

## Dr. Heather's Top 10 Tips on Preventing Cancer... Naturally

1. Take a Vitamin D supplement and make sure your blood levels are between 70-100 ng/ml. Or get 10-15 minutes in the sun daily. Vitamin D, a steroid hormone that influences virtually every cell in your body, is easily one of nature's most potent cancer fighters. According to one landmark study, an estimated 600,00 cases of breast and colorectal cancers could be prevented each year if Vitamin D levels among populations worldwide were increased.
2. Eat a plant-based diet (not an animal-based diet). Research linking diet to cancer shows that people who eat primarily plant-based (vegetarians and 7<sup>th</sup> Day Adventists) have a much lower risk of cancer. Plants have less fat, more fiber, and more phytonutrients. 1/3<sup>rd</sup> of cancers are diet-related.
3. Control your insulin levels. Limit processed foods and sugar from your diet.
4. Supplement with the following: Vitamin C (500 mg), Calcium (500 mg), Flaxseed meal (ground flaxseed) (30 grams), Acidophilus powder (1 tsp), Vitamin E (200 IU), Selenium (100 mcg), Omega 3 Fatty Acids (1.2 grams)
5. Get appropriate exercise. Exercise drives insulin levels down, decreases stress, moves your bowels (eliminating waste products faster), boosts your immune system, and raises the level of high density lipoproteins, the good cholesterol that sweeps excess cholesterol off the walls of your arteries.

"If you have no time for exercise, you better reserve a lot of time for disease."

6. Decrease stress. The CDC states that 85% of disease is caused by emotions. You can't change what's going on around you, but you can change your response to it.
7. Get high-quality sleep. 7-9 hours is ideal. Your body grows and repairs while you sleep.
8. Maintain an ideal body weight. Obesity is a risk factor for breast cancer; increased fat tissue raises circulating estrogen levels, which increase the risk of breast cancer.
9. Increase Fiber Intake. This is best done through increased vegetable consumption. In all the research between food and cancer, the evidence for a relationship between a high fiber diet and lower chances of colorectal cancer is the most conclusive. Fiber moves potential carcinogens through the intestines faster. Minimum of 30 grams/day.
10. Eat lots of raw fruits and vegetables. Hundreds of studies exploring the link between diet and cancer agree that eating more fruits and vegetables reduces the risk of all types of cancers! Fruits and vegetables contain natural cancer blocking agents such as phenols, indols, flavones, cumines, and isothiocyanates. Cruciferous vegetables are the most important: broccoli, cabbage, brussel sprouts, mustard greens, kale, and cauliflower. Eating cruciferous veggies could lower your risk by 40 percent! Lunch and supper should begin with a large salad.

I wish you a long life, enduring health... it can be yours!