

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

- Dietary considerations:
  - Eliminate or decrease alcohol consumption (as little as 2 drinks/day puts you at risk for certain cancers)
  - Control weight and avoid obesity
- Do full body or colon cleanse once a year
- Do a liver and kidney detox once a year
- Do stress reduction techniques to move you from sympathetic overload to parasympathetic healing mode
  - Yoga, meditation, relaxation techniques and exercise
  - Massage, chiropractic
  - Have close friends and family for emotional support
- Get enough sleep to be refreshed and rejuvenated
- Exercise Daily