

24 WAYS TO DECREASE YOUR CANCER RISK (AND BE RIDICULOUSLY HEALTHY!)

By Marnie Clark (<http://MarnieClark.com>)

As a breast cancer survivor and someone who lost both mother and grandmother to breast cancer, I have made it my life's quest to help others avoid this by researching, trying things, continually looking for answers. There is so much medical research, so much in the way of complementary medicine - it can really be quite baffling. Over the past 20 years or so, I have distilled my research and personal experience into this list (and I continually add to it!). It comprises the absolute best of everything that I've found and encompasses nutrition, exercise, attitudinal healing - the best for your body, mind and soul.



#1 - Eat organic fruits, vegetables, dairy products, whole grains and meats whenever you possibly can (more on meats below). Especially helpful are cruciferous vegetables which include broccoli, cauliflower, cabbage, kale, turnips) because they are filled with a variety of nutrients and plant chemicals (called phytochemicals) that are powerful against cancer.

On my website is a list of the most health-promoting nutrients and you can access that list at: <http://marnieclark.com/diet-and-cancer/>

#2 - Cut your intake of sugar and avoid artificial sugar substitutes. Use a natural sweetener like Stevia instead. Sugar flames the fuel for cancer cells - the more of it you eat, the better environment you give to cancer cells. Artificial sugars like aspartame have not been proven to be safe and some doctors feel that aspartame is responsible for at least 92 different health side effects.

#3 - If you want to eat meat, only eat organically grown. The meat industry uses synthetic hormones and antibiotics on our cattle, pigs and poultry to fatten them up quicker to get them to market sooner, and these chemicals have been shown to increase our risk for cancer considerably. Some experts are saying consumption of

non-organic red meat gives women an 88% to 330% higher risk of breast cancer. Buy organic when you consume meat.

#4 - When you buy bacon and sausages, ensure they are nitrate and nitrite-free.

These are chemicals used to preserve meat and they are associated with a much higher risk of cancer. You can get nitrate and nitrite-free bacon and sausages from places like Whole Foods.

The New Hampshire Department of Environmental Services wrote a report about the carcinogenic effects of nitrates and you can access the report here (cut and paste this address into your browser):
<http://des.nh.gov/organization/commissioner/pip/factsheets/ard/documents/ard-ehp-16.pdf>

#5 - Keep your weight down. Fat cells manufacture estrogen, especially after menopause. Obesity is thought by many doctors (both natural and conventional) to be responsible for between 20-30% of post-menopausal breast cancers.

#6 - Use only nontoxic cleaning products in your home and office. Toxins are prevalent in everything we use - from your dishwashing liquid to the flea collar on your pet. They are not good for the environment and they aren't good for us. The problem with many cleaning products are the chemicals that are in them.

There are some 70,000 registered chemicals having hormonal effects, in addition to being toxic and carcinogenic. These substances can increase the estrogen load in the body over time and are difficult to detoxify through the liver. They are called "xenoestrogens" (foreign estrogens). They are estrogen mimickers that affect the estrogen in our bodies and can alter hormone activity. Growing evidence implicates xenoestrogens in a wide range of human and wildlife health problems.

These synthetic estrogens are making their way into our bodies and pretending to be our biological estrogen. They are present in our soil, water, air, food supply, personal care and household products.

I can tell you which cleaning products are best and safe - contact me at:
info@marnieclark.com.

#7 - Use only nontoxic body products and cosmetics. Again, for the same reasons as above. Especially avoid anything that contains the word "paraben" in it.

Dr Philippa Darbre of Reading University in the UK, together with Mr Lester Barr of University Hospital of South Manchester, analyzed the breast tissue samples from 40 women undergoing mastectomies between 2005 and 2008 for first primary breast cancer. In total, 160 samples were collected, four from each woman, covering locations from nearest the armpit to the sternum (breast bone). The results showed that 99% of the tissue samples contained a class of chemicals found in nearly all commercial body

products and cosmetics called “parabens” and 60% of the samples had five parabens.

To me, this indicates that either the parabens are causing the cancer or, at the very least, the body has trouble getting rid of it and that’s not good.

I buy organic body products and cosmetics whenever I can find them. The word “natural” means nothing. The product can still contain umpteen xenoestrogens.

We need to be very proactive about this - I recommend analyzing EVERY. SINGLE. THING you put on your body, from your nail polish (don’t use it!) to your mascara. Check out this website to find out the relative safety (or otherwise) of the ingredients in your body products and cosmetics: <http://www.ewg.org/skindeep/> The Environmental Working Group’s Skindeep database is full of fantastic information. Bookmark that site and visit them frequently.

I have a list of the very best and safest cosmetics and body products, if you’d like to see that, contact me at info@marnieclark.com.

#8 - Filter your drinking and bathing water - Breast cancer has been linked to the accumulation of chlorine compounds in the breast tissue. A study in Hartford, Connecticut found that women with breast cancer have 50-60% higher levels of organochlorines in their breast tissue than women without breast cancer. So filter your drinking water and also have a filter on your shower head.

Shortly after my breast cancer diagnosis, we even got rid of our outdoor hot tub because of the fact that we had to use chlorine in it so frequently. I couldn’t stand the thought that I was soaking in chlorinated water, regardless of how good it felt.

#9 - Get rid of electrical appliances in the bedroom. They are associated with electromagnetic fields (EMFs) that disrupt your sleep and cause melatonin levels to decrease. Melatonin is a powerful antioxidant that arrests and deters breast cancer in many ways. All electrical appliances and wires produce cancer-promoting EMFs - you can avoid them just by standing a few feet away. Change the electrical clock that sits next to your head to a battery operated one (or sit your wristwatch there). Nix the electric blanket - you’ll be lying on or under an electromagnetic field.. Get the computer out of your bedroom if it’s too close to the bed.. Hair dryers produce more EMFs than any other household appliance (and think how close to your head that is!). Use a low EMF hair dryer instead - obtainable at www.lowemf.com.

#10 - Thirty minutes of exercise 3-5 times a week! Let your exercise be your medicine. Just 30 minutes of aerobic activity (walking, rope-jumping, running, gym workouts, even gardening) three to five times per week can lower your cancer risk by 30-50%.

#11 - Get your stress under control. Unrelenting stress raises your cortisol levels (cortisol is a hormone produced by the body to combat stress). High amounts of

cortisol are toxic (natural therapists call it the “death hormone”) when they circulate in our system for prolonged periods of time.

Our brain cells, or neurons, are extremely sensitive to the effects of cortisol. When cortisol is circulating at a high level, it causes the brain cells to die. That is why brain shrinkage is associated with senility in old age. The very best way to combat stress is with meditation - I can't recommend it highly enough.

I began to realize that in the lead-up to my breast cancer diagnosis, I was under a lot of very badly managed stress. A friend suggested I try a meditation class held by a Buddhist monk, so I gave it a try and I feel strongly that learning meditation is one of the most important things I did to help me through breast cancer.

How important is it? I believe it to be absolutely crucial. So important that I developed my own meditation course to help people who had no access to meditation classes. You can access this training at: <http://MarnieClark.com/change-your-life-meditation-course>.

Often when I mention the importance of being able to quiet the mind and relax, people tell me "There's not enough time!", "I can't seem to squeeze it in!", or "I'm not good at it!" All of which are things that can and should be overcome.

If you think about it, many of the illnesses and diseases of modern society are due to an overabundance of stress. If you can keep stress at bay using simple relaxation techniques it will be a skill you will deeply appreciate and it will help you stay healthy.

Meditation is just like exercising - at first you're not very good at it but the more you do it, the better you get at it. Try it - what have you got to lose except a heap of stress?

There are also herbal supplements that help you with stress - St John's Wort is a good, safe herb that helps with stress and depression. Ginseng and ashwagandha are both adaptogens which promote the body's ability to maintain homeostasis and resist stress. Adaptogens help prevent or minimize imbalances in the body.

#12 - If you're smoking, find a way to stop. There has been plenty of research showing how cigarettes cause cancer - I don't need to belabor the point. If you need help, consider using hypnotherapy or nicotine patches. Honor your body enough to stop smoking - please.

#13 - Take 2-3 tbsp of ground flax seeds every day. Flax seeds have been much studied for many decades and the oil resulting from flax seeds is believed to be a wonderful cancer fighter! Flax seeds are extremely rich in both alpha-linolenic acid and linoleic acid, zinc, magnesium, B vitamins, potassium and fiber. They also contain lignan, a phytoestrogen which is protective against breast and colon cancer.

Flax seeds are believed to be very potent in inhibiting the side effects of cancer treatment, as well as inhibiting the further development of many forms of cancer.

Adding flax seed to the diet helps many functions of the body – liver function, protects against heart disease, relieves depression, accelerates healing, maintains flexibility of red blood cells, prevents fatty degeneration in the liver, lowers cholesterol and triglyceride levels and helps the brain work better. Combined with cottage cheese, flax seed oil stimulates the oxygenation processes in the body which spells DEATH to cancer cells.

The best way to take it: the latest information I have received is that rather than buying the oil in bottles, it is best to grind your own seeds (you can use a small coffee grinder) and sprinkle the resultant powder into cereals, onto salads and even mixed with your vegetable juices. If buying it in bottles is the only way you'll take it, do that but make sure it is refrigerated and just keep in mind that freshly ground flax seeds is the best and freshest way to obtain its nutrients.

#14 - Drink green tea frequently. Since ancient times, tea has been used as both beverage and medicine. Both black and green teas contain numerous active ingredients, including polyphenols and flavonoids, which are potent antioxidants.

One class of flavonoids called catechins has recently become the focus of widespread study for their anti-cancer potential. Tea is the best source of catechins in the human diet, and green tea contains about three times the quantity of catechins found in black tea. In laboratory studies, green tea has been shown to slow or completely prevent cancer developing in the colon, liver, breast and prostate cells. Other studies involving green tea have shown similar protective effects in tissues of the lung, skin and digestive tract.

#15 - Don't take birth control pills or hormone replacement therapy (except in those rare circumstances when your doctor says you must). Long-term use of birth control pills has been shown to increase the risk of breast cancer. HRT increases the risk of heart disease, strokes, blood clots, gall bladder disease, endometrial cancer, ovarian cancer and invasive breast cancer. For birth control, consider condoms and the time-tested rhythm method.

#16 - Consider looking after yourself FIRST. Research shows that women with breast cancer tend to give too much at the expense of their own needs. If you take care of your needs first and stay healthy, and then you'll have more to offer the ones you love. And consider how looking after yourself first will communicate to others that it's okay to do this.

#17 - Don't cook your food in the microwave. This is a huge subject, best left to be read in these online articles:

<http://www.alkalizeforhealth.net/Lmicrowaveovens.htm>

<http://hps.org/publicinformation/ate/q1913.html>

http://www.naturalnews.com/030651_microwave_cooking_cancer.html

#18 - Avoid margarines and all health-destroying fats. Anything made from hydrogenated fats, trans fats, partially hydrogenated fats, all fuel cancer cells. See #12 for healthy fats that offer protection.

#19 - Eat medicinal mushrooms. I wrote a blog post about which ones are best and you can access that article by clicking on:

<http://marnieclark.com/medicinal-mushrooms-fungi-that-fight-cancer-cells>

#20 - Use turmeric in your cooking - frequently! The principle active component in turmeric is the yellow pigment curcumin. Research indicates that curcumin is a potent antioxidant, it has anti-inflammatory properties, it is anti-microbial, it bolsters the immune system and protects against genetic mutations. Turmeric is considered the number one anti-cancer spice.

#21 - Take vitamins every day. Stress, poor nutrition and long delay times between fruits and vegetables being picked and actual consumption can cause the vitamins we get from the food we eat to be non functional or even completely absent. Taking good quality vitamins from a reputable source can make a huge difference to the thirty trillion cells in your body.

Certain nutrients are especially helpful against cancer: resveratrol, selenium, certain mushrooms (see # 19), vitamin C, B12, D, E and folate. Coenzyme Q10 (COQ10) is a natural vitamin-like substance that exhibits powerful anti-oxidant properties and has been shown to stop the growth of breast cancer and shrink tumors. I have a couple of great sources for vitamins, contact me on info@marnieclark.com.

#22 - Keep alcohol use to an absolute minimum. Some natural therapists say to avoid it entirely, but I don't believe that one glass of wine per week is anything to worry about. Make sure it's organic though - grapes are one of the most chemically treated fruits.

#23 - Take a daily shot (or two) of juice of Lycium Barbarum (also known as Chinese Wolfberry or Goji). The Chinese call this berry the "Red Treasure" and in some areas of China where people eat it daily, they enjoy longevity like we here in Western society never see - frequently over 100 years of age and still healthy, working, contributing members of society.

When I received my breast cancer diagnosis, I had already been doing my own research on this remarkable berry so I knew of its amazing healing properties. I still take it to this day. It has so many health benefits, it would take another three pages for

me to list them all.

Most importantly, it helps to keep your body in an alkaline state and when you realize that cancer cells thrive in an acid environment, you'll realize how important this is. Plenty of research is being done on this remarkable berry, go to www.pubmed.gov and enter into the search field "lycium barbarum and cancer" and read some of the reports. You'll be amazed and pleased.

I was so impressed with this juice and saw its remarkable potential so I became a distributor - for more info contact me: info@marnieclark.com.

#24 - Use essential oils rather than pharmaceuticals. I started getting involved with essential oils in 1999 when I finished my massage therapy training. What interested me most about the oils is something I'm not allowed to tell you! Due to certain governmental restrictions, I'm not allowed to share with you my specific reasons for what excited me most about essential oils! But please persevere with me and read on... and please read between the lines!

When I discovered that essential oils helped to oxygenate the body (always keeping in mind the knowledge that cancer loves to play in anaerobic - meaning without oxygen – conditions), I got very excited. My research led me to understand how essential oils can help with illness, emotions, immunity... so much.

Did you know that many pharmaceutical drugs are based on the natural phytochemicals obtained from plants? Plants have been studied for centuries for medicinal purposes and what they've discovered is that essential oils are the life-blood of the plant. They have many healing properties. Pharmaceuticals are often based on the natural chemicals found in plants so that pharmaceutical companies can create patentable drugs that imitate the healing properties of these natural oils. The problem with drugs though is that they often have side effects! Essential oils are the best thing nature could offer us in the way of medicine.

I spent a lot of time researching whose essential oils are the best. My research found that many of the essential oils we buy are adulterated with the chemicals they used to extract them or are ruined due to improper extraction procedures. So it's really important to find the best source of essential oils that you can.

I found a brand that I trust implicitly. The maker of these oils has such a good nose for them that he can tell when they are not the best that they can be. He'll throw out a whole batch and start again if it doesn't meet his exacting standards! To me, that's true dedication to quality.

I use essential oils daily. I feel strongly that one of the reasons my breast cancer did not spread into my lymphatic system is because I used them on a daily basis. I used to think that essential oils alone were enough to keep me protected but I wasn't looking after my mental/emotional health, which is just as important.

Here is my list of the top 15 essential oils that that I used then and continue to use to this day:

1. Frankincense (*boswellia carteri*)
2. Lavender (*lavendula angustifolia*)
3. Sandalwood (*santalum album* & *santalum spicatum*)
4. *Tsuga canadensis* – this is its botanical name – it is steam distilled from needles and twigs of the conifer tree commercially known as hemlock. It is a lovely blood cleanser.
5. Clove (*syzygium aromaticum*)
6. Lemon (*citrus limon*)
7. Orange (*citrus sinensis*)
8. Tangerine (*citrus nobilis*)
9. Idaho Balsam Fir (*abies balsamea*)
10. Myrrh (*commiphora myrrha*)
11. Ledum (*ledum groenlandicum*)
12. White Fir (*abies grandis*)
13. Douglas Fir (*pseudotsuga menziesii*)
14. Palo Santo (*bursera graveolens*)
15. Sacred Frankincense (*boswellia sacra*)

All essential oils are not created equally (sadly). There are good sources of oils and bad. Contact me to find out which ones are best: info@marnieclark.com

That's the list so far! As I continue to do research I will share with you anything new and exciting which comes to light. I know it's a long list and it might seem overwhelming. Just try one or two things from this list each month, and it won't seem too hard.

I wish you the best of health!