



Empower Your Health

15 Cancer Prevention Tips



15 Essential Steps to Cancer-Proof Your Life

Cancer prevention is a crucial topic in today's health discussions, and managing chronic inflammation is one of the most effective ways to reduce risk.

Chronic inflammation has been linked to various stages of cancer development from DNA damage and immune system suppression to tumour growth and survival.

By adopting lifestyle changes that minimize inflammation, such as dietary adjustments, regular physical activity, stress management, and natural therapies, you can significantly decrease your cancer risk.

This guide provides actionable tips and evidence-based strategies for managing your health, reducing inflammation, and promoting overall wellness.



The Chronic Inflammation & Cancer *Connection*

Cellular Damage

Chronic inflammation can lead to DNA damage. When the body's immune system is persistently activated, it can produce reactive oxygen species (ROS) and other harmful chemicals that damage cellular DNA. This damage can initiate mutations that may lead to cancer (1) (2)

Immune System Suppression

Persistent inflammation can weaken the immune system's ability to detect and destroy cancer cells. Normally, the immune system identifies and eliminates abnormal cells. However, prolonged inflammation can impair this surveillance system, allowing mutated cells to proliferate (1)

Promotion of Tumor Growth

Inflammation creates an environment conducive to tumour growth. It involves the release of growth factors and cytokines that promote cellular growth and survival, angiogenesis (formation of new blood vessels), and metastasis (spread of cancer cells) (1) (2)

Cancer Cell Survival

Inflammatory processes can help cancer cells evade apoptosis (programmed cell death). Chronic inflammation often involves the production of signalling molecules that protect cells from dying, even when they have become cancerous (1)

Strategies to *Reduce Inflammation*

Dietary Changes

ONE: Anti-inflammatory Diet

Incorporate foods rich in antioxidants and anti-inflammatory compounds, such as fruits, vegetables, whole grains, nuts, and fatty fish. Avoid processed foods, refined sugars, and trans fats which can promote inflammation (1)

TWO: Eliminate Sugar

Excessive sugar intake is linked to increased inflammation and higher cancer risk. Reducing sugar helps lower insulin levels and decreases inflammation in the body. Reducing sugar intake helps lower insulin levels, which in turn reduces inflammation (1).

THREE: Avoid Glyphosate (Hidden in Food)

Glyphosate, a common herbicide, has been linked to cancer. Opt for organic foods to reduce exposure to harmful chemicals.

Nutritional Supplements

FOUR: Vitamin D

Vitamin D has anti-inflammatory properties and supports immune function. Ensure adequate sunlight exposure or consider supplements, especially in areas with less sunlight during the winter months. Adequate levels of vitamin D have been shown to reduce inflammation and boost immune function. Consider supplements, especially in areas with limited sunlight. (1)



Strategies to *Reduce Inflammation*

Physical Activity

FIVE: Regular Exercise

Regular exercise reduces inflammation and improves immune function. Aim for at least 30 minutes of moderate exercise most days of the week. (1)

Lifestyle Modifications

SIX: Grounding (Earthing)

Grounding is believed to reduce inflammation by balancing the body's electrical charge. This involves direct skin contact with the earth, such as walking barefoot on grass or sand. (1)

SEVEN: Morning Sun Exposure

Sunlight exposure in the morning helps regulate circadian rhythms and boost vitamin D production, which is anti-inflammatory (1)

EIGHT: Restful Night's Sleep

Quality sleep is crucial for immune function and reducing inflammation. Aim for 7-9 hours of uninterrupted sleep per night.

NINE: Eliminate Alcohol Intake

Alcohol is metabolized into sugar, which can increase inflammation. Reducing or eliminating alcohol intake can help lower cancer risk.



Strategies to *Reduce Inflammation*

Stress Management

TEN: *Meditation and Quiet Time*

Practices like meditation, prayer, and listening to healing frequencies can reduce stress and inflammation. Incorporating daily quiet time helps manage psychological stress, a known factor in chronic inflammation (1)

ELEVEN: *Addressing Trauma and Grief*

Acknowledge and honour past traumas and grief. Psychological stress is linked to inflammation, so engaging in therapy, support groups, or mindfulness practices can be beneficial.

Alternative Medical Viewpoints

Explore natural remedies and lifestyle changes to minimize reliance on pharmaceuticals

TWELVE: *Stop All Vaccination*

Mercury, aluminum and other ingredients found in vaccinations are known and have proved to be harmful to children and adults of all ages. These ingredients have been shown to not only create an inflammation response, and turbo cancers, amongst various other vaccine injuries but can also cause other things like autism in children.

THIRTEEN: *Reduce Big Pharma Medicine (like Ozempic)*

Some medications, like Ozempic, have inflammatory side effects and “supercharge” cell growth, including pre-cancerous and cancerous cells.

Alternate Solutions



FOURTEEN:

Ivermectin

Ivermectin has had an immeasurably beneficial impact in improving the lives and welfare of billions of people throughout the world since its introduction in the late 1970s for the treatment of a variety of parasitic infections. (4) Ivermectin is a broad-spectrum and potent anti-viral compound.

Millions of lives could have been saved during the covid-19 era using Ivermectin as a preventative or as a curative. There is also a continuously accumulating body of evidence that Ivermectin has substantial value in the treatment of a variety of cancers. A steadily increasing number of reports indicate that Ivermectin has varying uses as an anti-cancer and anti-tumor agent. (5)

BUY IVERMECTIN

Alternate Solutions



FIFTEEN:

Use Products Like *Elevated's Anti-Cancer Kit*

Components: IverMed, CannaHeal 1:1, Turkey Tail, Chaga 1:1, Resveratrol, Quercitin
Indications - Anti-Cancer Protocol Dosage - Use as directed

Elevated Healing is proud to present an effective, proprietary and Oncologist endorsed Anti-Cancer Protocol! Elevated Healing's anti-cancer wellness kits have been developed and prepared using the very latest cutting-edge research, and the highest quality ingredients to create a very potent and highly synergistic anti-cancer treatment protocol.

[BUY IT NOW](#)



References

[MD Anderson Cancer Center on Inflammation and Cancer](#)

[Mayo Clinic's Cancer Prevention Tips](#)

[Cleveland Clinic on Anti-inflammatory Diet](#)

[Crump A, Ōmura S. Ivermectin, 'wonder drug' from Japan: the human use perspective. Proc Jpn Acad Ser B Phys Biol Sci. 2011;87\(2\):13-28. doi: 10.2183/pjab.87.13. PMID: 21321478; PMCID: PMC3043740.](#)

[Crump, A. Ivermectin: enigmatic multifaceted 'wonder' drug continues to surprise and exceed expectations. J Antibiot 70, 495-505 \(2017\).](#)

