic fruits and vegetables, as they are not genetically modified.
Sugar	Consumed in large quantities, promotes cancer cell division.	Exchange the use of white sugar with natural, sweet sources like raw honey, coconut sugar, dates, as well as decrease sugar consumption.
Pharmaceuticals	Many have harmful side effects, including over-the-counter medications	Use natural products or preventative techniques wherever possible. Check quality to prevent negative consequences.

DIET (cont'd)		
	Current Trends	Positive Changes
Plant-Based Diet	Most people consume a large amount of animal protein or a diet high in sugars and processed foods.	A plant-based diet decreases environmental impact, increases fiber intake, which at the same time promotes the growth of normal flora. Starting the morning with a green smoothie promotes healthy digestion.
Dairy	Dairy products may contain genetically modified proteins (i.e. BGH). It is hard to digest some proteins in cow milk, and it contains a high content of hormones.	Use dairy alternatives, like almond, rice, or coconut milk. Avoid using soy milk.
Meat Sources	Conventional meat products are treated with hormones, antibiotics, and are of low-quality (i.e. kept in captivity their whole life)	Use meats that are either certified organic, or that are free range, and are fed with natural sources.
Eggs	Typically, eggs come from farms that keep poultry in captivity and that are fed animal by-products	A healthy source of protein if are organic and/or free range.

LIFESTYLE		
	Current trends	Positive Changes
Movement	Lack of movement or exercise.	Exercise minimum 15 mins. daily. Movement allows the lymphatic system to move, and removes toxins from the body (i.e. by sweating). Take up relaxing forms of exercise to release stress (i.e. yoga or tai-chi). Dry Brushing is a technique which promotes the movement of lymph, allowing the body to get rid of unwanted chemicals and toxins.
Exposure to EMFs	Too much time using electronic devices.	Read a book, spend time in nature, do grounding techniques.
Noise	Use of headphones that are close to ear and too loud.	An iPod at lower volumes to decrease the incidence of hear loss.

LIFESTYLE (cont'd)		
	Current Trends	Positive Changes
Sleep	Poor sleeping habits: not enough and of poor quality.	Maintain a healthy sleeping routine: go to bed every day at the same time, wake up at the same time, and sleep for a minimum of 8 hours daily. Create an environment that promotes rest, is dark, and has no electronics or noise. Ideal scenario: wake up without an alarm clock and feeling rested.
Smoking	Has been documented to promote cancer ³ .	Avoid smoking, or second hand smoking
Stress	Having and over-scheduled, busy lifestyle with too much financial, emotional, and physical stress and exhaustion.	Identify sources of stress, find healthy ways to reduce it (i.e. meditation, positive affirmations, art, deep-breathing exercises), and seek support (i.e. family and friends). Increase amount of laughter and doing things that you are passionate about. EFT ⁴ and Braintime ⁵ are techniques which help in the reduction of stress.
Attitude	A poor, negative attitude.	Think more optimistically and learn from your mistakes to move forward in a positive way. Learn to live in the moment and enjoy the present.
Relationships	Unrealistic expectations and a lack of communication.	Build healthy, close relationships based on trust, caring, love, and commitment.

REFERENCES

¹ www.ewg.org

² <http://articles.mercola.com/sites/articles/archive/2011/10/05/has-any-company-ever-harmed-the-planet-more-than-this.aspx>

³ <http://articles.mercola.com/smoking-side-effects.aspx>

⁴ <http://www.thetappingsolution.com/>

⁵ www.braintime.com

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