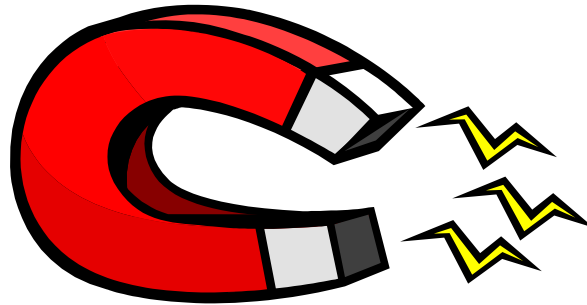


**Are You
Becoming A**



CANCER MAGNET?

*A simple review of
what makes cancer grow*

By
Julie Joyce
Executive Producer & Host of:
Cancer Free Radio

<http://www.CancerFreeRadio.com>
<http://www.FreeCancerBook.com>

IMPORTANT, PLEASE READ

THIS BOOK IS NOT INTENDED TO BE MEDICAL ADVICE AND IS NOT DESIGNED TO REPLACE ANY TREATMENTS FOR ANY CONDITION. THIS BOOK DOES NOT PREDICT OR DIAGNOSE ANY MEDICAL CONDITIONS NOR DOES IT REPRESENT A PRESCRIPTION FOR ANY DESIRED OUTCOME.

This book is for informational purposes only and is designed to help you engage in an educated and informed conversation with your trusted medical advisors. It is important for you to realize that the content discussed in this book will effect everyone differently. Each of us has unique genetic history, medical conditions, environmental exposures, stress factors, behavioral habits, dietary conditions, etc that may influence the possibility that we may experience cancer. Therefore the primary goal of this publication is only to highlight some generally accepted and controllable factors that strongly increase the likelihood that one can develop cancer or other life threatening illnesses. Knowledge of what increases risk can hopefully encourage individuals to limit those controllable risks and thereby reduce their cancer risk. However, this publication does not discuss all causal factors. Not all cancers can be prevented. Not all causes are known. No known behavioral change can eliminate all cancer risk. Determine what risk exposures affect you. Then discuss them with your medical advisors. You should consult your medical advisors about any changes you make in behavior, diet etc. and also make changes under the supervision of your medical advisors. Making dramatic changes in behavior, physical activity and/or diet can affect prescription dosage needs and impact other medical conditions. Therefore medical supervision is absolutely necessary. This reference is not intended for minors.

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About The Author

Julie Joyce is the Executive Producer and Host of: **Cancer Free Radio**. CFR is an Internet Public Radio Program that promotes Cancer Prevention and Celebrates Cancer Survivors. She is also the author of:

“The Cancer Free Grocery List”

and a soon to be released book:

“Cancer Feeders, Cancer Fighters.”



Over a decade ago, Julie was diagnosed with breast cancer; a few months after giving birth to her daughter. Julie’s mother was also diagnosed with breast cancer that same summer. These events compelled Julie to learn as much as possible about cancer causes and cancer prevention. She is committed to teaching and sharing her discoveries so that cancer becomes an insignificant illness. Julie’s mission is to help as many people as possible realize what they can do to dramatically reduce the risk that they and their loved ones ever experience cancer. Julie’s big goal is to put a serious dent in global cancer statistics. Julie also takes great pride in mentoring cancer survivors to connect with their passions while inspiring them to have an amazing & healthy life.

Get more Cancer Prevention tips

- 1) Tune in to Cancer Free Radio for compelling interviews with intriguing guests and tips to keep you and your family healthy. Access shows 24/7.
<http://www.CancerFreeRadio.com>
- 2) Get other FREE publications and educational materials at:
<http://www.FreeCancerBook.com>
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Are You Becoming A Cancer Magnet?
<http://www.FreeCancerBook.com>

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...but what we do know can save our lives.”*

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What is Cancer ?

Our bodies are continuously exposed to germs, viruses, bacteria, and carcinogens. Every day the body's immune system effectively suppresses these numerous assaults—unless the assault is too strong and/or the immune system is too weak to destroy the affected or damaged cells. Normal cells will grow, divide and die in an orderly fashion. However, abnormal cancerous cells begin to multiply out of control and do not die. They develop into a lump, tumor, or growth that invades healthy tissue and can spread unhealthy cells to other parts of the body.

There are several factors that enable this cancerous development process to occur. Some are known and some are not. What researchers do know is that, of the contributing causes that have been identified, some can be controlled and some cannot. This book focuses on the things we can control and the risk factors that we can significantly reduce...if we choose to. Most importantly, researchers have determined that possibly as much as 75% of all cancer cases are due to those factors that we can control.

Ever year, in the United States, there are over one million new cases of cancer diagnosed. Imagine that we could eliminate 75% of that...if we chose to make changes that would eliminate our risk exposures. That may not be realistic. We likely cannot remove all of our “controllable” risks. However, I believe that if you change one thing....you change everything. If you can identify at least one “controllable” cause, that makes you a “cancer magnet” and you make an effort to eliminate that risk, then you will change your future health.

This publication features 10 generally accepted factors that can significantly increase your risk of getting some type of cancer. This list is by no means complete. However, these are some behaviors and conditions that are major “cancer magnets.” If any of these scenarios describe your conditions, you then have a choice. You can continue your current behavior or you can make a change that will change your life. There is no guarantee that continuing these behaviors will result in cancer and no guarantee that change will prevent cancer. However, reducing your risks will stack the odds in your favor.....you decide.

Cancer Magnet #1 ~ Fats & Sugars



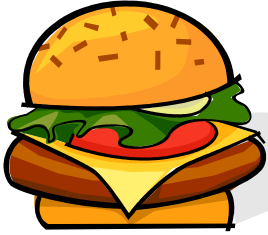
Being overweight increases your risk of developing cancer and a whole host of other illnesses. Consuming fats and sugary foods are major reasons for obesity.

Researchers have determined that cancerous cells feed on sugars in the body and sugars tend to gravitate to where cancerous cells exist. This is why during Petscan testing a glucose based radiopharmaceutical is injected into the bloodstream. This glucose mixture then clusters near cancerous cells. All of the cells in your body need sugar to function properly. However cancer cells create an abnormal and excessive affinity to sugars. This allows cancer cells to flourish. Processed sugars from products like: candy, soda pop, sugar drinks, cookies, doughnuts, desserts etc. are the most damaging. Natural sugars from fruits and vegetables have a different affect on the body's chemical processes. These foods provide nutritional strength and immunities to abnormal cell activity.

Consuming an excess amount of fattening foods especially from animal fats is also dangerous to the body. The more fatty foods you eat, the more insulin your body produces. This also impacts estrogen production which increases your cancer risk. There is also evidence that fatty diets can impair one's immune system.

Start keeping a log of everything you eat...every day, for a week. Meet with your health advisor to discuss the dietary changes that can be made to reduce your fat and sugar intake.

Cancer Magnet #2 ~ Meat



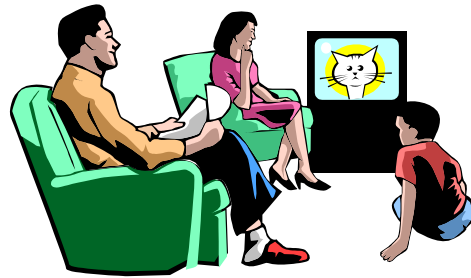
Numerous studies have concluded that the consumption of animal products has a clear and disturbing impact on cancer statistics. Meat consumption is problematic in more ways than one. Animals are consistently fed hormones to enhance quick growth and volume. These hormones are then absorbed into the human body and disrupt and increase normal hormone activity. This increase in hormone exposure can damage human tissue and create greater susceptibility to cancerous development.

In addition to various hormonal exposures, meat may also have carcinogenic potential due to the cooking process. As meat cooks HCA's (heterocyclic amines) are produced on/in the meat. These heterocyclic amines can cause cell damage. Another concern is when food is prepared over an open flame. Polycyclic aromatic hydrocarbons (PAH) attach to the food as fats drip into the flames. Both of these factors could make meat a significant dietary health concern.

Suggesting an alternative vegetarian diet might seem a bit "radical" to lifelong carnivores. However, the statistics and health benefits are hard to ignore. Cancer death rates among vegetarians is about half of what it is for meat eaters. Too often people discuss cancer with overwhelm, regarding its prevalence. We need to ask ourselves, "why is cancer so common?" What other elements in our culture and diet are statistically connected? The dietary link of meat consumption to cancer cases is statistically measurable. You may not want to give up meat. But you do need to realize that it could raise your cancer risk substantially.

For many meat eaters, the thought of giving up meat "cold turkey" (pun intended) is hard to imagine. What I often suggest (and have done myself) is to become a transitional healthier eater. I define this as becoming "85% vegetarian." Six days during the week I experiment with new food choices and learn new meals to prepare. I have one day a week as my "meat" day. This way there isn't the overwhelm of radical change. However there is a major improvement in the healthiness of the foods consumed. Give it a try!

Cancer Magnet #3 ~ Lack of Exercise



Being a “couch potato” could make you a cancer magnet. Healthy cells need oxygen. Aerobic activity feeds normal cells with oxygen. Lack of exercise weakens your cells and your ability to suppress potential cell damage.

Lack of exercise also allows your body to retain unhealthy weight. Many carcinogenic chemicals and substances are attracted to and retained by fat tissue in the body. The more fat tissue you have, the better magnet you will be to environmental factors that could damage cells and enable cancerous growth.

So if you don't take a break from sedentary activities to exercise and rejuvenate your body you could retain excess and unhealthy weight. This trend could develop into obesity which will increase your cancer risk.

Starting a safe and regular exercise routine (ONLY after consulting a medical advisor) could help to oxygenate your cells and reduce body fat retention.



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Cancer Magnet #4 ~ Obesity



If you have excess body fat you are a cancer magnet in more ways than one. First of all this means that you are likely not exercising regularly and helping your body to have fresh oxygen. This also means that you are likely eating too many fats and sugars that also hinder your body's chances to suppress cancer growth. If you are overweight, your body produces more insulin which produces more estrogen which boosts your risk.

Another concern is that overweight people are more vulnerable to environmental toxins. Various carcinogens and endocrine disrupting toxins are lipophilic. This means that they are fat seeking. These chemicals and toxins are more likely to be stored in the cells of an overweight person. The more these toxins accumulate in the body the more risk there is for cell damage. These chemicals disrupt healthy hormonal balance which encourages abnormal cell growth.

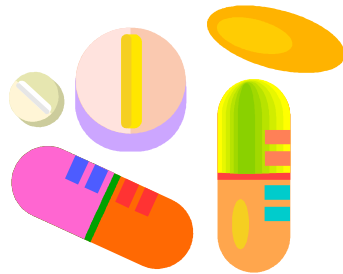
Fats cells are also believed to hinder the immune system. The immune system needs to function properly to defend the body from numerous challenges every day.

You can calculate your body's BMI (Body Mass Index). BMI is calculated by comparing a person's height and weight to determine if someone is at a healthy or unhealthy weight. The Centers for Disease Control and Prevention has an online calculator at:
<http://www.cdc.gov/healthyweight/assessing/bmi/index.html>

If you are overweight or obese you need to determine what you are doing and what you are not doing that is causing this result. Then you should consult a trusted medical advisor to map out a safe strategy to help reduce your weight and improve your health.

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Cancer Magnet #5 ~ Missing Vitamins & Nutrients



As researchers have studied the differences between those with cancer and those without, some remarkable findings have emerged. Those who have developed cancer tend to have insufficient quantities of certain nutrients in their bodies. This also substantiates the role of diet and nutrition in its impact on our healthy cell maintenance.

While not all deficient nutrients have been identified, researchers have determined some necessary nutrients that are often lacking in cancer patients. Folate, vitamin D3, various antioxidants, fiber, carotenoids, and phytochemicals are often insufficient in cancer patients.

Adding these nutrients as part of a healthy prevention diet could dramatically reduce cancer risk. Maximum benefits are obtained when you eat meals that are rich in these cancer fighting nutrients. Supplements can fill the gaps in your diet if they are manufactured to have a good absorption rate . However, it is the consumption of nutrient rich foods that will generate the best results.

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Cancer Magnet #6 ~ Household Products



As we have evolved into a highly industrialized society, the quantity of chemicals used by industry has grown exponentially. There are currently over 80,000 chemicals used by various Industries. Some of these chemicals are part of our everyday lives. Yet only about 1% of these chemicals has been tested for human safety.

Over 200 chemicals, used in household cleaning products and personal care products are known to be harmful to human cells. Some ingredients can be caustic and carcinogenic. Many are EDC's (endocrine disrupting compounds) that disrupt the body's ability to function properly. These chemicals can mimic estrogen and allow abnormal cells to develop and flourish.

Some of the most common chemicals that we encounter daily include: BPA (Bisphenol A), PBDE (Polybrominated diphenyl ethers), and PFOA (perfluorooctanoic acid). There are also many caustic chemicals used in cleaning products and disinfectants.

BPA is a chemical that has been used for decades in the production of plastic food containers such as baby bottles, water bottles, cans and in some dental sealants. When possible choose BPA free liquid and food containers. Also avoid heating food & liquid in BPA containers.

Plastics in general can be very confusing and have mysterious ingredients. You may note a recycling code on certain products that identifies the plastic components. These resin codes are divided into 7 categories. The codes that represent the most risk for toxicity are: 3, 6 & 7.



PBDEs are chemicals used as flame retardants. While flame retardant products are all around us and have been promoted as "safety" standards, we must acknowledge the collateral toxicity of this consumer "safety." And PFOA is used to produce nonstick cookware and water repellent products. These are just some of the chemicals tagged as "chemicals of concern."

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Cancer Magnet #7 ~ Personal Care Products



In addition to countless household chemicals with questionable side effects and carcinogenic potential, there are numerous high risk chemicals in personal products. Phthalates for example are regarded by the EPA as a “chemical of concern.” Phthalates are endocrine disruptors which interfere with normal hormonal function. Yet it is not uncommon to find phthalates in fragrances, shampoos, conditioners, medical IV tubing, soaps, and children's toys.

Researchers now know that some ingredients in sunscreens (heavily promoted to prevent skin cancer) may actually increase cancer risk by mimicking an estrogenic effect and may trigger free radical development and possible cell damage. PABA (para-aminobenzoic acid) and oxybenzone have been linked in some research to cell damage that can lead to cancer cell development.

Nail Polish can include: DBP (dibutyl phthalate), formaldehyde & toluene. All three can be harmful to those with repeated exposure. Unventilated salons create a toxic hazardous environment. Formaldehyde is also found in adhesives, drapes, fiberboard, and cigarettes.

Triclosan (used in antibacterial and antifungal products) is widely used in soaps, lotions, cleaning supplies and a variety of consumer products. However, triclosan is chemically similar to a dioxin that can act as an endocrine disrupting chemical. EDC's can disrupt hormonal function and trigger cell damage.

The more we know about the chemicals we use daily can be frustrating. We easily and innocently assume that the CDC, EPA and FDA are testing everything and requiring safety assurances before consumer use is allowed. However, the immense volume of available chemicals impedes that illusion. Unfortunately this means that the burden of prevention rests with the consumer.

Cancer Magnet #8 ~ Tobacco



Researchers have known for a very long time that smoking causes a variety of cancers. Tobacco use also diminishes the body's natural healing process. There is really no surprise here. However, what is not as widely realized is that, non-smokers who are exposed to second hand smoke are also very vulnerable to cancer development.

What this means is that smokers, are not only harming their own bodies but also those of the people around them. Non smokers face significant cancer risks when they are exposed to tobacco smoke, especially while at home, work, and in automobiles. Children are even more vulnerable to cell damage from tobacco smoke exposure. People who "smoke outside" will still retain carcinogens on their hands, in their hair, in their mouth, in their cells and on their clothes. Tobacco chewers are also cancer magnets and have high cancer risk.

Smokers can stop doing further damage to themselves and their loved ones just by quitting. Of course, tobacco is addictive and this is easier said than done. However, it is NOT impossible. You decide.

Need Help Quitting?

If you need help quitting, then visit the website:
<http://www.smokefree.gov/> On this site there are numerous resources and tools to help you manage the process of quitting. You can also access a very helpful publication called: "Clearing the Air." Visit:
http://www.smokefree.gov/pubs/Clearing-The-Air_acc.pdf

Need Help for Someone Else?

If someone you care about is the smoker and you want to help them to quit, you can send them an ecard from <http://www.smokefree.gov> to tell them how you care. This will also link them to helpful resources.

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<http://www.FreeCancerBook.com>

Cancer Magnet #9 ~ Alcohol



Researchers have determined that regular alcohol consumption increases cancer risk. Even as little as one drink a day can impact your risk factors. And the more you drink the greater the risk. However this connection can be confusing to some who have also heard that a glass of wine a day can reduce heart disease.

Alcohol in itself is not characterized as a carcinogen. However, it functions as a cocarcinogen which can enhance the dangerous impact of other carcinogens in the body. This is especially true for tobacco users whose risks are multiplied when tobacco and alcohol are combined regular habits.

When alcohol is consumed, it metabolizes as a toxin called acetaldehyde. This toxic byproduct interferes with normal cell repair and production. Alcohol also appears to diminish folate levels in the body which also effects normal cell development.

As for wine consumption benefits, the connections are misleading. It is the ingredients in wine that produce heart health benefits. Resveratrol and flavonoids have been linked to blood clot and arterial plaque reduction. They are not only beneficial to your heart but to your cancer prevention plan as well. However, these powerful antioxidants are easily found in nutrient rich grapes and supplements, without the dangerous alcohol side effects.

An occasional drink is not necessarily harmful. The risk emerges when drinking, even one drink, becomes a daily routine.

Cancer Magnet #10 ~ Stress & Sleep



While the link to cancer is not direct, there is significant evidence that excessive stress diminishes the immune system and triggers defensive hormones. This creates an environment within your body that has much greater difficulty in suppressing attacks that could be bacterial, viral, etc. Your body is more susceptible to cell damage and may be in a poor position to defend itself against cancerous and other abnormal cell growth.

Sleep deprivation also has an indirect path to promoting cancerous growth. However, the impact cannot be ignored. Researchers have determined that adults need between 7 to 8 hours of sleep and teens need 9 to 10. These are “magical” numbers that are clinically significant in research results. When we fall short of these targets the body’s natural chemical cycles are disrupted. This impacts hormone production, insulin production, and appetite. These are 3 major areas that need balance to suppress abnormal cell development. Overall lack of sleep prevents the body from daily healthy cell renewal and repair. Your immune system is then compromised.

Too much stress and too little sleep can impact your health in more ways than one. This behavior can lead to other equally life threatening medical conditions. Make every effort to commit to adequate sleep and explore activities that can help to reduce stress. Traditional yoga, laughing yoga, reiki, meditation, journaling, time management training, etc are all tools to help you to control your day instead of having it control you.

Resource Directory

Agency for Toxic Substances and Disease Reg. <http://www.atsdr.cdc.gov/>

Alcoholics Anonymous <http://www.aa.org>

American Cancer Society <http://www.cancer.org/>

Campaign for Safer Cosmetics <http://safecosmetics.org/>

Cancer Free Radio <http://cancerfreeradio.com/>

CDC <http://www.cdc.gov/>

CDC (BMI calculator) <http://www.cdc.gov/healthyweight/assessing/bmi/index.html>

EPA <http://www.epa.gov/>

Explore Veg <http://www.exploreveg.org/resources>

FDA <http://www.fda.gov/>

FDA Vitamin facts
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm118079.htm>

Food Safety & Inspection Service <http://www.fsis.usda.gov/>

Laughter Yoga Intl <http://www.laughteryoga.org/>

National Cancer Institute <http://www.cancer.gov/>

National Safety Council (Develop a Safe Exercise Program)
http://downloads.nsc.org/pdf/factsheets/Develop_a_Safe_Exercise_Program.pdf

National Sleep Foundation <http://www.sleepfoundation.org/>

NIH Stress Management Tips
<http://www.nlm.nih.gov/medlineplus/ency/article/001942.htm>

SmokeFree.gov <http://www.smokefree.gov/>

Continued

Resources Continued

Try Veg <http://www.tryveg.com/cfi/toc/>

U.S. Chemical Safety Board <http://www.csb.gov/>

U.S. Depart. of Health and Human Services (HHS) <http://www.health.gov>

Vegetarian Resource Group <http://www.vrg.org/>

WomensHealth.gov <http://www.womenshealth.gov/>

Yoga Journal <http://www.yogajournal.com/>

Yoga Kids <http://yogakids.com/>

Finding Safer Home Products



Switching to eco-friendly products could reduce your risk of cancer from toxic ingredients in your household and personal products. I recommend an online shopping “club” that is committed to offering products that are safer for your family, your home and the environment. They also offer customers the opportunity to generate extra income by referring new customers to the company. For more information visit:

<http://www.SaferHome123.com>

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