

ANTI-CANCER LIFESTYLE



Smoking

Smoking damages nearly every organ in the human body, is linked to at least 15 cancers, and accounts for some 30% of all cancer deaths and 87% of lung cancer deaths. Lung cancer is the most preventable form of cancer death in our society. Yet 1 in 5 Americans still light up.

"...tobacco is not for the body, neither for the belly, and is not good for man..." Doctrine and Covenants 86:1d



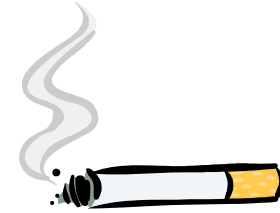
Diet and Activity

Except for quitting smoking, the best way to cut your risk of cancer is to achieve and maintain a healthy weight, to be physically active on a regular basis, and to make healthy food choices. One third of annual cancer deaths are linked to poor diet, physical inactivity, and carrying excess weight.

"and (they) shall run and not be weary, and shall walk and not faint; and I, the Lord, give unto them a promise that the destroying angel shall pass them, as the children of Israel, and not slay them." Doctrine and Covenants 86:3d

Provided by Community of Christ Health Ministries Association
816-833-1000 ext 1262 www.HMACofChrist.org
Taken from American Cancer Society www.cancer.org

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Control Your Weight

Being overweight works in a variety of ways to increase cancer risk. Obesity is associated with an increase risk of cancer of the colon, breast, uterus, esophagus, and kidney.

Increase Your Physical Activity

Being active helps reduce your cancer risk by helping with weight control, and can also reduce your risk by influencing your hormone levels and your immune system.

The latest recommendations for adults call for 30 minutes of intentional moderate to vigorous activity a day- this is over and above usual daily activities.

Activities considered moderate are those that make you breathe as hard as you would during a brisk walk. Vigorous activities generally engage large muscle groups and cause a noticeable increase in heart rate, breathing depth and frequency, and sweating.

Eat Fruits, Vegetables, and Whole Grains

You need to eat at least 5 servings of fruits and vegetables every day especially those with the most color. These foods are packed with vitamins, minerals, antioxidants, and many other substances that work together to lower risks of several cancers.

Aim for 3 servings of whole grains every day.

“And all the Saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel, and marrow to their bones, and shall find wisdom and great treasures of knowledge, even hidden treasures.”

Doctrine and Covenants 86:3c given 1833

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