

## Cancer Risk? 8 Ways to Protect Yourself

Most cancer cases are caused by a combination of family history and lifestyle choices. In fact, according to the World Cancer Research Fund, 30 to 40 percent of cancers can be prevented. You can significantly lower your risk by following a few simple rules. Here's how:

### 1. Supplementation

- *Delphinol*. Is concentrated Chilean Maqui berry has some of the highest antioxidant content in the world. It also has the highest Delphinidin levels of any product. Delphinidins are a type of anthocyanin, a vegetable pigment responsible for the blue and red colors of certain kinds of grapes, blueberries and pomegranates. In general, delphinidins activate the production of nitric oxide, stimulating vascular relaxation and reducing blood pressure and help boost the immune system. [www.darcywellness.com](http://www.darcywellness.com)
- *Brocco SGS*. Is another amazing compound found in broccoli, sulforaphane glucosinolate (SGS). These compounds increase the body's own defense system against carcinogens. Cells in the body contain a family of detoxification enzymes (Phase Two enzymes) that neutralize cancer-causing chemicals as well as free radicals before they damage DNA and initiate cancer. [www.darcywellness.com](http://www.darcywellness.com)
- *Fish Oils*. Long chain omega 3 is essential for cellular health, control of local inflammation, longevity and much, much more. Research shows supplementation, because it is daily and dose-controlled, actually provides more benefit than eating oily fish.
- *Vitamin D*. If you cannot get 40 minutes in the sunshine every day, you should consider supplementation. This vitamin can act like a hormone and has been shown time and time again to reduce the risk of cancer in research studies.
- *Drink Green Tea* The Power of Phyto-Nutrients in our Diet Green Tea– 3 cups a day 50% reduction reduced risk of relapse of Breast cancer or Prostate cancer.

### 2. Live Healthier

Get 150 minutes of moderate exercise a week. (just 25 minutes 6 times a week) This could be jogging, walking, bicycling or playing sports with friends or kids. Limit your alcohol intake to less than one serving a day. Women who drink any alcohol will want to consider a folic acid supplement to decrease the risk of breast cancer. People with a strong family history of cancer may want to avoid it altogether. Limit your exposure to known carcinogens like the sun's UV rays and first- or secondhand cigarette smoke. Eat the recommended amounts of fruit and vegetables every day — that's at least two and a half cups of produce. Easy ways to do this:

- With Breakfast: get a fruit and veggies smoothie with concentrated green powder added

- Make a huge salad for lunch every day. Include items that will make you look forward to your salad, like turkey, avocado, walnuts, dried cranberries, apples and low-fat cheese.

### **3. Swap in Whole Foods**

When was the last time you went a whole day without eating any processed food? If you're like most Americans, you probably can't remember. Obesity, type 2 diabetes, cardiovascular disease and cancer are among the top 10 killers of people in the U.S.—and they're all linked to a diet of processed foods filled with fat, refined grains and sugar. To break the habit, try swapping out one processed food each day for something whole. The next week, aim for two a day—and continue until your diet looks more like it came from a farm than a factory.

### **4. Exercise Regularly**

Don't skip that workout! A recent study published in *Circulation: The Journal of the American Heart Association* found that people who exercise regularly have longer telomeres than people who don't. Telomeres seal the ends of your chromosomes and protect them from damage — similar to the plastic that seals the ends of your shoelaces. The shorter the telomere, the more vulnerable the chromosome is to the effects of aging. The next time you're tempted to blow off the gym, look at your shoelaces, think of your hard-working telomeres and imagine your workout boosting your vitality all the way down to your very cells.

- **Walk 10,000 Steps Daily**

*Get a pedometer* and track your steps each day, it can really help motivation. Daily, physical activity can offer many health benefits including weight loss, lowered blood pressure and LDL Cholesterol, decreased risk of certain cancers, improved immune system, memory function and bone and muscle strength and balance—just to name a few! But how to get that exercise? Try walking! Strap on a pedometer (people who wear them logged a reported 2000 more steps per day according to a Stanford University School of Medicine study published in *The Journal of the American Medical Association*) and give yourself a goal of 10,000 steps per day. It's a great way to start building more physical activity into your routine. Walking also gives you a mood boost by releasing your body's natural happy drugs —endorphins. According to Michael Roizen, MD, and Chief Wellness Officer at Cleveland Clinic, walking and talking with a friend will encourage more walking and can reduce your Real Age™ by eight years

### **5. Reduce Chronic Stress with Yoga**

If you still haven't tried yoga because you think it doesn't provide enough physical benefit, consider this: Researchers at Massachusetts General recently found that the profound sense of rest a regular yoga practice triggers can lessen the harmful effects of chronic stress on your genes. And they found similar benefit for people who had been practicing yoga for years as for people who had been doing it for as little as eight weeks. While regular cardiovascular and strength-promoting exercise are still

important, incorporating some form of relaxation-inducing practice is a vital piece of staying physically healthy — all the way down to the cellular level.

## 6. Practice Relaxation Techniques

Try the free *Stress Relief Program* at [www.true-wellness.com](http://www.true-wellness.com) this program educated with videos, articles, workbook and most importantly audio downloads of relaxation techniques to be practiced daily. Research has suggested that chronic stress messengers, including epinephrine and norepinephrine, may cause changes in cancer cells that may help them spread. Aim for 25 minutes of walking a day. If that's too much, even an hour a week can help. You may also want to give belly breathing a try. Close your eyes and focus completely on your breathing. Inhale slowly from your stomach, letting your belly fill with air. Exhale just as slowly, letting your stomach deflate. Do this for five minutes or more whenever you need a quick mental retreat. Recent studies also show that Telomeres seal the ends of your chromosomes and protect them from damage, are protected from the damage of stress when regular relaxation, meditation or prayer are practiced.

## 7. Eat Green and Orange Veggies

To help ensure your chances of living a long and healthy life, include plenty of dark green and orange vegetables in your diet. These veggies are brimming with alpha-carotene, a type of antioxidant in the carotenoid family, that's been linked to a lower risk of dying from heart disease and cancer. Other carotenoids include lycopene and beta-carotene. Carotenoids help ward off DNA damage that can accelerate aging and lead to chronic diseases like heart disease and cancer. Alpha-carotene may be particularly adept at fending off the growth of cancer cells in the brain, liver and skin. Plus, they're not usually found in supplements, so the only way to get them is through a diet rich in vegetables. Some of the best sources of alpha-carotene are pumpkin, carrots, frozen mixed vegetables and winter squash. You can also get them in smaller amounts from vegetable juice, pea soup, and dark leafy greens.

## 8. Daily Smoothie

Get your 9-12 portions of fruit and veggies. A key component of the body's cancer prevention system is *angiogenesis*, the formation of new blood vessels. "Angiogenesis is what makes the difference between a small, innocuous cancer and a runaway, dangerous disease," says William Li, MD, president and medical director of the Angiogenesis Foundation. Tumor angiogenesis is the proliferation of a network of blood vessels that penetrates into cancerous growths, supplying nutrients and oxygen and removing waste products. We want to provide the anti-angiogenic compounds that keep angiogenesis in check, they are in certain fruits and veggies in major protective amounts. How can we guarantee we get the right vegetables and fruits in high amounts? Well, one major way is to make fresh Juice daily, that are filled with known angiogenic-inhibiting compounds, and then add a scoop of concentrated *green drink powder*, to the fresh antiangiogenic juice. It tastes great and you start your day with approximately 7 or 8 portions of fruits and

vegetables before you start eating!!! Now that is really great tasting smoothie with major cancer prevention.

Get great tasting anti-angiogenic smoothie recipes for free at: [www.darcywellness.com](http://www.darcywellness.com)

- 1) This article was adapted from a Cleveland Clinic Newsletter.
- 2) Visit our free Cancer Prevention Education at <http://www.true-wellness.com/index.php/programs/disease-management/cancer-prevention>