PROTECT WELLNESS
CANCER RISK REDUCTION

Identification of Cancer Contributors

Drivers of Cancer Development:

- Inadequate immune response
- Inflammation
- Oxidative stress
- Insulin resistance
- Poor detoxification/high toxic burden

Occupational Risk Factors:

- Asphyxiant gases and toxic particulates present in fire residue, smoke, and soot
- Exposure to dangerous buildings
- Wildland smoke exposure
- Sleep deprivations and disorders
- Chronic stress

Risk Reduction and Avoidance

Optimize sleep and circadian rhythm
Exercise and move regularly
Improve gut health
Filter drinking water
Minimize toxic exposures
Resolve past traumas
Consume a minimally processed diet
Eat the rainbow (lots of fruits and vegetables!)
Strengthen stress resiliency
Minimize alcohol, tobacco, and other harmful substances
Use natural/organic personal and home cleaning products

Did you know?

Fruits and veggies contain more than **25,000 cancer-fighting nutrients**, and there are more than 200 population studies that have shown people who eat colorful fruits and veggies are **less likely** to get cancer.

Mobilization and Elimination

Practices that help support **mobilization of toxins** through the body include:

- Sweating, through exercise or regular sauna use
- Practicing regular deep and controlled breathing exercises
- Eating a diet full of cancer-fighting nutrients
- Drinking plenty of filtered water
- Using lymphatic stimulation through exercise and massage to support the mobilization of toxins
- Urinating enough and having a daily bowel movement are crucial to the elimination of toxins
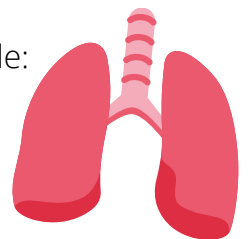
SIMPLE WAYS TO RECUDE YOUR TOXIC BURDEN

- Begin to reduce the use of plastic containers and water bottles by substituting with glass or stainless steel (and refill with *filtered* water).
- Check the safety of personal care products with the Environmental Worker's Group (EWG) skin deep database at www.ewg.org/skindeep
- Purchase organic foods when you can, but especially focus on organic meat and poultry, and the EWG's "Dirty Dozen".