



Anxiety & Stress Relief

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HOW TO PREVENT CANCER

Avoid carcinogens as much as possible from household products-Use the list of "[Safe Household Products](#)" as a guide and stay away from the "Dirty Dozen" list of most dangerous products. Avoid harmful cleaning products, gardening with pesticides and other carcinogenic household products.

Take aspirin-three enterocoated baby aspirin-per-week to reduce your risk of breast cancer by about 30%. This will also reduce your risk of colon cancer. (If you have a tendency to bleed easily, consult your physician before beginning this regimen.)

Reduce alcohol consumption-A glass of wine is fine. Binge drinking (i.e., the equivalent of three martinis at a single sitting) raises estradiol levels. Alcohol increases your risk of cancer, particularly in lifetime drinkers.

Exercise will significantly reduce your risk of breast and colon cancer. Any exercise is better than none. Take five or ten minute walks whenever you can. Create a lifestyle that forces you to move as much as possible. For example, you could get a dog that you have to walk regularly.

Breast feeding, even for as little as four months confers lifetime protection against breast cancer.

Stop smoking-Short-term smokers do not have an increased risk. Lifelong smokers in particular are at an increased risk. It's never too late to stop.

Lose weight-Obesity increases your risk.

Examine yourself monthly to avoid cancer-It takes thirty minutes to learn the breast self-examination technique that can save your life. Men should examine themselves monthly for testicular cancer, and both men and women should examine themselves monthly for possible skin cancer.

Change your diet-Avoid cured meats. Avoid eating hot dogs frequently. Avoid dairy as much as possible. If you must have milk, drink milk labeled "RBGH Free" or better yet, drink organic milk. Avoid meats as much as possible or eat organic meat. Eat vegetables as much as you can, particularly cruciferous vegetables, including broccoli, cauliflower cabbage, etc. Eat organic vegetables whenever possible. Maintain a high fiber diet.

Resources for more information: Visit www.preventcancer.com

Books: [Prescription for Disaster](#) by Thomas J. Moore (first book on the topic of cosmetics); [Safe Shopper's Bible](#), [Unreasonable Risk](#), and [The Politics of Cancer Revisited](#), all written by Samuel Epstein, M.D. [Cancer: Why we are Still Dying to Know the Truth](#) by Philip Day.