

10 Ways to Reduce Your Risk of Cancer

You can't possibly avoid every single cancer-causing substance, and you can't avoid stress—it is a fact of life. What you *can* do, however, is counterbalance stress with daily choices that at least give you a fighting chance.

You can adopt practices that make your body more resilient in the face of cancer. It doesn't really matter whether you are genetically predisposed to contracting a certain kind of cancer. What matters is the genetic expression that comes from your daily choices, behaviors and habits.

It has been said that genetics loads the gun, but daily choices pull the trigger.

1. Put on the right set of glasses. Understand that stress is the true culprit in cancer and all chronic disease. Understand that modern medicine sees cancer as a pathology instead of the normal and natural physiological adaptation of the body to stress. Understand that modern medicine only offers the options of a shot, a pill or surgery to combat “pathology” in the body.

2. Connect with a supportive community. Surround yourself with positive people. As much as possible, avoid those who live in constant drama. Seek out other likeminded folks who will challenge you and hold you accountable for your self-care.

3. Be careful what you put into your body. As much as possible, eat a diet that is organic, raw and highly nutritious. Avoid SCAT—sugar, caffeine, alcohol and tobacco.

Filter your water and drink half your body weight in ounces each day. Avoid grains and sugars, replacing them with healthy fats and vegetables.

4. Increase your spinal mobility. Regular chiropractic adjustments release tension in the spinal dura and allow the brain to communicate with every cell in the body. Regular functional movement and exercise break the stress response. Exercise releases endorphins (happy hormones) in the brain.

5. Rest. Sleep resets brain function, restores strength and repairs cellular damage. Mental stress causes sleeplessness; but sleeplessness, in turn, causes stress on the body. Adequate, restorative sleep boosts immune function.

6. Practice detoxification daily. Drink plenty of filtered, pure water. Eat plenty of cruciferous vegetables (preferably raw). Eat fermented foods and drink fermented beverages like kefir and kombucha. Soak in baths with Epsom salts and coconut oil.

Fast on a regular basis; or practice intermittent fasting daily. Work up a good sweat each and every day.

7. Keep your body alkalinized. Cancer thrives in an acidic environment; it cannot grow in an alkaline environment. Meat, grains, alcohol and sugar are acidic. While fruits and vegetables are alkaline. If your blood is too acidic, the cells will not release toxins into the blood. The toxins build up in the cell, causing them also to be too acidic.

8. Help others. A recent study found that subjects who focused on finding happiness in their own comfort and pleasure had remarkably unhealthy cellular health profiles, high levels of inflammation in their systems and lower levels of antibodies. In contrast, those who sought happiness through helping others had lower readings for inflammatory factors in their blood and produced more antibodies.

9. Control your thoughts. What we allow ourselves to think about directly affects the limbic system—the region of our brains that controls emotions, memories, heart rate, blood pressure and attention span. How we think about life affects

how positive and happy we are, regardless of our circumstances, and that, in turn, facilitates or hinders limbic function. We may not be able to control our circumstances, but we can control our attitudes and responses to them.

10. Be grateful. When we choose joy and gratitude, it increases our vibrational energy, which makes us both healthier and happier. Cancer cells vibrate at a low level of energy, so they can't compete with healthy cells that are vibrating at a higher level. Gratitude practiced regularly rewires our brains, breaking the stress response.

Research shows that looking for and expressing thanks for the positive aspects of any situation reduces pain, increases energy, promotes restful sleep, and lowers anxiety and depression. These are all good things, whether one has cancer or not.

*America's leading stress expert, **Dr. Pete Sulack** is a highly sought-after teacher, lecturer and author. His studies on the effects of stress, coupled with over 1 million patient visits and attention from medical communities, led him to write and create *Unhealthy Anonymous* to help individuals, corporations and nonprofits mitigate the immense effects of stress on health and human behavior. Visit his website at [petesulack.com](#). Use code **STRESS10** to receive a \$1/month discount!*