

# Walk for Your Life

You've probably heard people tell you that walking is good for your health because it increases muscle and bone strength, improves circulation and the overall condition of your heart, and lowers cholesterol. But did you know it can even reduce your risk for certain cancers?

Dr. Francisco Contreras, M.D., explains that walking is great for "lowering the risk of colorectal cancer by aiding elimination" and it's also great for "lowering the risk of endometrial and breast cancers by reducing a woman's body fat. Body fat tends to increase the production of estrogen, which is a facilitator in the growth of some cancers." (From *The Coming Cancer Cure*, Siloam, 2002).

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