



17

CANCER FACTS EVERY PERSON NEEDS TO KNOW

Your body is the only home you have to live in so treat it well. Discover 17 cancer-fighting facts you need to know.

1

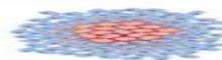
At least half of all cancers and cancer-related deaths are preventable.

In 2015, an estimated 1.6 million deaths will be attributed to cancer — Let's save half with prevention!

50%



Cancer is the single name assigned to more than 100 diseases, and is the result of abnormal cells that multiply and spread out of control, damaging healthy cells along the way.



3

Less than 5% of cancers have a genetic link, so when the "experts" tell us that most cancers are genetic, the majority aren't.

<5%



2

Environmental factors can increase your risk of cancer. Pollution, heavy metal toxicity, and even household cleaning products can increase your risk of cancer.



5

Smoking causes more than 90% of all lung cancer cases. Quitting is the number one preventative measure you can take right now to decrease your cancer risk.



4

Less than 6 hours of sleep per night increases your risk of colon cancer. The healing benefit of sleep is one of the most underestimated ways to keep your body strong and cancer-free.



7

Cancer, and the conventional "treatments" for cancer, is the #1 killer of children as a result of disease. The survival rates are not improving using conventional treatments (such as Chemo and radiation) as they can cause cancer.



6

If you prepare nitrate-filled processed meats with high heat and ingestion, it causes a chemical reaction with the digestive fluids in your body, converting nitrates to nitrites — a known carcinogen!



9

Globally, approximately 1 in every 8 deaths is caused by cancer, more deaths than malaria, tuberculosis, and AIDS combined.



8

Breast cancer is the leading cause of cancer death among women.



11

Lung, prostate, and stomach cancer are the most common diseases for which men are diagnosed. Survival rates for lung cancer are less than 20%.



10

Approximately 77% of all cancers diagnosed are found in people aged 55 or older.

77%



13

Obesity increases your risk of cancer AND affect your chances of survival should you be diagnosed.



12

You may experience no symptoms of ovarian cancer, lung cancer, or colon cancer until the cancer cells spread to other areas of your body.



15

The number of detected skin cancer cases increases steadily every year. Contrary to popular belief, sun exposure is actually good for you! 30 minutes of early morning or late afternoon sun on your hands and face is enough to get your recommended dose of vitamin D.



14

Healthy cells have a built-in ability to self-destruct to protect the rest of the body when damage is present. This is known as apoptosis or "cell suicide".



17

Green tea, berries, turmeric, avocados, garlic, kale, and even dark chocolate can naturally trigger damaged cancer cells to self-destruct via apoptosis.



TIP

A healthy diet, plenty of water, adequate rest, regular exercise, quitting smoking, limiting alcohol, and treating your body well is the front line defense against all disease — especially cancer.

GOOD CHOICES = GOOD HEALTH

Everything You Need To Know About Cancer

S Baum



Everything You Need To Know About Cancer:

Unveiling the Magic of Words: A Overview of "**Everything You Need To Know About Cancer**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Everything You Need To Know About Cancer**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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