

Fourteen Simple Things You Can do To Reduce Your Risk for Cancer

By John Merkle, M.D.

1. **Increase your consumption of fresh, organic fruits and vegetables.**
2. **Avoid using any pesticides or chemical sprays in your home. Try to avoid new carpet.**
3. **Avoid drinking tap water.**
4. **Decrease alcohol consumption.**
5. **Start an exercise program.**
6. **Increase consumption of organic whole grains and fiber.**
7. **Decrease meat, poultry and fish consumption.**
8. **Stop smoking.**
9. **Increase consumption of phytoestrogens from organic sources.**
10. **Decrease or stop consumption of processed foods.**
11. **Avoid trans-fatty acids found in margarine and some vegetable shortenings.**
12. **Take two capsules of organic flaxseed oil daily or just add a teaspoon of flaxseed oil to your daily organic salad.**
13. **If you are pregnant definitely breast feed.**
14. **Gets lots of sunshine as breast cancer is less prevalent in areas where there is ample sunlight, unobscured by fog or smog.**