

10

WAYS TO PREVENT CANCER

THE 3 MOST POWERFUL WAYS TO PREVENT CANCER ARE THE SAME 3 WAYS TO REVERSE CANCER DURING CANCER THERAPY

1. CONSUME LOTS OF ANTIOXIDANT FOR YOUR BODY.
2. KEEP YOUR BODIES ALKALINITY HIGH BY CONSUMING LOTS OF LEAFY GREEN VEGETABLES.
3. GREATLY REDUCE YOUR INTAKE OF SUGAR WHICH ACTS LIKE A FUEL FOR CANCER TO GROW.

RECOMMENDATION:

- (1) **IONIZE YOUR DRINKING WATER.** Ionized water increases your body's alkalinity and provides tremendous antioxidant protection to your body's cells.
- (2) **WASH YOUR VEGETABLES VERY WELL BEFORE CONSUMING THEM TO AVOID INGESTING PESTICIDES.** If possible consume organic vegetables.
- (3) **AVOID EATING EXCESSIVE AMOUNTS OF SUGAR.** Replace sugary snacks and sodas with nuts, dark berries and lots of quality water.

4. GMO FOOD. Genetically modified food is extremely hard to avoid these days but is one of the most important things your family must do to stay healthy. GMO or modified food can be found in most corn and soy based products, many fruits and vegetables and other popular items like high fructose corn syrup. GMOs cause severe health issues including irritable bowel syndrome which affects your good gut flora and destroys your immune system. It also causes cancer. Try to purchase organic foods or products labeled Non-GMO Project Certified.

5. PROCESSED FOODS. These foods are usually packaged in boxes, cans, or bags and often contain additives, artificial flavoring and other chemical ingredients. This includes TV dinners and other products that require a long shelf life. The combination of processed food that contains GMOs and High Fructose Corn syrup is a triple threat and should be avoided by your family at all costs. Consume whole foods and encourage your family to grow your own garden of healthy foods.

6. FLUORIDE. Although fluoride is added to our toothpaste and water supply, it should be avoided at all costs. Be sure to change your toothpaste to a Non-Fluoride brand. Your family should never drink Fluoridated water. Contact your local water provider and find out if they add Fluoride to your water supply. If so properly filter your water supply with a filtration system that can specifically remove the fluoride from your water. There are numerous reasons to avoid fluoride including IQ reduction in children and adults and damage to bone and organs including teeth. There is absolutely no valid proof that fluoride has any benefit to your teeth. It is in fact a toxic drug that should never be given to children. If you look at the back of your toothpaste, Fluoride is also considered a poison if swallowed.

10

WAYS TO PREVENT CANCER

For more information please visit our website at: Give2kids.com

We also highly recommend: Americanaci.org

7. ASPARTAME. Artificial sweeteners have been linked with many different disorders. Aspartame is found almost everywhere now. Even in gum and candy that contain processed sugar. Aspartame has been linked to eye problems, headaches and migraines, diabetic issues, prevention of weight loss, joint pain, hearing disorders and seizures. If your family wants to avoid artificial sweeteners and High Fructose Corn Syrup, you can purchase gum and candy online that use natural sweeteners that are even less harmful to your body than table sugar.

8. VITAMIN D. This vitamin comes in many variations and has such a profound impact on the body that it behaves more like a hormone. Vitamin D is linked to some of the most important functions in the human body yet studies show that 70% of American Caucasians and 97% of African Americans are deficient in Vitamin D! Many companies are removing natural Vitamin D from their products and replacing it with a synthetic form of this vitamin. In order to improve the affects of heart disease, common cancers, stroke, infectious diseases from influenza to tuberculosis, type 1 and 2 diabetes, dementia, depression, insomnia, muscle weakness, joint pain, fibromyalgia, osteoarthritis, rheumatoid arthritis, osteoporosis, psoriasis, multiple sclerosis, and hypertension, you need a proper amount of Vitamin D. A great source of Vitamin D is Cod Liver Oil.

9. RED MEAT. The reason the reduction of red meat is often encouraged in our diets is due to harmful hormones. Hormones added to red meat boost breast cancer risk, according to a large study of more than 90,000 women published in the Archives of Internal Medicine. Women who ate more than 1.5 servings (approximately 6 ounces) of red meat per day had nearly double the risk of developing hormone-sensitive breast cancer than women who ate 3 or fewer servings per week. Researchers believe the hormones or hormone-like compounds in red meat increase cancer risk by attaching to specific hormone receptors on the tumors. A compound found in red meat called carnitine has been found to also cause atherosclerosis, the hardening or clogging of the arteries. For these reasons alone, eat red meat in moderation and purchase red meat that has not been treated with hormones. There are many healthier options for your family to purchase red meat at store today than ever before.

10. GENERAL. These are tips you may not have thought about, but also impact your families health and wellness.

Shower head - Use a filter to avoid inhaling chlorine gas or absorbing it through your skin while in the shower.

Deodorant - Use deodorant that contains no aluminum.

Teflon - Stop using Teflon coated cookware.

Microwave - Avoid microwaved food whenever possible.

Plastic - Food and beverages in plastic bottles give off a chemical known as BPA. These chemicals are harmful estrogenic chemicals bad for both children and adults. Use glass bottles with protective outside rubber covers for children and as an adult avoid drinking from plastic bottles and use glass whenever possible.

Remember everything in moderation is the key to successful health for your whole family.

