


## Risk Reduction/Prevention

This presentation is intended to help you understand how you can reduce the risk of cancer. The body and mind have incredible healing abilities that can be enhanced through stress management, good nutrition, proper sleep and physical activity.

### Prevention



- God has created our bodies with inherent healing power.
- The body has the ability to establish, maintain and restore health when everything is in balance
  - Body
  - Mind
  - Spirit

The healing process is **ordered and intelligent.**

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The components of a healthy lifestyle that may help prevent cancer from forming in your body may also contribute to the healing process during cancer treatment.

### Prevention and treatment go hand in hand

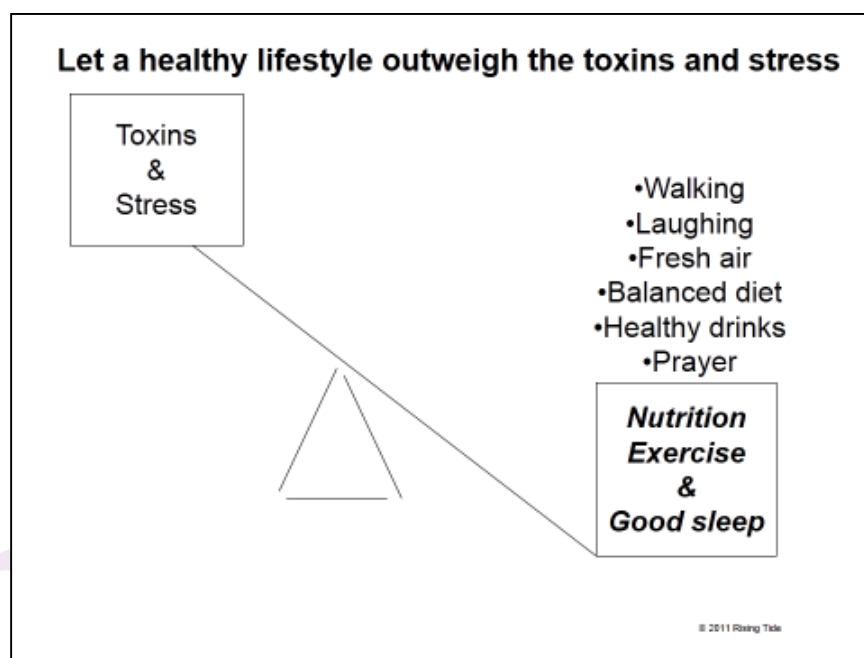
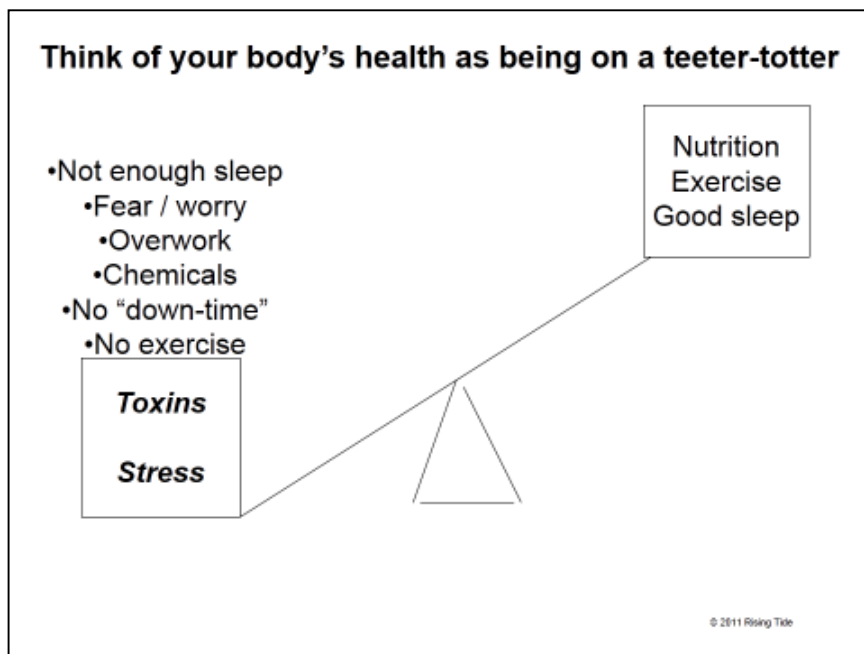


If you're healthy,  
give your body all  
the care it needs to  
maintain health.

If you need healing,  
give your body all  
the care it needs to  
achieve and  
continue healing.

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When toxins and stress create wear on your body's cells, they may cause a problem if they are out of balance with your nutrition, sleep and physical activity habits.



A balanced diet, regular physical activity and proper rest may outweigh the damage caused by toxins and stress, especially when combined with prayer.

Your immune system is what keeps you healthy and fights invading germs and damaged cells within your body. With proper care and support, your immune system is a powerful natural defense mechanism. It is important to know what we can do to strengthen the immune system and what will cause damage.



Sometimes, in the pursuit of health, people will take extreme measures to cut out things that they think are unhealthy. However, things like fat, cholesterol and carbohydrates are important to maintaining a healthy immune system when they are consumed in moderation. The key is to find balance.



Because of the world we live in, it is impossible to avoid all contact with unhealthy substances. Although it is important to keep our bodies free from toxins, you may not realize that stress can be extremely toxic, as well. Learning to manage and release stress in your life is a huge part of being healthy.



When you get home with your bag of fresh fruit and vegetables:

- Wash in vinegar water
- Rinse well
- Air dry



Washing your produce removes:

- Dirt
- Bacteria
- Pesticides
- Chemicals

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There are a variety of methods for releasing stress. Laughter, prayer and physical activity are three excellent options.

## Find healthy outlets for stress








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Buy fresh fruits and vegetables with as much color as possible. Organic meats and produce are preferable because they do not contain pesticides and other harmful chemicals. Always wash your fresh produce in vinegar water, rinse well and air dry. Washing your fruits and vegetables removes dirt, chemicals and bacteria that can make you sick.



Exposure to and contact with some impurities, chemicals and pathogens are many times unavoidable.

What's "eating you" might be more important than what you are eating.

*STRESS*



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One of the most important things you can do to protect your immune system is to wash your hands regularly and thoroughly. At least 30 seconds of scrubbing your hands and fingernails followed by rinsing in hot running water is recommended. Keep surfaces in your home and office clean and disinfected.



**And remember ... Wash your hands!**

1. Wash your hands thoroughly.
2. Air dry your hands or use a paper towel or a clean towel.
3. Avoid touching your eyes, nose and mouth if you have touched any possibly contaminated surfaces since washing your hands.
4. Clean surfaces with disinfectant.
5. Clean equipment that is shared:
  - Telephones
  - Door knobs
  - Desks
  - Tables
  - Arm rest

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Any kind of aerobic activity is good for you, whether it is walking through the mall, mowing the lawn, or doing household chores. Any physical activity that boosts your heart rate will provide health benefits. Consult your doctor about the proper level of physical activity for you.

**“Don’t lie down when you can sit. Don’t sit when you can stand. Don’t stand when you can move.”**



**Lawrence E. Morehouse**

**What KIND of exercise?**

- Walking is **good**
- So are “activities of living”:
  - Laundry
  - Housework
  - Gardening
  - Etc.

•The goal

**Keep your body moving**



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The bottom line is to find an activity you enjoy, and go do it.

