

Lifestyle and Diet for Prevention of Breast and Prostate Cancer

Here is the most current list of tools to avoid and treat Prostate and Breast cancer:

- **Optimized vitamin D levels** and/or more **Sunlight** from **Regular sun exposure**
- **IP6 (phytic acid)** is a powerful tool to **lower high iron levels** (serum ferritin levels). Excess iron can be a major cause of many cancers.
- **Increase your intake of omega-3 oils** and **reduce omega-6 oils**
- **Vegetable juice**
- **PSA screening**
- Freshly Ground **Flaxseeds** two ounces every other day
- **Vegetables**
- **Tomato sauce**
- **Low sugar consumption**
- **Selenium**--400 mcgs per day
- **Vitamin E** - 400 units (Please note: Only **natural** vitamin E should be used, not synthetic. Additionally, **mixed tocopherol** is more preferable than alpha-tocopherol, as the gamma tocopherols are particularly useful antioxidants.)
- **Progesterone Cream**
- **Emotional Freedom Technique (EFT)**, the energy psychology tool used to cope with stress
- **EGCG (epigallocatechin gallate)**, the polyphenols in tea
- **Avoiding Milk**
- **Avoid pesticides**
- Increasing your **vegetable intake** (Ex: broccoli or cauliflower sprouts)

Reference website pages:

<http://articles.mercola.com/sites/articles/archive/2002/09/18/prostate-cancer-part-four.aspx>

<http://articles.mercola.com/sites/articles/archive/2005/03/16/prostate-cancer-part-thirteen.aspx>

<http://articles.mercola.com/sites/articles/archive/2004/07/21/flax-seed-oil.aspx>

<http://articles.mercola.com/sites/articles/archive/2004/04/28/prostate-cancer-part-ten.aspx>

<http://articles.mercola.com/sites/articles/archive/2003/05/24/broccoli-cancer-part-two.aspx>

<http://articles.mercola.com/sites/articles/archive/2003/05/14/pesticides-prostate-cancer.aspx>

<http://articles.mercola.com/sites/articles/archive/2002/06/12/cancer-part-three.aspx>

<http://articles.mercola.com/sites/articles/archive/2002/01/12/selenium-part-three.aspx>