



AutoNation Breast Cancer Institute Website: <http://www.nova.edu/research/cancer.html>

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- Excellent source of info and apps to check your cosmetics and personal care products
- Enter your zipcode and see what contaminants are in your tap water and what you may need to do to filter some of those things out.

General Tips

- Eat at least 5 portions of fruits and vegetables daily. Add one more vegetable to every meal and one more fruit to every desert to get more of them in your diet.
- Exercise/walk regularly and get plenty of sleep. (*Sleep is when your body heals, and if the body does not get enough sleep, it won't fully heal.*)
- Don't smoke or vape
- Drink alcohol (adults) in moderation; Alcohol is a risk factor for breast cancer and other cancers
- Avoid tanning (use sunblock, wear hats).
 - *Some sun is good for creating vitamin D in your skin but if you are tanning, freckling or burning, it is too much sun, from the perspective of lifetime exposure.*
- Avoid chemicals that kill insects (pesticides), weeds, or prevent plant germination (glyphosate)
 - Leave your outdoor shoes at your door, rather than tracking these chemicals (shoes used on lawns, golf courses, parks) into the house.
 - Also avoid using these chemicals on your lawn, they put your pets and children at risk for cancers and get into the water table. Many lawn companies now have "greener", less toxic alternatives if you inquire about them.
 - Use alternatives to grass that are native plants



- Avoid heating food in plastic (especially plastics number 5 or 7) or drinking hot beverages out of styrofoam.
 - Don't heat frozen food in the plastic containers they are packaged in, pop them out into glass baking (pyrex or stoneware) dish for the oven or microwave. A square metal cake pan is an alternative for the oven.
 - Don't leave your plastic water bottles in a hot car.
 - Chemicals such as bisphenol A (BPA) although banned in Canada and Europe, are still prevalent in American plastics and are linked with certain hormone related cancers and feminization of men.
 - The coatings used on children's teeth can contain BPA but there is one version without BPA.
 - Use stainless steel water bottles and coffee containers rather than plastic

Filter tap water before drinking.

- The chlorine in tap water contributes to bladder cancer over a lifetime of exposure, and for example the Brita filter will not remove the fluoride for your teeth but removes chlorine and other harmful chemicals such as lead (which is not associated with cancer but is harmful to brain development in children).
 - Zero Water filters will remove arsenic which is naturally present in water and a carcinogen. (Regarding arsenic: rice is a food that contains arsenic because it grows in water—**organic rice** is a healthier choice than regular rice.)
- Eat fresh or frozen food, rather than canned food if possible. Many American cans are lined with plastics that include BPA.
 - Fresh food that is perishable. is the most nutritious for your body.
 - Avoid becoming overweight. High body mass index is associated with 7 different types of cancer.
 - Excess body fat produces a molecule like estrogen called “estrone” that contributes to breast, colon, uterine cancers.



Personal Care Products

- Choose cosmetics and personal care products, candles, detergents, scented oils that do not contain **parabens, phthalates, “FRAGRANCE”, talc or formaldehyde.**
 - The FDA does not regulate cosmetics or personal care products in the US and more information can be gathered at **safecosmetics.org** or **EWG.org**
 - Safer cosmetics brands include **Gabriel, Jane Iredale, Mineral Fusion and Zuzu**, all available online. but check the EWG.org site because formations change.
 - There are now **less toxic nail polishes and removers**
 - **In nail polishes and cosmetics avoid: Dibutyl Phthalate (DBP), toluene, camphor, xylene, formaldehyde, formaldehyde resin, triphenylphosphate (TPH)**
 - Evidence linking these chemicals with cancer is in the scientific literature
 - **Talc** is a natural mineral that frequently is present in the earth with **asbestos** (another natural mineral). Talc is often contaminated with asbestos, and therefore should be avoided --since asbestos is carcinogenic.
 - Hair relaxers and straighteners should be checked
 - **“Keratin treatments” contain formaldehyde**



The Food Supply

- **GMO in the US means that the product contains glyphosate a weed killer.**

“Organic” is the legal term for no pesticides/herbicides, hormones or antibiotics

- Buy organic for cheese, milk if buying American products.
- Buy organic for meat and eggs if possible.
 - Try warehouse stores for affordable organic products

“Natural” has no legal meaning the US.

- Avoid genetically modified (GMO) corn, wheat, soy, oats, peanuts, alfalfa and rapeseed (canola oil) because the genetic modification for these crops involves resistance to glyphosate which prevents the germination of weeds but concentrates the glyphosate in the cash crop.
 - For these crops (and oils or syrups derived from these crops) it is worth buying organic or if available, non-GMO.
 - **The only way to be sure a product is non GMO is if it has a “non-GMO” label or an “Organic” label. Assume everything unlabeled is GMO and contains glyphosate in a US grocery store.**
- Antibiotics in the food supply are associated with higher incidence of breast cancer.
- Avoid antibiotics and growth hormone in meats, milk and eggs when possible. **Buy organic meats, milk and eggs if possible.**
- Warehouse stores now have organic and non-GMO brands as well as grocery stores.
- To avoid antibiotics and growth hormone in dairy, buy cheeses made in Canada, Europe, or the British Isles. These products may contain pesticides.



- Wash non-organic fruits and vegetables well before eating them with a soft vegetable brush. Grapes and berries can be washed in water with a tablespoon of white vinegar to soak their delicate skins.

- Avoid **nitrates and nitrites and nitrosamines** in **preserved (lunch) meats**.
 - Nitrates and nitrites are associated with pancreatic and other digestive cancers.
 - There is usually one version of lunch meat available in regular grocery stores without these chemicals.

For Children

- The papilloma virus vaccine (Gardasil) protects those vaccinated against several kinds of cancer. Many countries including the US are attempting to eradicate cervical cancer as well as reduce the numbers of anal and head & neck cancers by using the papilloma vaccine starting in children and more recently are allowing people up to age 45 to be vaccinated.

- Be aware of **flame retardants** in children's pajamas, upholstered furniture and mattresses.
 - You can buy "long johns" or "short johns" for children to wear to bed which do not contain these chemicals because they are not called "pajamas".

 - Flame retardants prevent flame for only 12 seconds, but several of them currently in use, are associated with increased risks of cancer.

 - Some online mattress companies use a compound from thistle, as a less toxic alternative and have organic cotton tops on these mattresses.

 - **All upholstered furniture in the US contain flame retardants.** Cover with throws to keep your family and pets safer.