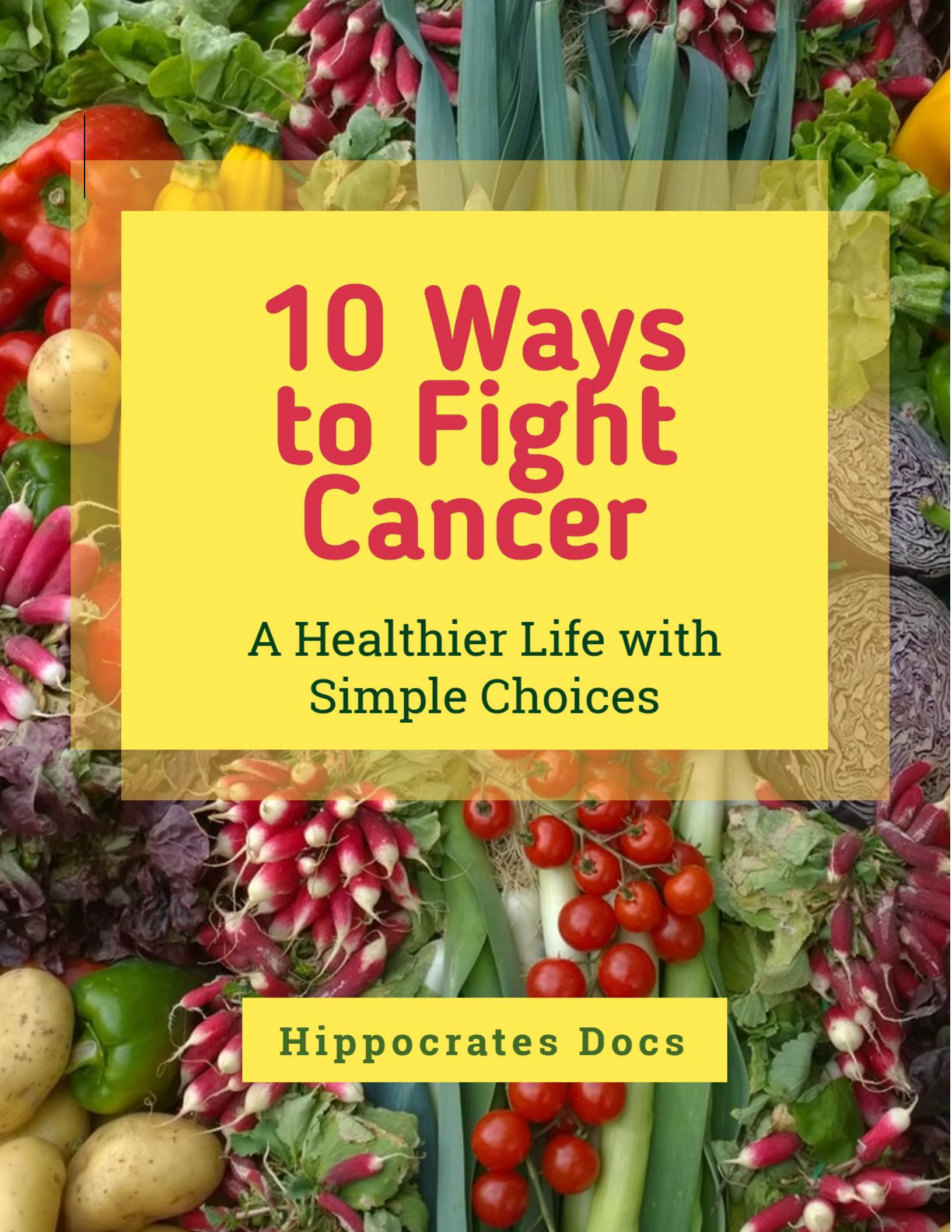




10 Ways to Fight Cancer

A Healthier Life with
Simple Choices

Hippocrates Docs

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This ebook is issued as a source of valuable information only, for the benefit of those reading it. We advise you to do your own due diligence and increase your knowledge of what is available to you.

The writer is not a medical professional yet has done a lot of personal research on cancer remedies and the effect of positive lifestyle changes. HippocratesDocs.com and the writer encourage you to consult your physician for medical advice for your specific needs. The information provided through HippocratesDocs.com, its guests, staff, affiliates, or resource partners, is not offered as medical advice and should not be considered medical advice.

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Foreword

This might be the single-most crucial and easy to comprehend information you will ever read about overcoming or preventing cancer. Once you comprehend the underlying causes of cancer and what to do to correct those causes, you will be empowered to take effective action to increase your health and vitality.

Discovering that you or a loved one has cancer can be utterly terrifying. All the same, once you start understanding some of the causes of cancer and change those habitual causes, you or your loved one will have better chance of restoring your health. Regrettably, these techniques are only one part of the lifestyle changes you may want to embrace to lessen the threat of cancer and thrive.

A healthful diet and lifestyle can help you reduce your risk of breast cancer. That is right. You do not need to rely just on screening to find cancer. You can take simple steps to make it less likely to start in the first place, or less likely to come back if you have already been diagnosed: Choose plant-based foods, get better sleep, stop smoking, reduce the toxins in your environment, exercise, limit alcohol, and aim for a healthy weight.

Chances are these steps will improve your health in other ways, too! You can cool inflammation in your body, reduce your risk of diabetes and heart attack, and feel better than you have in years.

Chapter 1:

Foods You Must Include

ACCORDING TO THE NATIONAL CANCER INSTITUTE, ROUGHLY 1/3 OF ALL CANCER DEATHS MAY BE ATTRIBUTED TO OUR DIETS. THE ADVOCATED WHOLE FOOD, PLANT-BASED DIET IS NOT ELABORATE OR EXPENSIVE. THERE ARE A LOT OF FOODS AND EVEN SPICES THAT MAY VERY WELL HELP IN THE FIGHT AGAINST CANCER. OUR HIPPOCRATES DOCS EXPERTS HAVE VAST EXPERIENCE WITH THE POSITIVE EFFECTS FROM EATING A WHOLE FOODS PLANTS-BASED DIET FOR THEIR PATIENTS WITH CHRONIC ILLNESSES LIKE HEART DISEASE AND CANCER.

Eat Right

There are a lot of factors that can contribute to cancer. According to the experts at the Mayo Clinic, inadequate diet, genetics, obesity, and smoking can cause cancer.

“After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. Breast cancer can occur in both men and women, but it is far more common in women...Substantial support for breast cancer awareness and research funding has helped created advances in the diagnosis and treatment of

breast cancer. Breast cancer survival rates have increased, and the number of deaths associated with this disease is steadily declining, largely due to factors such as earlier detection, a new personalized approach to treatment and a better understanding of the disease.”

(<https://www.mayoclinic.org/diseases-conditions/breast-cancer/symptoms-causes/syc-20352470>)

According to many of our Hippocrates Docs experts, diet is a great place to start your journey to better health. There are hundreds of books and reports available about eating your way to better health.

In Joel Fuhrman, MD’s classic book, EAT TO LIVE, he shares how you can live longer, reduce your need for medications and improve your health dramatically through proper nutrition. Dr Fuhrman suggests that your diet include Phytochemicals, which are naturally occurring compounds in plant foods such as fruits, vegetables, whole grains, beans, nuts and seeds.

Dr. Fuhrman shares 5 Ways Phytochemicals prevent cancer:

1. Phytochemicals detoxify and deactivate cancer-causing agents and block the initiation process leading to DNA damage.
2. Phytochemicals fuel cellular mechanisms to repair damages DNA sequences, bringing the cell back to normal.
3. Phytochemicals impede proliferation or duplication of cells with DNA damage.
4. Phytochemicals protect and the DNA against further damages.
5. Phytochemicals inhibit the spread of cancerous cells.

Cruciferous vegetables like broccoli, cauliflower, kale, brussel sprouts and cabbage hold 2 major antioxidants-lutein and zeaxanthin. These antioxidants might help battle against cancer. Most of the fresh, organic vegetables in the market contain powerful antioxidants, vitamins and minerals, which aid in the prevention of cancer.

Both oranges and lemons perk up the immune system to drive back cancer cells. Papayas bear ascorbic acid, which works as an antioxidant.

Raspberries hold a lot of vitamins and minerals which help protect against cancer. Nuts hold a lot of antioxidants, which might suppress the growth of tumors.

Some authorities explain that tea is determined to have cancer-fighting powers. While all teas are good for the body, green tea is made from unfermented tea leaves. Consequently, it has the highest density of antioxidants. The antioxidants in tea are known as polyphenols.

An article issued in 2007 by the University of Maryland Medical Center shares that polyphenols are thought to battle free radicals. Although free radicals come about naturally in the body, they are believed to be the leading cause of many diseases, including cancer. The polyphenols in green tea might counterbalance these free radicals and might even reduce or prevent harm to the body.

According to some authorities, garlic bears allium compounds that seem to support the immune system. Turmeric, which is a member of the ginger

family, likewise helps battle cancer. Hot chile peppers and jalapenos bear capsaicin, which is thought to be a cancer fighting agent. Rosemary, which is a flavorful spice, might help in the battle against cancer.

To hear more sharing about how your diet can support your health and reduce Cancer, check out the valuable presentations at <https://radianthealthdialogues.com/>, a Breast Cancer Prevention Summit produced by Hippocrates Docs.

We also recommend this [Challenge video](#) from Dr. Yolanda Wade who shares with us that not only is breast cancer the leading cause of cancer in women worldwide, but it is also the leading cause of cancer death in women worldwide. Only 10 to 15% of breast cancer incidents are inherited, meaning 80% are related to modifiable risk factors, like: being overweight, obesity, smoking, moderate to excessive alcohol intake, and a host of dietary factors like high sugars in the diet, high saturated fats, high intake of red meats, low intake of vegetables, fruits, and other fiber in the diet, and low physical activity. [In this video](#), Dr. Wade shares what cruciferous vegetables are, why they are important, what illnesses they can shut off. She challenges us to set SMART goals as we consciously work our way to having two servings of crucifers in our daily diet.

Chapter 2:

Fiber Is Your Friend

DIETARY FIBER — FOUND MAINLY IN FRUITS, VEGETABLES, WHOLE GRAINS AND LEGUMES — IS PROBABLY BEST KNOWN FOR ITS ABILITY TO PREVENT OR RELIEVE CONSTIPATION. BUT FOODS CONTAINING FIBER CAN PROVIDE OTHER HEALTH BENEFITS AS WELL, SUCH AS HELPING TO MAINTAIN A HEALTHY WEIGHT AND LOWERING YOUR RISK OF DIABETES, HEART DISEASE AND SOME TYPES OF CANCER.

Use Fiber

Some may feel the jury is still out on fiber's role as a cancer fighter. All the same, given the many advantages of high-fiber foods like whole grains, fruits, and vegetables, the arguments for contributing more fiber to your diet are overpowering. A high-fiber diet may cut levels of blood cholesterol, help keep up regularity, and avert gastrointestinal conditions like diverticulitis.

Contrary to their processed counterparts, like white rice or white bread, whole-grain foods hold their original fiber, the nutrient-rich bran and germ,

and the starchy endosperm. That may sound academic, but from a nutritional point of view it makes a huge difference.

Processing whole grains to produce a refined grain takes away most of their nutritional content. Some people erroneously believe that the laws calling for white flour to be “enriched” counterbalance for the many useful nutrients lost during processing. Adding synthetic vitamins and minerals does not even come close to reestablishing all the lost nutrients that are lost through the handling process.

Whole wheat, for instance, contains calcium, iron, magnesium, phosphorus, sodium, zinc, copper, manganese, and selenium. It likewise has vitamin C, thiamin, riboflavin, niacin, pantothen, vitamin B6, folate, and vitamin E.

The body changes all carbohydrates into glucose. But it breaks down processed grains much faster than intact grains. The speedy breakdown of processed carbs often causes wide sways in blood glucose that may trigger hunger cravings, cause the release of tension hormones, and originate the buildup of arterial plaques.

Basic whole grains include brown rice, barley, millet, oats, buckwheat, rye, and whole wheat. You may also want to try out some traditional Native American grains such as quinoa ("keen-wa") or amaranth, found in health-food stores. Good whole-grain recipes are simple to discover on the net. But savoring these highly nutritious foods may require patience-whole grains commonly take longer to cook than refined grains.

Your best fiber choices

If you aren't getting enough fiber each day, you may need to boost your intake. Good choices include:

- Whole-grain products
- Fruits
- Vegetables
- Beans, peas, and other legumes
- Nuts and seeds
- Refined or processed foods — such as canned fruits and vegetables, pulp-free juices, white breads and pastas, and non-whole-grain cereals — are lower in fiber. The grain-refining process removes the outer coat (bran) from the grain, which lowers its fiber content. Enriched foods have some of the B vitamins and iron added back after processing, but not the fiber.

Hippocrates Docs is excited to share a [video from Drs. Arjun and Shobha Rayapudi](#), who are co-founders of Gift of Health, a nonprofit organization based in Newfoundland, Canada, dedicated to revolutionizing lives through lifestyle medicine. Through in-person and online workshops, they have helped hundreds of people prevent and reverse chronic diseases, end the frustrating dieting cycle, lose weight and get off medications. Dr. Arjun Rayapudi is certified by American Board of Surgery, American Board of Lifestyle Medicine and is a Fellow of Royal College of Physicians and Surgeons of Canada. Dr. Shobha Rayapudi is a physician, epidemiologist, and researcher. She is also certified by the American Board of Lifestyle

Medicine. In their [video](#), Dr. Arjun and Dr. Shobha give more than a few reasons why fiber in our daily diet is so important. They break it down to what foods have fiber content and what foods do not. They create a couple of great dishes to show just how easy it is to get the fiber content and the nourishment needed to prevent cancer and be your healthiest.

Chapter 3:

Chemicals Are Not Your Friend

TOXINS AND POLLUTANTS ARE BROUGHT INTO OUR HOMES DAILY THROUGH WATER, FOOD, DIRT, DUST, AND HOUSEHOLD CLEANING PRODUCTS. FOR INSTANCE, THE SERIOUS TOXIN PHENOL MAY BE DETECTED IN A FEW DISINFECTANTS, ANTISEPTICS AND EVEN AIR FRESHENERS. CONTINUED EXPOSURE TO PHENOLS AND ADDITIONAL TOXINS CAN HAVE INJURIOUS EFFECTS ON OUR NERVOUS AND RESPIRATORY SYSTEMS. IT'S CRUCIAL TO EDUCATE YOURSELF TO CUT DOWN YOUR RISK AND EXPOSURE.

No Toxins

We recommend that you cautiously read the list of components on all labels of your household and personal products to make certain you are not using products that contain adverse toxins. Look at

https://www.ewg.org/guides/cleaners/content/cleaners_and_health/, to discover all the research that the EWG has put together to protect your

health with data on air fresheners, bathroom, dishwashing, floor care, furniture, kitchen, and laundry cleaners.

Another risk that is being studied is Phenols. Phenol can be toxic or cause long-term health effects if you're exposed to it in high amounts.

Here are a few tips to avoid exposure:

1. **Be careful at work.** Being exposed to phenol in industrial facilities may increase your risk of heart disease. This may be partly due to exposure to many other industrial chemicals in addition to phenol.
2. **Don't eat anything that might contain phenol.** Consuming phenol in its pure form can damage your esophagus, stomach, intestines, and other digestive organs. It can be fatal if you have enough of it at one time.
3. **Don't put it on your skin.** Pure phenol can damage your skin if it makes direct contact. This can include burns and blisters.
4. **Don't inhale it.** Laboratory animals experienced breathing difficulties and twitching of muscles when they breathed in a lot of phenol for even a short period of time. Phenol has also been shown to cause systemic organ damage in laboratory animals.
5. **Don't drink it.** Consuming water containing a lot of phenol can make muscles spasm and affect your ability to walk. Too much can be fatal.

Other ways to control your exposure to Toxic chemicals:

- If possible, buy organic when selecting those fruits and veggies that otherwise have the highest pesticide levels.

- Set up a water filter to prevent the consumption of heavy metals. You are able to review the performance rating of a lot of top brands of water filters by Googling water filter comparisons, where there are a lot of sites to choose from.
- Attempt to minimize the utilization of Teflon or any additional pan that has a non-stick coating. The Environmental Working Group discovered that this cookware more rapidly reaches temperatures that bring about toxic particles and fumes. You might want to pick stainless steel or cast iron for your cookware.
- Never microwave in plastic. Utilize packaging that's labeled "microwave safe" or utilize glass or ceramic containers. Although the literature is controversial, many health advocacy groups feel that dioxin is brought out in plastic when its micro waved.
- Be conservative about utilizing antibacterial soaps. They may contain pesticides that may be absorbed through the skin and aren't healthy for the environment. Utilize a simple soap with water and scrub hands for twenty seconds.
- Attempt to minimize the utilization of herbicides and insecticides. The toxic components can get into our system by skin contact and inhalation.
- Take off your shoes before walking into the house. Pesticides from outdoor dust, lawns and invisible toxins on the ground may be easily

tracked from outdoors back into your house and persist there for long periods.

- Restrict your use of bleach and utilize lemon juice alternatively for whitening. Just because a few companies are getting great "green marketing gimmicks" don't trust the advertising. Read all components on your detergent bottles. Restrict the amount of chemicals mixing with your clothes by averting the addition of any softeners into your washer or dryer.
- If you get any of your clothing cleaned from pro cleaners, let these clothing items remain outside for about eight hours to keep some of the chemicals and odors from returning into your house. Or if possible, go to a "Green Dry Cleaner."
- Vacuum weekly (or on a regular basis) with a filter or if possible, get a home HEPA filter. A HEPA filter collects small airborne particles. Since there may be multiple allergens in your house, including dust mites, vacuum, and dust on a regular basis.
- Pick your personal products and cosmetics that are created by companies that don't have toxic elements. You are able to look up products on the web that you either are presently using or research data on products you're considering buying for known or suspected hazards.

To learn more how to reduce your interaction with Toxic materials, [read this article.](#)

Chapter 4:

Put Down the Smokes

IF YOU DON'T SMOKE, DON'T START. IF YOU DO SMOKE, USE EVERY RESOURCE YOU CAN FIND TO HELP YOU QUIT. KNOWING ABOUT ALL OF THE PROBLEMS ASSOCIATED WITH SMOKING ISN'T ALWAYS ENOUGH TO MAKE YOU QUIT.

SMOKING IS A HABIT THAT'S VERY HARD TO BREAK.

Quit

Smoking causes a number of diseases and is linked to a higher risk of breast cancer in younger, premenopausal women. Research also has shown that there may be link between very heavy second-hand smoke exposure and breast cancer risk in postmenopausal women.

Smoking also can increase complications from breast cancer treatment, including:

- damage to the lungs from radiation therapy
- difficulty healing after surgery and breast reconstruction
- higher risk of blood clots when taking hormonal therapy medicines.

Fortunately, if you're serious about quitting, you there are lots of resources:

- The American Lung Association offers a free online smoking cessation program.
- The American Cancer Society also has a quit smoking program. You can also call the American Cancer Society at 1-800-ACS-2345 to get support and free advice on how to stop smoking from trained counselors.
- Medicines to help you quit can be taken as a pill, chewed as gum, or worn as a patch on the skin. Ask your doctor if one of these might be right for you.
- Acupuncture and meditation may help ease cigarette cravings.
- Hypnotherapy may also help with enhancing your willpower.
- It's also easier if you have a friend who's also quitting or who can cheer you on when you're feeling you can't make it on your own.
- The Breastcancer.org Discussion Board has a thread titled Stop Smoking Support Thread, where you can meet others to give and receive support to quit smoking.

Like any addiction, this habit may take some time to release. But the results for you and your family will be worth the effort! This [video from Dr. Chris Miller on How Breath Work Reduces Stress](#) may help you as you release your addiction to tobacco. Dr. Christina Miller shares that with our busy and stressful lives, we often stay in stress when we don't know how to release it. In her [video](#), she shares a proven deep breathing technique that when done daily, can immediately reduce stress. We challenge you to do this not just for a week, but for a lifetime. Christina Miller, MD, FACEP, is board-

certified in emergency and integrative medicine. After spending ten years in the emergency department and serving as president of Colorado ACEP (American College of Emergency Physicians), she radically changed her practice to health promotion, due to her own health concerns and being overwhelmed by the amount of chronic disease and illness seen in the ED. She continues her work today as a Lifestyle Medicine Doctor, teaching her patients that a healthy lifestyle includes the right nutrient dense foods, exercise, stress management, and having fun. Enjoying life and having fun can happen, even with your work towards a healthy lifestyle.

Chapter 5:

Add Lycopene

LYCOPENE SUPPLEMENTATIONS ARE DEVELOPED FROM CAROTENOID COMPOUNDS THAT NATURALLY HAPPEN IN CERTAIN PLANTS IN ORANGE, YELLOW AND RED PIGMENTS. THESE INCLUDE TOMATOES, CARROTS, SWEET POTATOES, AND CORN.

ACCORDING TO RESEARCH, LYCOPENE IS AMONG 3 COMMON CAROTENOIDS; ALPHA-CAROTENE, BETA-CAROTENE ARE THE OTHER 2. READ ON TO DISCOVER HOW TO BENEFIT FROM LYCOPENE SUPPLEMENTATIONS.

Why Add Lycopene to Your Diet?

Lycopene is a naturally occurring chemical that gives fruits and vegetables a red color. It is one of several pigments called carotenoids. Lycopene is found in tomatoes, watermelons, red oranges, pink grapefruits, apricots, rosehips, and guavas. It is available in a rainbow of foods!

In North America, 85% of dietary lycopene comes from tomato products such as ketchup, tomato juice, sauce, or paste. A serving of fresh tomatoes contains between 4 mg and 10 mg of lycopene, while one cup (240 mL) of tomato juice provides about 20 mg. Processing raw tomatoes using heat (in

the making of tomato juice, tomato paste or ketchup, for example) actually changes the lycopene in the raw product into a form that is easier for the body to use. The lycopene in supplements is about as easy for the body to use as lycopene found in food.

Lycopene is used for high blood pressure, high cholesterol, cancer, and many other conditions. Lycopene is one of the foods and supplements that you will want to include in your diet to battle and avoid cancer.

Lycopene helps to ward off the establishment of tumors. Living cancer cells covered with carotenoids slow down the growth of tumors. They further the growth of fit cells and it's suggested that a variety be eaten, as they're most effective when carotenoids operate as a group.

As well, Carotenoids forestall the formation of plaque-forming LDL cholesterol. By forestalling the oxidation or hardening of fat, carotenoids prevent hardening of the arterial blood vessels.

Antioxidants in carotenoids step-up the effectiveness of the immune system in fighting back disease and infection. Tests have demonstrated that a diet high in carotene step-ups production of mononuclear cells that are key in immune system bodily function. Coming after the addition of tomatoes to the diet, subjects in fields of study of carotenoids expanded production of interleukins, a byproduct of white blood corpuscles that are crucial to the immune system.

Although lycopene hasn't been explicitly associated with cervical cancer prevention, the American Cancer Society reports that lycopene has been ascertained by some investigators to be an antioxidant that lowers risk of men's prostate cancers. Lycopene is affiliated with enhancing the body's power to battle infection, and thus it may be useful in clearing relentless HPV infections.

While many veggies are more nourishing raw or whole, lycopene is found in greater concentrations in tomato sauce and tomato juice. Laying away small cans of tomato juice at work or in the auto can help avert the need to turn to unhealthy snacks while heightening cervical cancer prevention.

Chapter 6:

Get Better Sleep

IF YOU'VE BEEN WORKING OUT TO TAKE DOWN YOUR RISK OF CANCER, YOU SHOULD RECOGNIZE THAT GETTING THOSE ADDITIONAL HOURS ON THE TREADMILL MIGHT NOT DO AS MUCH GOOD IF YOU AREN'T GETTING ENOUGH HOURS OF SLEEP LIKEWISE. A RECENT WRITTEN REPORT SHOWS THAT ACQUIRING AT LEAST 7 HOURS OF SLEEP EVERY NIGHT MAY MAXIMIZE CANCER PREVENTION ADVANTAGES IN PHYSICALLY ACTIVE ADULT FEMALES.

Snooze

Breast cancer is the most diagnosed cancer in women. Insomnia is a significant problem in breast cancer patients, affecting between 20% to 70% of newly diagnosed or recently treated cancer patients. Pain, fatigue, anxiety, and depression are also common conditions in breast cancer and often co-occur with insomnia in symptom clusters, exacerbating one another, and decreasing quality of life (QOL).

According to a report from the US National Library of Medicine, in a study of cancer survivors, 19% reported chronic insomnia (that is, difficulty falling or staying asleep), with 95% of them experiencing the insomnia for more than 6 months. Another 33% did not meet the criteria for a diagnosis of insomnia but did report sleeping difficulties. This suggests that over half of these cancer survivors had some problem with their sleep.

In a study of sleep disturbances in cancer patients being followed in a pain clinic, 72% reported sleeping difficulties, 52% reported not feeling rested in the morning, 45% had difficulty staying asleep, 29% had difficulty falling asleep, and 27% woke up too early in the morning.

The risk of insomnia is high in cancer patients for various reasons. The cancer itself including tumors that increase steroid production and symptoms of tumor invasion (pain, dyspnea, fatigue, nausea, pruritis) can contribute to poor sleep.

As a matter of fact, lack of rest has been linked to severe conditions like diabetes, stroke, heart conditions and depressive disorder. The fact that sleep might help to prevent cancer in active adult females is just a different reason to make an effort to capture those extra hours when you are able to.

You may want to consider your lifestyle in general. Consider multiple lifestyle behaviors in more of a holistic view. It is rare that one unique action may forestall all disease, but when you blend a lot of healthy lifestyle habits you have a great deal better chance of preserving good health.

Physical activity, deep breathing, a balanced diet of natural nutrients, and proper tension management are a few of the additional factors that have a potent influence on your health. Integrate these precepts with a beneficial night's sleep and you've presented your body a fighting chance against modern disease.

Hippocrates Docs is pleased to share [a video from Dr. John Douillard DC, CAP](#), an author of seven Ayurvedic health books (including bestselling “Eat Wheat” and “The 3-Season Diet”) and numerous free eBooks. He is a teacher of seven online courses (including Yoga Journal’s courses Ayurveda 101 & 201) and a repeat guest on the Dr. Oz Show. Dr. Douillard is a former co-director of Deepak Chopra’s Ayurvedic Cancer Center, an NBA nutritionist and the creator of LifeSpa.com—where ancient Ayurvedic wisdom meets modern science. At LifeSpa.com, there are thousands of free articles, and resources.

In his [video](#), Dr. John Douillard will bring an understanding to the connection between cancer and breathing. He will introduce a tool to help inspire breathing on a conscious level that can become a subconscious response to what our mind and body might need at any given point in time. He explains in a simple, easy to understand way how breathing supports lymphatic system functioning and other systems in the body.

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Chapter 7:

A Few Less Drinks

A BODY OF EVIDENCE CONSISTENTLY INDICATES THAT CONSUMPTION OF ALCOHOLIC BEVERAGES IS A RISK FACTOR FOR CANCER. THE AMERICAN CANCER SOCIETY RECOMMENDS THAT CANCER SURVIVORS LIMIT ALCOHOL INTAKE TO LESS THAN 1 DRINK A DAY FOR WOMEN AND FEWER THAN 2 DRINKS A DAY FOR MEN. DRINKING MORE HAS NO HEALTH BENEFITS AND MANY SERIOUS HEALTH RISKS.

Watch the Alcohol

Studies show that no one should drink a lot of alcohol. And this is especially true with Cancer Survivors.

Reasons why alcohol consumption may lead to breast cancer include:

- Alcohol is empty calories and can lead to unwanted weight gain. Excess fat can lead to increased cancer risk.

- Alcohol can increase levels of estrogen and other hormones associated with breast cancer.
- Alcohol users are more likely to have increased amounts of folic acid in their systems, which can lead to increased cancer risk.

Drinking alcoholic beverages increases the danger of mouth & throat cancer (larynx and pharynx), esophageal cancer, intestine cancer (colon and rectum), liver cancer and female breast cancer.

Cancer web sites related to alcohol say it's not just heavy boozing - even little amounts of alcoholic beverages increase risk, but the more you drink, the higher the risk.

Your risk of cancer is the same for all forms of alcoholic beverages including beer, wine, and spirits.

How much should you drink?

To bring down the chance of cancer, you should confine your consumption of alcoholic beverages or, better still, avoid it all together. For those who do drink alcoholic beverages, we advocate no more than 2 standard drinks a day. We likewise advocate those who drink prevent binge drinking (an exclusive occasion of heavy drinking over a short period) and have at least 1 or 2 alcohol-free days every week.

Ideas for drinking less alcohol

To cut back on your alcohol consumption and lower your breast cancer risk, follow these guidelines:

- Switch alcoholic drinks with non-alcoholic ones like sparkling or plain water (soda, lime and bitters is a great option instead of alcohol).
- Select low-calorie options to avoid unwanted weight gain.
- Stay away from 100-proof liquor. Researchers believe that it's the ethanol or alcohol in beer, wine and liquor that causes increased cancer risk.
- Consume some food when you drink alcoholic beverages. Think of a glass of wine or beer as something to have with a meal instead of on its own.
- Cut alcoholic drinks, for instance, try a shandy (beer and lemonade) or white wine and mineral water.
- Pick a low-alcohol (or no-alcohol) beer and/or wine.
- Utilize water to quench your thirst and sip alcohol-dependent drinks slowly.
- Propose to be the designated driver when you go out, so you drink less, but make certain you stay under the legal limit.

To learn more about an easy way to change your relationship with alcohol, listen to Lee Crosby, RD, LD, Nutrition Education Program Manager with the Physicians Committee for Responsible Medicine, as she shares an easy challenge with you. https://youtu.be/nml_MSQt214

Chapter 8:

Drop Those Extra Pounds

*BEING OVERWEIGHT OR OBESE INCREASES BREAST CANCER RISK,
ESPECIALLY AFTER MENOPAUSE. GAINING WEIGHT AS AN ADULT
ADDS TO YOUR RISK.*

Slim Down

Managing weight is a challenge for most people in the US. In fact, according to the Centers for Disease Control and Prevention (CDC), more than 70% of American adults are overweight.

This puts them at higher risk for serious conditions including diabetes, heart disease, and some types of cancer. For women, being overweight or obese after menopause increases the risk of breast cancer.

Having more fat tissue can increase your chance of getting breast cancer by raising estrogen levels. Also, women who are overweight tend to have higher levels of insulin, another hormone. Higher insulin levels have also been linked to some cancers, including breast cancer.

Being overweight or obese increases breast cancer risk, especially after menopause. Gaining weight as an adult adds to your risk.

After menopause, most of your estrogen comes from fat tissue. Having more fat tissue increases the amount of estrogen your body makes, raising your risk of breast cancer. Also, women who are overweight tend to have higher levels of insulin. Higher insulin levels have also been linked to breast cancer.

If you're already at a healthy weight, stay there. If you're carrying extra pounds, try to lose some. There's some evidence that losing weight may lower breast cancer risk. Losing even a small amount of weight can also have other health benefits and is a good place to start.

What do you need to do?

Body weight and BMI

Body mass index (BMI) is a measure used to help show whether a person has a healthy weight. BMI includes a measure of height and weight. So, BMI is better than weight alone when making comparisons.

[Calculate your BMI](#) or [find your BMI in a table](#).

For people ages 20 and older, weight status categories are:

BMI	Body weight status
18.5 to 24.9	Normal
25.0 to 29.9	Overweight
30.0 and greater	Obese

To learn more about adapting your diet, we invite you to [watch this video](#) from [Drs. Benjamin and Susanna Alter](#). They are licensed naturopathic physicians specializing in supporting individuals in reversing disease and reclaiming optimal health through whole food plant-based nutrition and mind body medicine. The Alters' philosophy of health and life is centered around the self-healing and regenerative potential present in us all. Their mission is to empower people to reconnect with their innate health through insight and understanding to optimize the environment of body and mind. In their [Video, Drs. Benjamin and Susanna Alter](#) will explain some of the misconception and misunderstanding about carbohydrate-rich fruits and vegetables and help us shift perspective by knowing how important they are to have in our daily diet. They will share what real carbohydrates are and why they help the body in preventing and reversing disease.

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Chapter 9:

Be Active

*BEING ACTIVE IS AN IMPORTANT PART OF STAYING HEALTHY,
REGARDLESS OF YOUR AGE. IT MAY ALSO LOWER YOUR RISK FOR
CERTAIN TYPES OF CANCER.*

Healthy Lifestyles Include Exercise

Everyone can benefit from a healthy lifestyle. Making healthy choices can be physically and mentally rewarding at any age. Many studies have found that regular physical activity reduces breast cancer risk.

Recent updates to the American Cancer Society Guideline for Diet and Physical Activity recommend getting at least 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity each week. Getting to or exceeding 300 minutes is ideal. You can learn more about getting active in Fitting in Fitness.

In addition, you should limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment. This is especially important if you spend most of your working day sitting.

Some studies suggest being active may lower the risk of Breast cancer mortality (death from breast cancer) and Overall mortality (death from any cause, not necessarily breast cancer).

How is physical activity measured?

Researchers often use MET (metabolic equivalent) hours to assess the total amount of activity a person gets. The more energy an activity needs, the higher its MET score. For example, 1 MET hour is the energy used to sit quietly for 1 hour but walking for 1-hour scores from 2 ½ to 4 ½ MET hours (depending on how quickly you walk). More vigorous activities, like playing tennis, biking, or swimming for 1 hour, score higher. Adding the MET scores of different activities gives a total number of MET hours.

How much activity gives a benefit?

A pooled analysis that combined data from over 13,000 breast cancer survivors found those who were more active had better survival.

Breast cancer survivors may not need to do intense exercise to get a benefit though. One study found activity equal to a 30-minute brisk walk several times a week, improved survival.

The American Cancer Society recommends breast cancer survivors:

- Avoid inactivity and return to normal daily activity as soon as possible after diagnosis.
- Get regular physical activity.

- Aim for at least 150 minutes of exercise per week.
- Do strength training exercises at least twice a week.

A meta-analysis that combined the findings from 16 studies showed breast cancer survivors who got this recommended 150 minutes of exercise per week had an 11 percent lower risk of breast cancer mortality and a 24 percent lower risk of overall mortality.

Other benefits for survivors

Being physically active is one of the best things you can do for your health. It helps you maintain a healthy weight and lowers your risk of heart disease, stroke and diabetes.

For breast cancer survivors, it can also:

- Improve body image.
- Improve mood.
- Improve physical condition and movement.
- Improve quality of life.
- Increase sexuality.
- Increase energy.
- Maintain bone health.
- Reduce fatigue.
- Reduce stress and anxiety.
- Reduce distress and depression.

Chapter 10:

Make Your Health Your Priority

*BE SUPPORTED TO LEARN HOW TO CHANGE YOUR BUSY
LIFESTYLE. YOU DON'T HAVE TO FACE THESE CHANGES ALONE!*

The health experts at Hippocrates Docs have put together a program to support you as you make these lifestyle changes. We have developed a successful program to support you as you learn and implement the information to shift your habits and embrace new positive beliefs.

Our Program is designed to take you from Novice to well on your journey to a healthy lifestyle. Your instructor will walk you through starting your commitment to living a healthier lifestyle- changing one habit at a time for your wellbeing.

We invite you to get the one-on-one support you need to upgrade all areas of your life. You can realistically implement new habits and be empowered to have a healthy, happy life. There are 12 modules of content and 12 Supportive Training Modules, Including Videos, worksheets, an eating planner, a Diet-Exercise-Vitals Tracker, and a Meal Journal.

My Health- My Priority includes 4 Pillars of Doctor Lead Videos:

Pillar 1- Mindfulness, Intention and Commitment

Videos from Lori DePietro-Standen, Dr. Stephen Kaufman and Dr. Bandana Chawla

Pillar 2- Whole Foods and Plant-Based Foods

Videos with Michael Goldberg, MD, Greg Feinsinger, MD, and Rizwan Bukhari, MD

Pillar 3- Self-care, Exercise, Family Fitness and Food

Videos with Dr. Brooke Goldner, Dr. Greg Feinsinger and Dr. Chris Miller

Pillar 4 Cooking, Meal Prep and Lifestyle

Videos with Rizwan Bukhari, MD, Kim Scheuer, MD, and Drs. Arjun & Shobha Rayapudi

PLUS, BONUSES to Empower Yourself!!!

Join us at <http://myhealth-mypriority.com/> to learn how a Plant-based program can transform your body, reset your habits, and change your life for the better.

