

Cancer Prevention

It is not difficult to understand that the easiest and best way to beat cancer in your own body is through prevention. This offensive strategy against disease requires a lifestyle that should be pursued by everyone living in today's polluted environment. If you have had cancer or are in remission, if you have cancer now or are in a particularly high-risk group, or even if you feel it will not touch you, developing a cancer-free lifestyle is the only insurance policy available for good health.

One key in developing a cancer-free lifestyle is ongoing, moderate exercise. Research indicates that those who use up 2,000 calories or more in physical activity each week have a third less risk of getting all types of cancer as compared to sedentary individuals. One study found that women who exercise an average of four hours per week reduced their risk of breast cancer by 50 percent compared to that of age-matched inactive women. Exercise may also help boost the immune system and even help promote such healthy habits as getting a good night's sleep.

And the best exercise may not be as strenuous as you think. Brisk walking, not jogging or pumping iron, may well prove to be the perfect exercise. This form of exercise provides the ideal opportunity for worship and prayer as well. Just take along a tape player loaded with your favorite worship music, and you're off to a healthier physical and spiritual life!