

Fourteen Simple Things You Can do To Reduce Your Risk for Cancer

By John Mercle, M.D.

- 1. Increase your consumption of fresh, organic fruits and vegetables.**
- 2. Avoid using any pesticides or chemical sprays in your home. Try to avoid new carpet.**
- 3. Avoid drinking tap water.**
- 4. Decrease alcohol consumption.**
- 5. Start an exercise program.**
- 6. Increase consumption of organic whole grains and fiber.**
- 7. Decrease meat, poultry and fish consumption.**
- 8. Stop smoking.**
- 9. Increase consumption of phytoestrogens from organic sources.**
- 10. Decrease or stop consumption of processed foods.**
- 11. Avoid trans-fatty acids found in margarine and some vegetable shortenings.**
- 12. Take two capsules of organic flaxseed oil daily or just add a teaspoon of flaxseed oil to your daily organic salad.**
- 13. If you are pregnant definitely breast feed.**
- 14. Gets lots of sunshine as breast cancer is less prevalent in areas there is ample sunlight, unobscured by fog or smog.**