

CURE FOR CANCER – PREVENTION!

What's the best treatment for cancer? Prevention! While researching is ongoing to find cures for cancer, we already have many proven answers in how to help prevent cancer occurrence in the first place.

What can you do to prevent cancer?

While all types of cancer have their own unique risk factors, there are many ways to reduce your overall risk. In fact, a recent expert report concluded that cancer "is mostly preventable," estimating that about one-third of all cases in advanced countries like Canada could be eliminated by leading a "Therapeutic Lifestyle."

What is a Therapeutic Lifestyle?

It means making choices in your everyday life that promote health:

1. Healthy Eating with plenty of antioxidants
2. Regular Exercise
3. Maintaining a healthy body weight
4. Stress management

According to the experts, scientific evidence strongly supports the estimate

that poor diet, obesity and lack of exercise cause at least one out of three cancers.

In our modern times, many illnesses are blamed on factors that are out of our control, such as genetics. Much of the medical research into the causes of cancer has looked at genetic factors. However, studies that track immigrants and their children who move from areas of low cancer incidence to countries with high rates suggest the genetic factor may be overrated. Over time, cancer rates among immigrants rise toward the higher rates prevalent in their adopted countries, suggesting that genetics play less of a role than lifestyle factors.

Take Action Now!

There are many ways you can start leading a "Therapeutic Lifestyle." I encourage you to start by picking one new healthy habit and committing to it! If you've tried improving your health in the past and had trouble making healthy habits stick, seek the expert guidance and motivation of a Naturopathic Doctor.

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