

# What can we do to decrease our risk of cancer?

- Nutritional Supplements
  - Multivitamin & mineral supplement:
    - Natural not synthetic source
    - No iron unless menstruating females
  - Specific vitamins
    - Vitamins D, E and C
  - Specific minerals
    - Iodine
  - Essential Fatty Acids
    - Fish and Krill oil
  - Herbs and phytonutrients. There are over 25,000 phytochemicals. Some of the most researched are:
    - Curcumin
    - Resveratrol
    - Quercetin
    - Silymarin
    - Indole-3-carbinol
    - Green tea extract
    - Garlic
    - Ginger
    - Active Hexose Correlated Compounds (AHCC) a mushroom extract