

### *New Study Proves Lifestyle and Environment Leading Causes of Cancer: Cancers are Preventable!*

Grundy, A.G. et al. (2017) Cancer incidence attributable to lifestyle and environmental factors in Alberta in 2012: summary of results. CMAJ Open 2017. DOI:10.9778/cmajo.2016004

#### QUOTE BOARD:

"Overall, an estimated 40.8% of cancer cases in Alberta in 2012 were attributable to modifiable lifestyle and environmental risk factors. The largest proportion of cancers were estimated to be attributable to tobacco smoking, physical inactivity, and excess body weight."

"About 41% of cancer cases in Alberta may be attributable to known modifiable lifestyle and environmental risk factors. Reducing the prevalence of these factors has the potential to substantially reduce the provincial cancer burden."

#### What You Need to Know:

Cancer, like all chronic illness, is NOT caused by bad genes, it is caused by unhealthy lifestyle and habitat, it is caused by living wrong for our species type. Cancer rates have skyrocketed over the past 70 years while our genes have not changed - it can't be genes! Also, cancer treatment does NOT change your genes so, if cancer is genetic, how could anyone survive it if they have the same genes before, during, and after cancer diagnosis?

This study showed that at least half of breast cancer is preventable and that 17% of breast cancer is caused by deficient physical activity, 8% by excess body weight, 27.5% from either ever or currently taking hormone replacement therapy, and 6.4% from birth control pills.

Cancer is the second leading cause of death (27% of all deaths) in Industrial nations, in some it is now the leading cause of death. The human cost of cancer cannot be estimated; it is simply incalculable.

The financial cost of cancer treatment is now approximately \$10 Billion/yr in Canada which is about \$27 Million PER DAY (costs rose from \$2.9 Billion in 2005 to \$7.5 Billion in 2012). The U.S. spends approximately \$150 Billion/yr on cancer which is about \$411 Million PER DAY.

#### What You Need to Do:

You need to 'Live Right for Your Species Type' and understand that the focus MUST be on promoting health and preventing cancer not treating cancer. The single greatest hope for survival and quality of life rests in prevention not treatment. The odds of preventing cancer are MUCH greater than the odds of surviving it and, either way, a healthy lifestyle is KEY.

This study lists some very simple things to do to prevent breast cancer such as not smoking, maintaining a healthy BMI, exercising regularly, eating more vegetables, getting enough Vitamin D, and avoiding hormone replacement therapy.

There are many more proven and simple things you can do to be healthy and prevent illness. I urge you to ask your practitioner about completing an Evidence-Based Lifestyle Protocols Lifestyle Health Risk Assessment and to follow the recommendations included in the report.