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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Thirty Things You Can Do To Avoid Cancer

By Simon Mitchell

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1. Make sure you have a pure source of foodstuffs. Obtain fresh, organic produce regularly by joining a vegetable box scheme
2. Eliminate plastic storage containers from your kitchen and do not buy or store food in plastic or clingfilm
3. Try not to cook the life out of food. Steam vegetables such as brocolli or cauliflower to maintain their integrity and nutritional value
4. Eat wide from many sources for a balanced diet. Include nuts, herbs, lentils and fresh, organic, locally grown produce
5. Find different ways to give yourself a regular, yearly detox
6. Think about and act on your health in a preventative way. Try out some alternative therapies to help you switch on a health sense
7. Test your bodies PH rating. Cancer loves sugar and readily available proteins in an acid environment. Quit taking sugar as much as you can and eat foods that balance your PH
8. Throw your microwave away. Recent tests show 97% of flavonoids lost in brocolli by microwaving
9. Do a toxin stocktake on your household products and food sources. Throw away any harmful chemicals you are persuaded to put into your environment or yourself by advertisers
10. Make sure that your air and water supplies are as pure as possible. Exercise in a healthy, non-toxic environment

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11. Find out more about your immune system and how to support it in thought, word and deed
12. Avoid known stressors such as alcohol, tobacco, coffee, extreme conditions and so on, as much as possible
13. Check your home and work for sources of harmful radiation
14. Avoid using deodorants and sun screens containing parabens
15. Avoid factory farmed products such as milk, eggs, fish or cheese. Animals are often fed large amounts of antibiotics as a precaution and live in very stressful conditions
16. Avoid genetically modified food (GMO)
17. Eat slowly and chew food properly. Enjoy eating as a special moment when you ingest new energy for your being
18. Avoid vexatious media intrusions. Just because they thrive on a diet of drama, conflict and spectacle, it doesn't mean you have to
19. Adapt a lifestyle that is in tune with what is around you. Find time to enjoy life and do things that you love
20. Get out into the countryside regularly
21. Carry out your own 'genetic counselling'. Write down the ailments suffered by your ancestors and look for genetic weaknesses in your physiology. Act to compensate for perceived weaknesses
22. Think about your health at physical, intellectual, emotional and energetic levels
23. Look out for ways to experience 'healing moments' in your everyday existence
24. Inform yourself about your medical condition and explore alternatives if you are prescribed medical drugs. All medical drugs have side effects
25. Practice creative visualisation and other methods of positive thinking
26. Find constructive outlets for negative energy
27. Do things that give your life personal meaning for you
28. Get a hair analysis done to see if you are missing any minerals in your diet. The human body needs: 90 nutrients, 60 minerals, 16 vitamins, 12 essential amino acids, 3 essential fatty acids – check them out !

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29. Read the labels on food. Avoid trans fats (Hydrogenated Vegetable oils) in biscuits and cakes. Make your own – its fun !

30. Do things that make you laugh

Simon Mitchell

'Don't Get Cancer' is a new ebook available only at: <http://www.simonthescribe.co.uk/don'tget1.html>

Skin Cancer – a Reminder

By Dr. John Roberts

We need to get alerted: skin cancer is the most popular cancer. Every year, more than 1,000,000 skin cancer cases are diagnosed and tens of thousands of skin cancer patients die in the U.S. alone. The number of skin cancer exceeds that of all other cancers combined. Among more than 1 million of skin cancer cases, 100,000 are melanoma, the deadliest skin cancer and there is no cure for it.

The skin cancer risk is more serious to the children because they are young and more susceptible, and they expose to more sunlight than adults due to their extensive outdoor activities. Half of the total life time exposure for an individual is received during his childhood. So special care is needed for the children.

Usually, skin cancers come years later after the subjects get exposed to too much sunlight. So just because you do not see a skin cancer right away does not mean you are free of skin cancer risk. So careful protection is the key.

The government health officials are working hard to alert people of the skin cancer risk. They try to have schools to take measures to protect students against excessive exposure to the ultraviolet light.

Both ultraviolet A and ultraviolet B can cause skin cancer, which means some ultraviolet light once thought safe can be dangerous. In the summer, it's advised that people avoid sunlight from 10 a.m through 4 p.m. when the sunlight is strongest and you are likely to get sunburn. Sunburn can be defined as a condition that your skin receives so much sunlight radiation that a skin color change is noticeable. Rules of thumb to avoid sunburn is, if your shadow is shorter than you are, then the sunlight is too strong and you can get sunburn. If you have to go outdoor, wear something protective such as clothes and big wide-trimmed hat to shield as much sunlight as possible. In the hottest day, the sunlight can burn your skin in a couple of minutes or less. Statistics indicated that people get one or more blister caused by sunlight will have 2 or 3 times higher risk of getting skin cancer than the general population. Both occasional heavy exposure and mild chronic exposure can cause skin cancer.

Also keep in mind that ultraviolet rays exist not just in the summer, or hot days only. In the spring or even winter, you do not feel the heat when exposed to the sunlight, but the ultraviolet rays are there. You can still get sunburn in such cool days. So do not take the sunlight lightly. Other than the sunlight, sun lamps and tanning facility that emit ultraviolet rays can also pose a serious risk of skin cancer.

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John Roberts is a freelancer for

– an online magazine that promotes healthy diets.

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