

What can we do to decrease our risk of cancer?

- Avoid carcinogens and carcinogenic stimulators
- Dietary considerations
 - Proper amounts of clean filtered water (1 qt/50 lbs body weight) preferably alkaline (pH 8-9)
 - Decrease sugar and starch consumption (particularly fructose)
 - Eat more raw fruits and vegetables (80%) and take enzymes when eating cooked vegetables (enzymes are destroyed at 104 degrees Fahrenheit)
 - Eliminate processed foods and canned foods
 - Eat organic and non GMO foods
 - Eliminate all trans fats
 - Do not eat over cooked and charred meats
 - Eat 30 grams of fiber daily
 - Eat foods with all colors which represent phytonutrient content
 - Eat good saturated fats
 - Decrease red meat consumption
 - Eat foods which are anti-inflammatory in nature