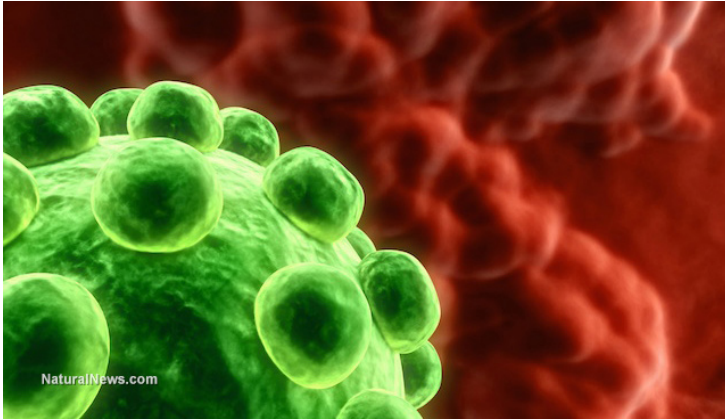


## 4 Things You Can Do To Prevent Cancer



(NaturalNews) It's October, and with that we are blasted with pink paraphernalia and special events (cancer runs) to help us recognize the growing problem of breast cancer. It is during this campaign that we also are reminded that the best plan is to learn how to detect cancer in the early stages, while scientists work feverishly on developing a cancer drug to "cure" those who are dealing with advanced stages of the disease.

It is this largely reactive and unnatural approach (waiting until you see signs of cancer, then dealing with it through pharmaceutical drugs) that completely misses the core advice that should be delivered to those who really want to avoid cancer, which is prevention of it in the first place.

Prevention is the most important cancer-fighting tool we have today, and there are many things an individual can do to help prevent cancer. However, the main theme behind cancer prevention is maintaining a strong and healthy immune system, which can make you virtually impervious to any kind of cancer, including cancer of the breast. This can be accomplished in 4 distinct ways.

### **Nutrition]**

With 60% of all cancers being related to dietary factors, nutrition is the most important factor in any cancer-fighting regimen. This means eating a largely local and organic diet consisting mainly of nutrient dense fruit (focus on low sugar) and vegetables, as well as soaked nuts and seeds, and gluten free grains. Animal products should be limited, with charred and cured meats being avoided as much as possible, especially for women who wish to decrease their risk of breast [cancer](#).

In addition to that, be sure to focus on the following nutrients:

- Beta Carotene (carrots, sweet potatoes, spinach, and most green, leafy vegetables)
- Vitamin B6 (bananas, leafy, green vegetables, carrots, apples, sweet potatoes, and organ meats)
- Vitamin C ([camu camu](#), acerola cherry, guava, peppers, kale, citrus fruits)]
- Vitamin D (sunlight, fermented cod liver oil)
- Vitamin E (dark green vegetables, almonds, eggs, avocado, liver)
- Folic acid (beets, cabbage, dark leafy vegetables, eggs, citrus fruits)
- Selenium (brazil nuts, seafood, sunflower seeds, beef, chicken, mushrooms)
- Magnesium (pumpkin seeds, [cacao](#), Brazil nuts, sesame seeds, almonds)]
- Zinc (dark leafy greens, nuts and seeds, fish, beans, rice, avocados, cacao)
- Coenzyme Q10 (fish, grapeseed oil, sesame seeds, pistachios, walnuts, spinach)

In addition to that, be sure to take beneficial amounts of garlic, broccoli and other cruciferous vegetables, flaxseed oil, hemp, sauerkraut, spices, and pure water. For all foods, the higher the antioxidant content, the better.

### **Avoid toxins]**

It is imperative that we stay away from carcinogenic chemicals and contaminants found in conventional household and garden products, personal care items, water, food, industrial machinery and their by-products, medications, and metal dental fillings. These multiple exposure points accumulate to the point that the immune system becomes severely stressed and cells start to become damaged, until eventually, cancer sets in.

### **Reduce exposure to EMFs]**

Both the Environmental Protection Agency (EPA) and the World Health Organization (WHO) have conducted studies that have shown that EMFs could be classified as a Class B carcinogen, so therefore, exposure should be reduced.

Always test for EMFs using a gauss meter, especially prior to moving into a new house, apartment, or office. Also avoid being in the proximity of power lines and generating stations. Limit your time near electronics (computers, cell phones) as much as possible, as well as heating pads, electric blankets, and beds that plug into the wall.

When avoiding close proximity to EMFs is impossible, consider grounding technology to offset the harmful effects.

### **Reduce stress]**

Stress is known to suppress immune system function, and a compromised immune system can pave the way to various forms of cancer. In fact, many physicians now believe that treating an individual's mental and emotional states is as important as treating the cancerous tumors themselves.

David Spiegel, M.D., a psychiatrist at Stanford University, demonstrated that women with breast cancer who participated in a weekly support group lived twice as long as those who did not. This clearly illustrates the importance of deeper relationships, and how they could be effective in reducing your chances of getting cancer altogether. This is why lifestyle needs to be examined closely, including relationships at work, home, and in various social settings.

To learn more about the best foods for preventing and healing cancer, visit *Top 8 Foods and Herbs for Healing Cancer and Cure Cancer Naturally*. To learn more about what various toxin exposures can cause cancer, check out the first link.

### **Sources:**

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In this pursuit he created proven protocols and guides in the Ultimate Reset personal coaching program, the [THRIVE](#) online holistic health program, and his very popular [Wellness Transformation E-Guide](#).

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