

How to Become a Master of Your Own Health

Cancer Prevention & Early Detection

Hannah Edwards, Director of Wellness Services



Support for the Journey. Education for Life.

According to the CDC's U.S. cancer statistics, one in three people will have cancer in their lifetime, 1.7 million people are diagnosed with cancer each year, and collectively the U.S. spends \$185 billion each year on cancer care.





**EARLY ONSET
CANCER RATES
79% HIGHER
THAN 30 YEARS AGO**

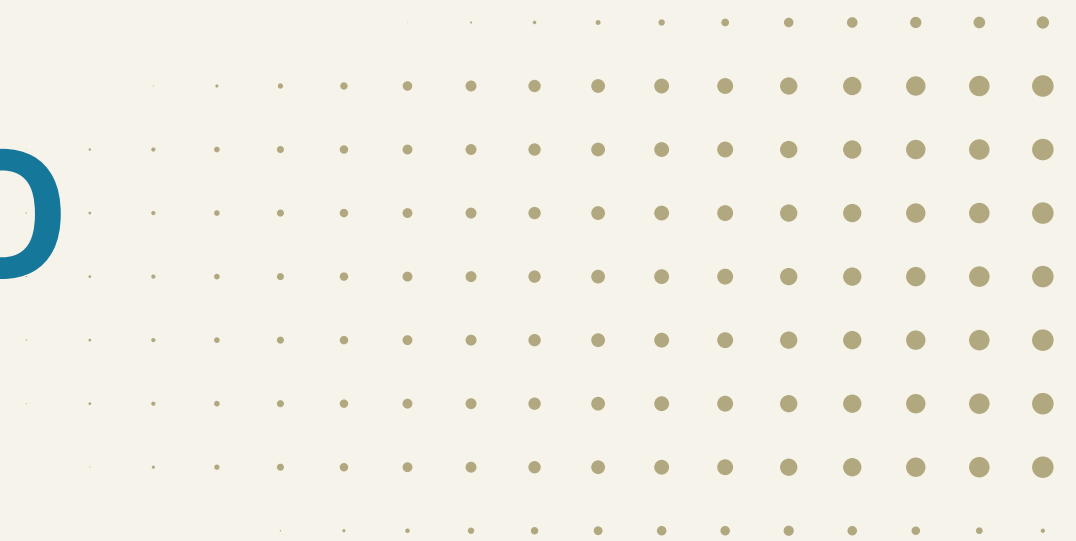
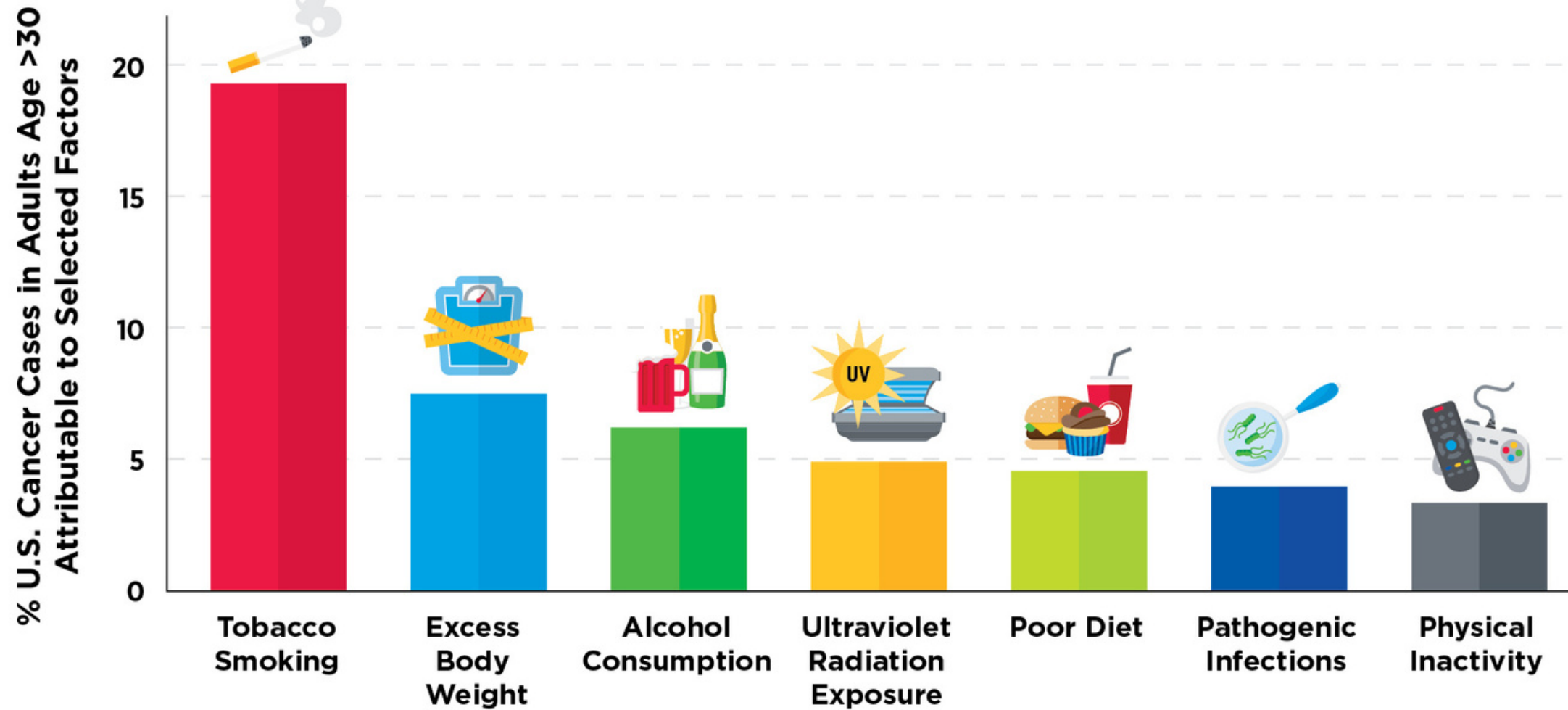


FIGURE 7

Modifiable Cancer Risks



Research has identified numerous factors that increase an individual's risk for developing cancer. By modifying behavior, individuals can eliminate or reduce many of these risks and thereby reduce their risk of

developing or dying from cancer. Developing and implementing additional public health campaigns and policy initiatives can help further reduce the burden of cancers related to preventable cancer risk factors.

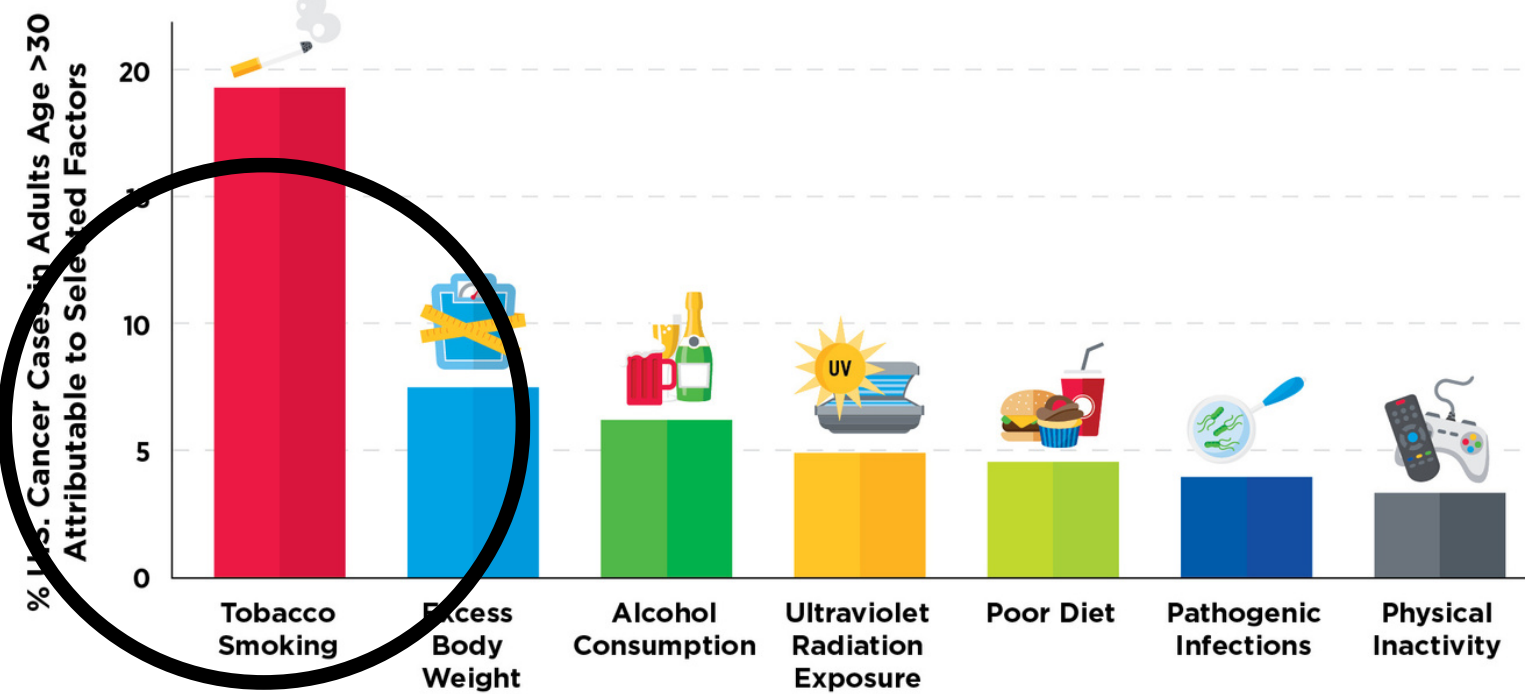
TODAY'S DEEP DIVE



TOBACCO

FIGURE 7

Modifiable Cancer Risks



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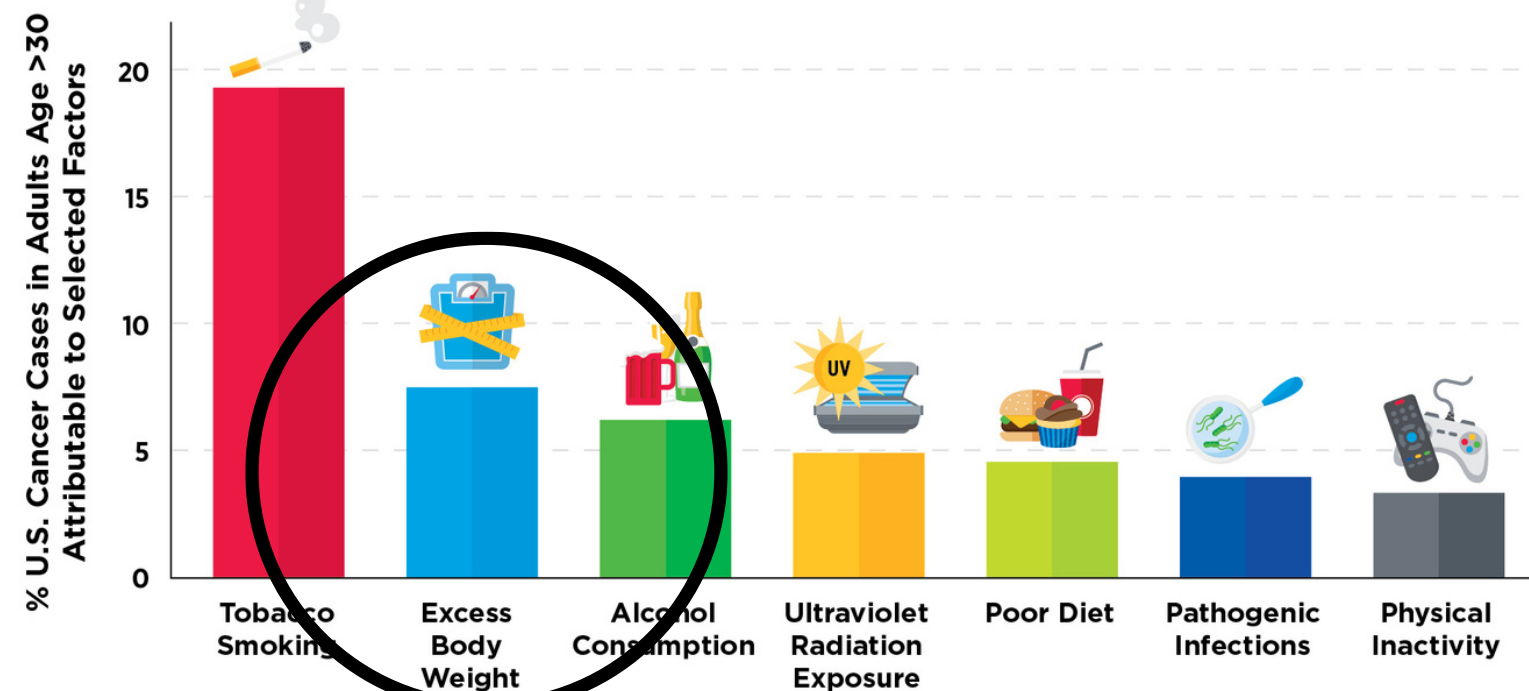
Smoking still remains the leading cause of cancer.



OBESITY

FIGURE 7

Modifiable Cancer Risks



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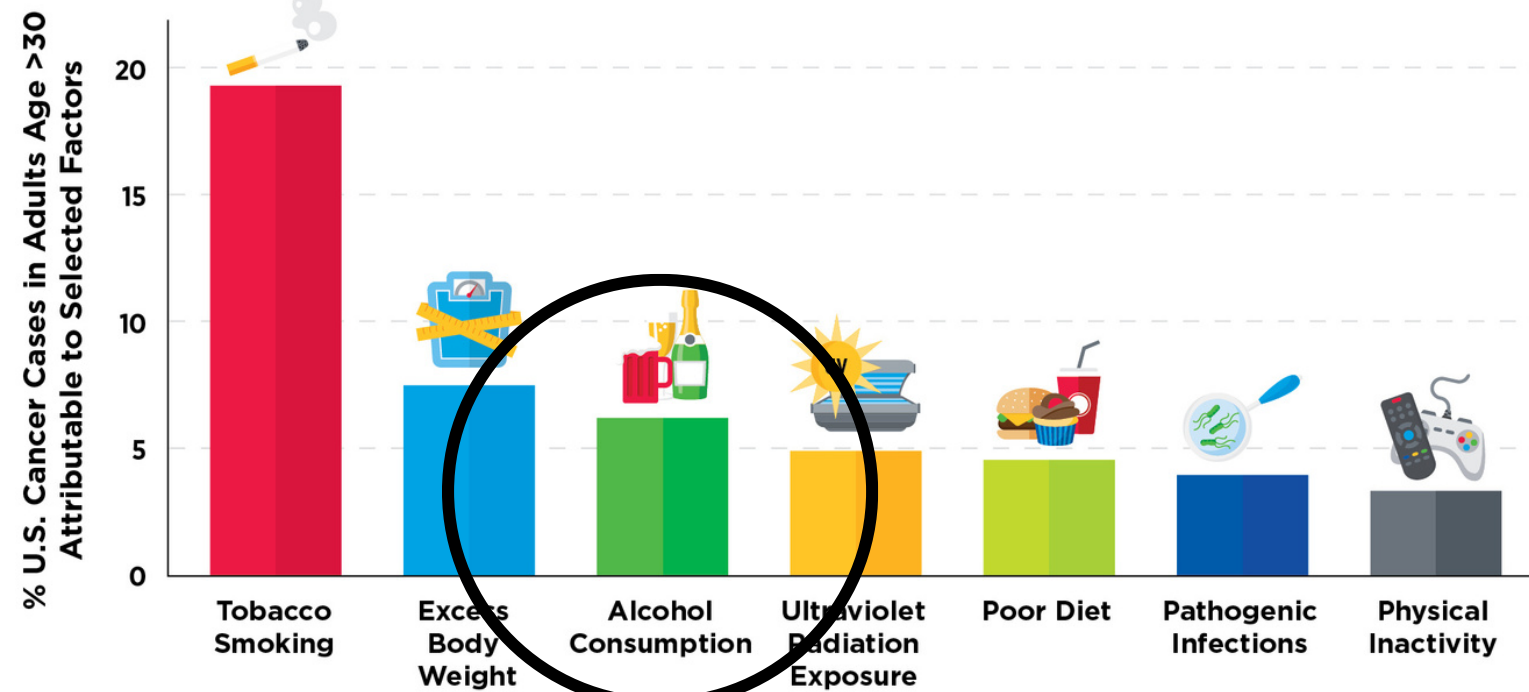
developing or dying from cancer. Developing and implementing additional public health campaigns and policy initiatives can help further reduce the burden of cancers related to preventable cancer risk factors.

- 74% of Americans are overweight or obese
- 50-60% of American children are overweight or obese

ALCOHOL

FIGURE 7

Modifiable Cancer Risks



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- Group 1 Carcinogen

Serving Size:

Women- 1 drink a day

Men- 2 drinks a day

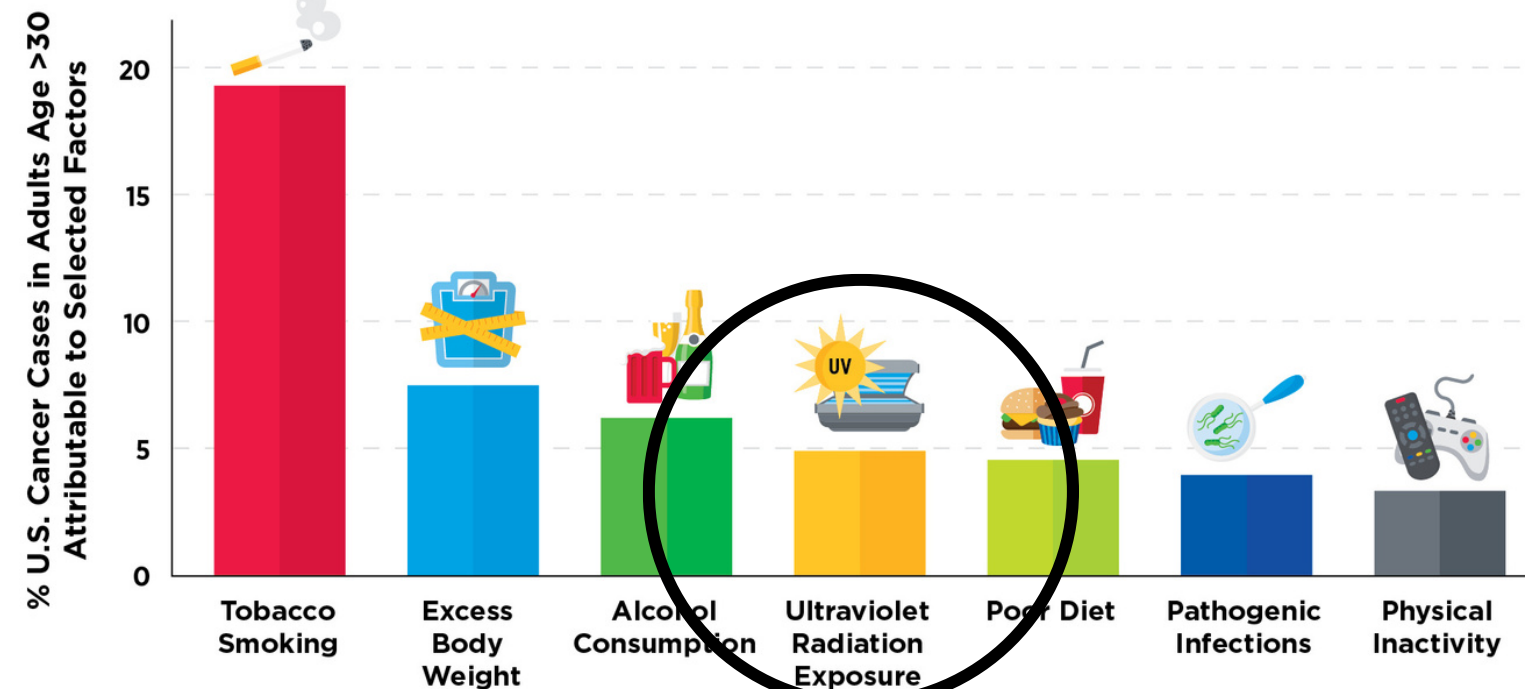


UV RADIATION



FIGURE 7

Modifiable Cancer Risks

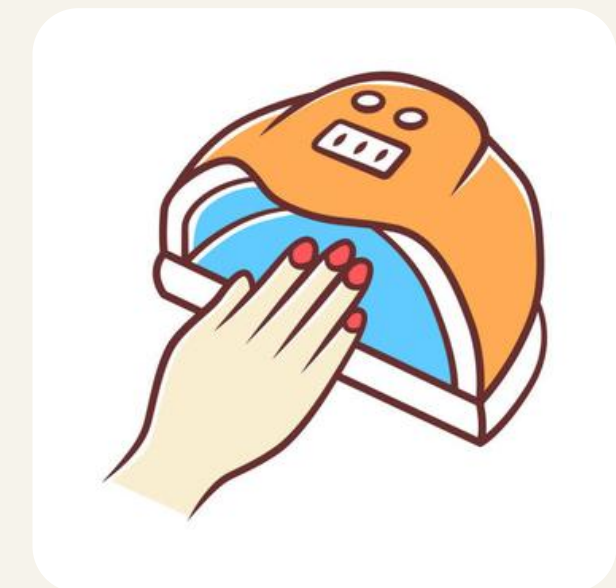
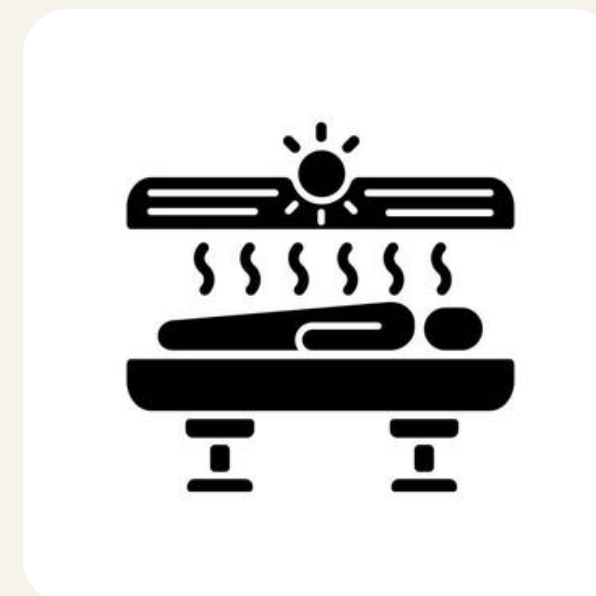


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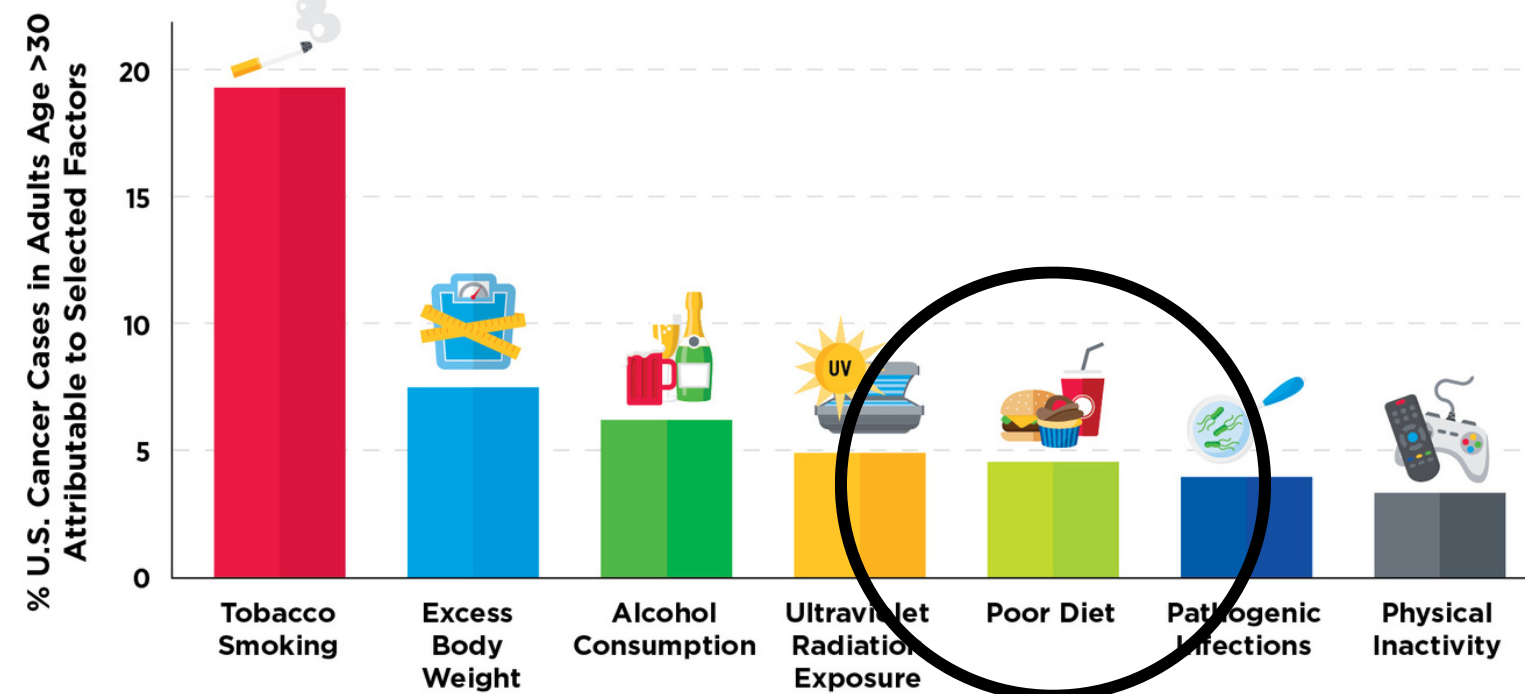
- Group 1 Carcinogen
 - Tanning Beds
 - UV Lights
 - Sunlight
- Other forms of radiation
 - X Rays, Mammograms, CT Scans



POOR DIET

FIGURE 7

Modifiable Cancer Risks



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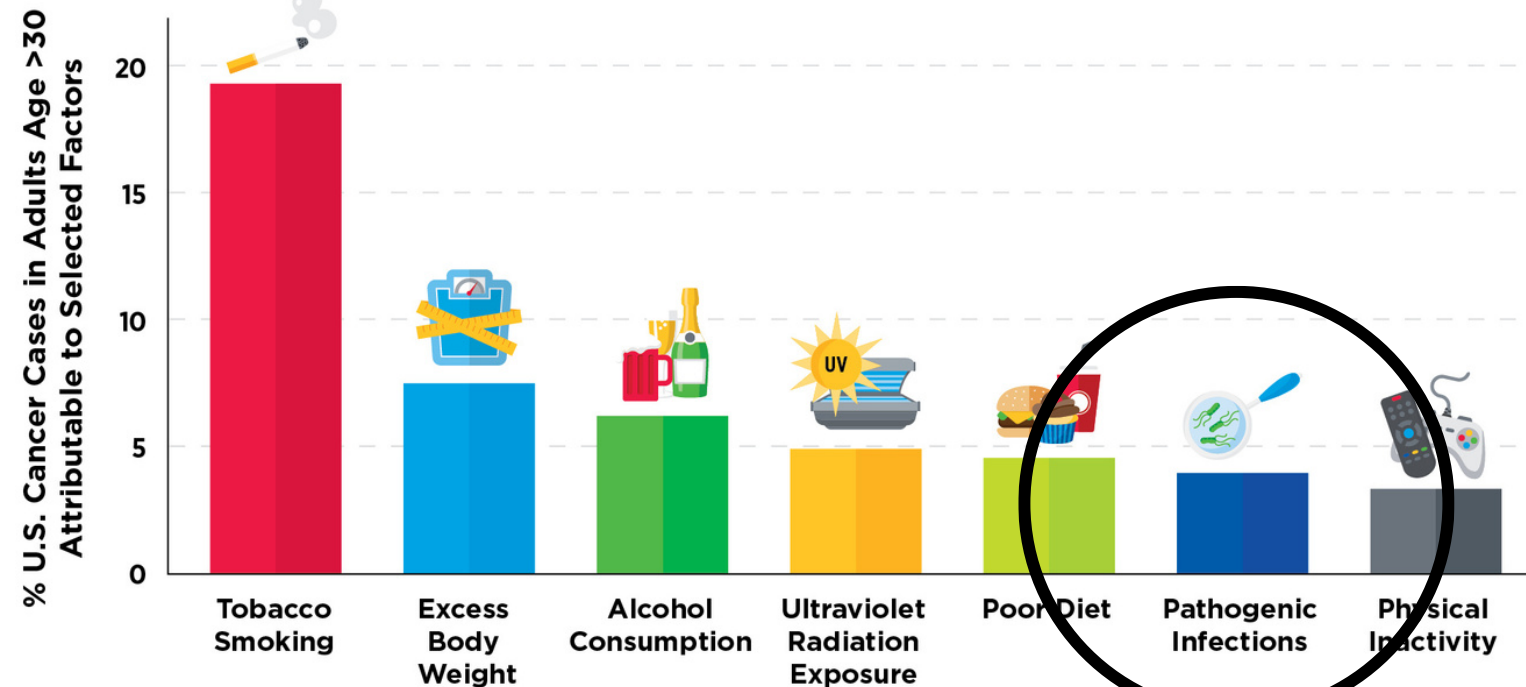
- Food is linked to 30-40% of cancers



ENVIRONMENTAL EXPOSURES

FIGURE 7

Modifiable Cancer Risks

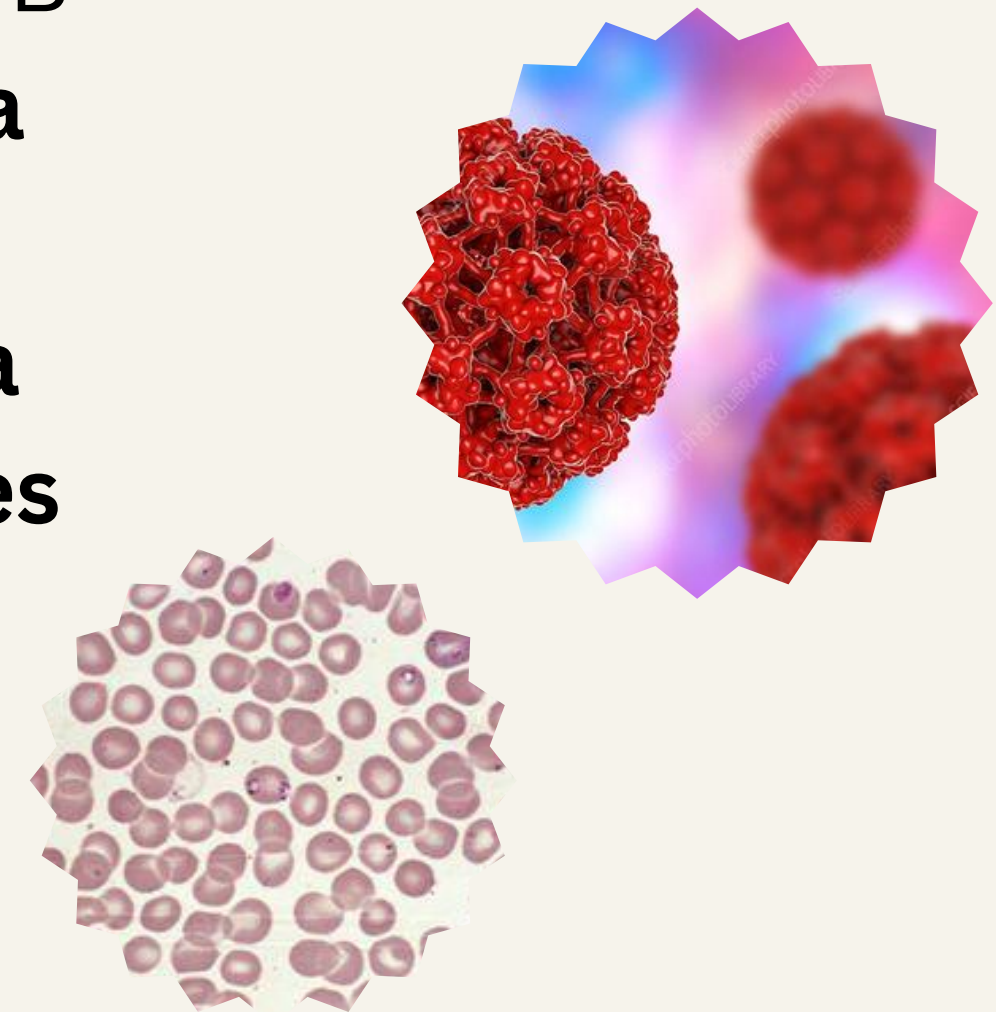


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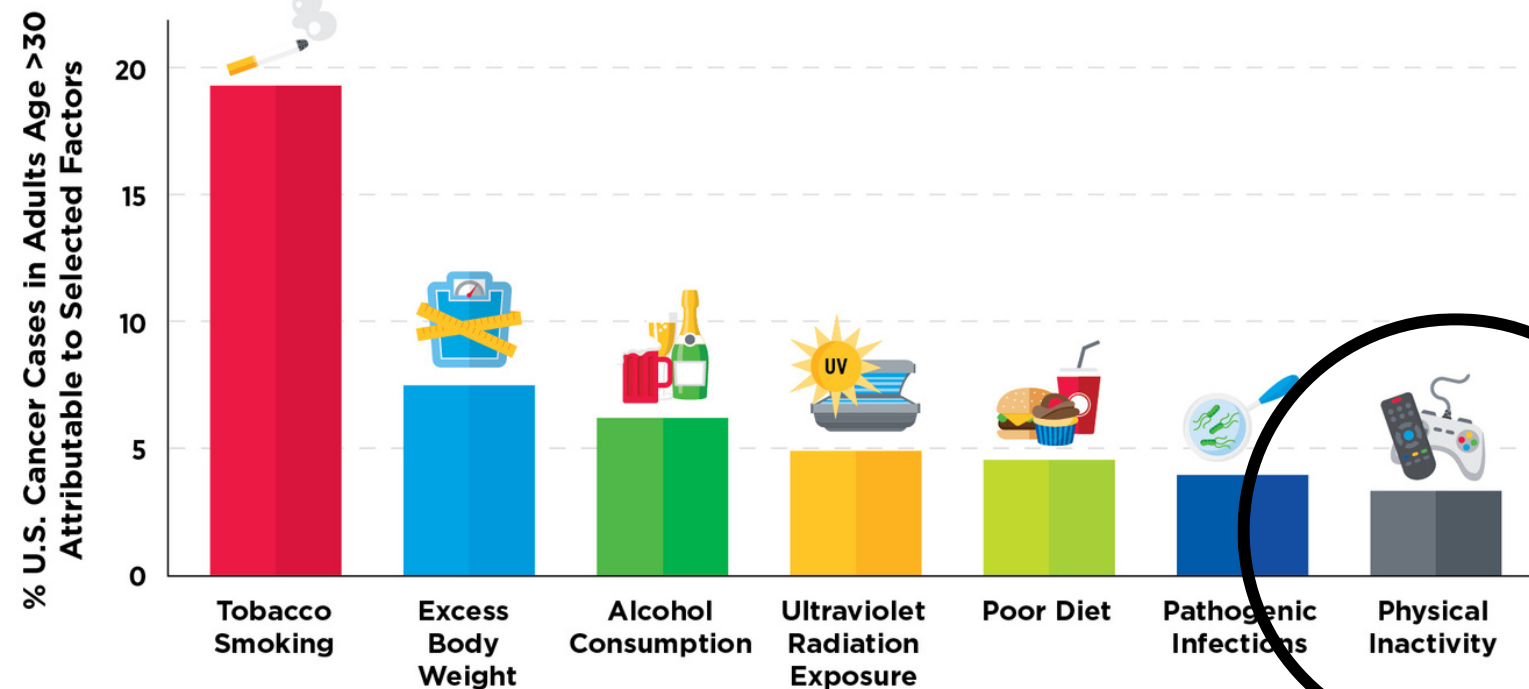
- **Viruses**
 - Mono, Epstein Bar, HPV, Hep B
- **Bacteria**
- **Fungi**
- **Candida**
- **Parasites**
- **Radon**



PHYSICAL INACTIVITY

FIGURE 7

Modifiable Cancer Risks



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Only 24% of Americans are getting the recommended amount of exercise



WHAT DO ALL OF THESE HAVE IN COMMON?

Oxidative Stress



Too many free radicals
& not enough
antioxidants

“Cancer initiation and progression have been associated with oxidative stress by enhancing DNA mutations or increasing DNA damage, genome variability, and cell proliferation, and hence antioxidant agents could intervene with carcinogenesis [200].”



OXIDATIVE STRESS 101

OVER SUPPLY OF FREE RADICALS



NOT ENOUGH ANTIOXIDANTS TO REPAIR

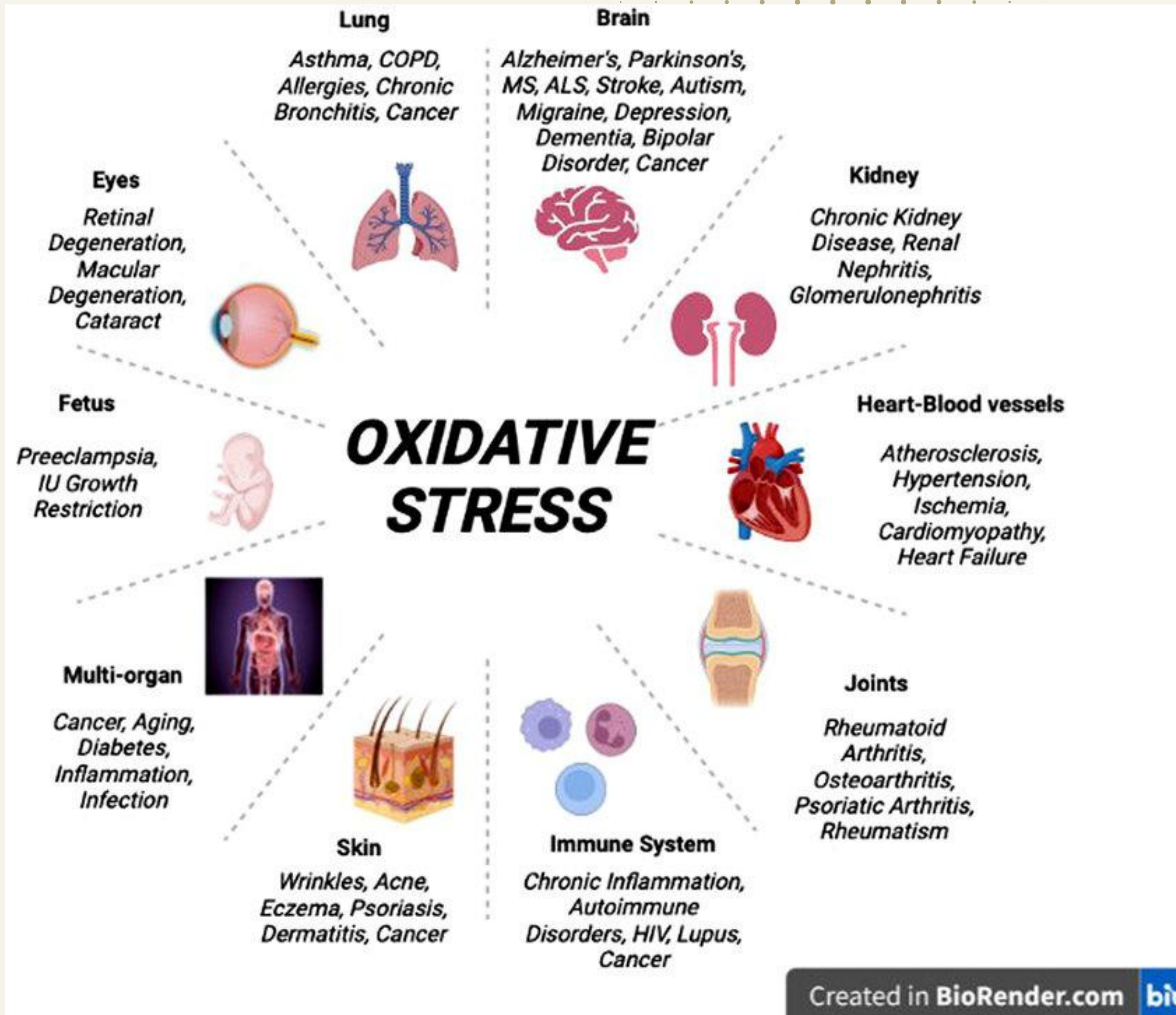


DNA DAMAGE




**CHRONIC DISEASE/INFLAMMATION, COPD, RAPID
AGING, ALZHEIMER'S, CANCER**





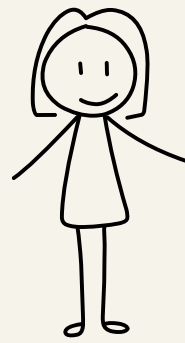


OXIDATIVE STRESS TRIGGERS

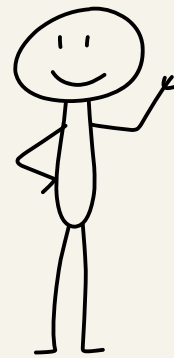
- 1.Toxic chemical compounds and pollutants in the body
 - 2.Pesticides/Herbicides used on crops
 - 3.Preservatives in food
 - 4.Artificial food colorings/dyes/flavorings
 - 5.Air, water, food pollution
 - 6.Seed oils/oils that have been cooked or baked beyond their smoke point
 - 7.Dehydration
 - 8.Eating excessive amounts of sugar
 - 9.Heavy consumption of animal protein in diet (especially poor-quality raised animals)
 - 10.Geophysical stress like living near power lines or waste dumps
 - 11.Microbial imbalance including bacterial, fungal, and viral infections
 - 12.Drugs (over the counter and prescriptions, even supplements/ vitamins)
 - 13.Chlorinated water used for drinking, showering or swimming
 - 14.Plastics
 - 15.Alcohol
 - 16.Cigarette smoke (directly inhaled or second hand)
 - 17.Radiation exposure
 - 18.Psychological and emotional stress
- 

TOXIN OVERLOAD

12.2 million Americans are exposed to cancer causing ingredients daily...



.....→ use 12 products with **168** chemicals



.....→ use 6 products with **85** chemicals

*These are known carcinogens, allergens and **endocrine disruptors***



ESTROGEN DRIVEN CANCER

Estrogen

A natural
chemical created
by the body

- 1. Breast**
- 2. Uterine**
- 3. Ovarian**

ESTROGEN DRIVEN CANCER

Estrogen

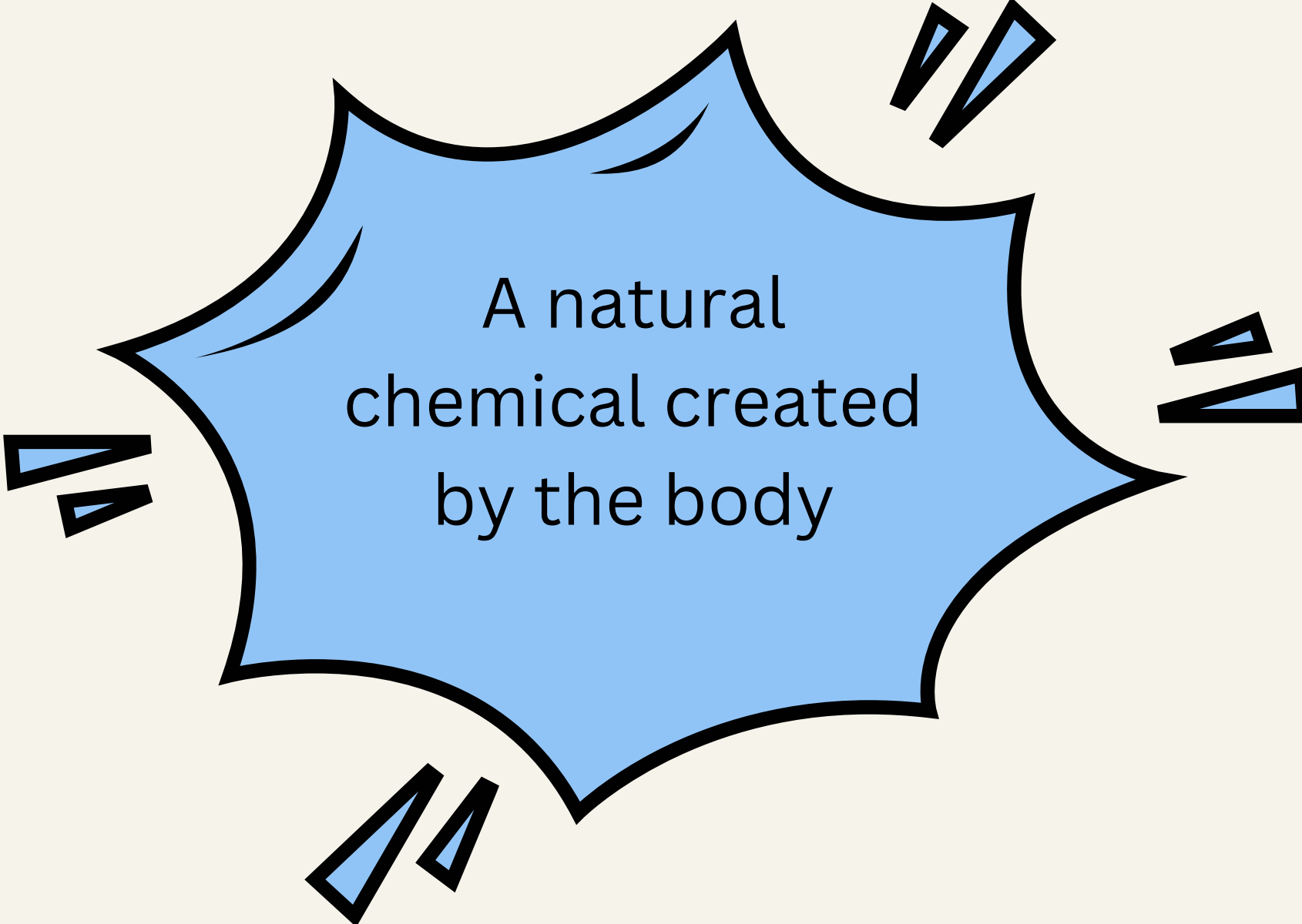
A natural
chemical created
by the body

8 of 10 cases are
estrogen positive!

- 1. Breast**
- 2. Uterine**
- 3. Ovarian**

TESTOSTERONE DRIVEN CANCERS

Testosterone



A natural
chemical created
by the body

- 1. Prostate**
- 2. Testicular**

TESTOSTERONE DRIVEN CANCERS

Testosterone

A natural
chemical created
by the body

Cases nearly tripled
from 1975-2007

1. Prostate
2. Testicular

SYNTHETIC CHEMICALS

Xenoestrogens

aka “environmental hormones”

A synthetic
chemical that
mimics estrogen

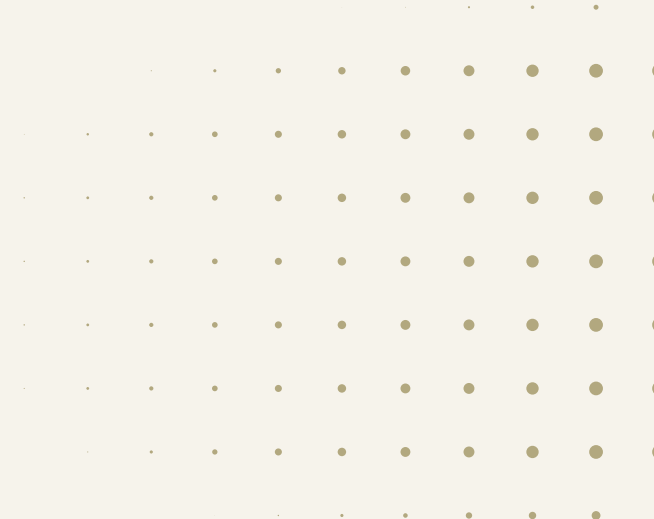


More cancers linked:

1. Pancreatic
2. Lung
3. Kidney
4. Brain



XENOESTROGEN SOURCES

1. Water (tap water and bathing)
 2. Pesticides, herbicides and insecticides, including glyphosate as found in conventional food, and even tampons
 3. Cleaning products (home and industrial)
 4. Plastics (food, beverages, storage containers, non-food packaging and industrial plastics)
 5. Canned foods
 6. Dental sealants
 7. Receipts
 8. Air and dust
 9. Air fresheners
 10. Laundry products (detergent, fabric softener, dryer sheets, etc.)
 11. Hair dyes
 12. Nail polish and nail polish removers
 13. Cosmetics
 14. Personal care products (shampoo, conditioner, deodorant, moisturizer, body wash, etc.)
 15. Perfume
 16. Sunscreen
 17. Medical devices
 18. Birth control pills
 19. Toys
 20. Building materials
 21. Home furnishings (including furniture, carpets, window drapes, mattresses/foams, bedding)
 22. Photocopiers and printers
 23. Artificial food dyes
- 

NEW STUDY SHOWS
921 ingredients increase risk of
breast cancer 

@IAMJAS

Chemicals to look for in your every day products:

Plastic additives (BPA's and BPS's)

Phthalates

Parabens

Bisphenols

PFA "forever chemicals"

PRODUCT LABEL READING

in products CAUTION INGREDIENTS

1, 4-Dioxane
2-Bromo-2-Nitropropane-1,3-Diol (Bromopol)
Artificial Flavour
Aluminum Hydroxide (CI 77002)
Animal Fats, Oils, and Musks
Benzalkonium Chloride
Benzophenones
Benzylparaben
Benzocaine
BHA (Butylated Hydroxyanisole)
BHT (Butylated Hydroxytoluene)
Bismuth Oxochloride
Bisphenol A (BPA)
Borax
Boric Acid
Butane
Butoxyethanol
Butylparaben
Carbon Black
Cetalkonium Chloride
Coal Tar
Choline Salicylate
Cocamidopropyl betaine
Diazolidinyl Urea
Diethyl Phthalate (DEP)
DMDM Hydantoin
Dyes: RED 40, YELLOW 5, 6 BLUE 1
Ethanolamine Compounds (MEA/DEA/TEA)
Ethoxylated Ingredients
Ethylenediaminetetraacetic Acid (EDTA)
Ethylparaben
Flo
Formalin
Formaldehyde
Formaldehyde-Releasing Preservatives
Fragrance
Glycol Ethers
Grapefruit Seed Extract
Homosalate (HMS)
Hydroquinone
Imidazolidinyl Urea
Iodopropynyl Butylcarbamate (IPBC)
Isobutylparaben
Isopropylparaben
Isothiazolinones
Japanese Honeysuckle
Loose Powder
Lidocaine Hydrochloride
Mercury & Mercury Compounds
Methenamine
Methylisothiazolinone
Methylchloroisothiazolinone
Methylparaben
Mineral Oil
Nanoparticles (Nanomaterials)
Octinoxate
Oxybenzone
Parfum

in products CAUTION INGREDIENTS

PEGs (Polyethylene Glycol)
Petroleum
Perchloroethylene
Phenoxyethanol (2-phenoxyethanol)
Phthalates
Polysorbate 40, 60, 80
Polyameer 407
Propylene Glycol
Propane
Propylparaben
Quaternium-15
Quaternary ammonium-compounds
Resorcinol
Retinyl Palmitate / Retinol
Siloxanes AKA Silicone
Synthetic Flavor
Synthetic Fragrance
Talc
Teflon
Titanium Dioxide
Triclosan



LAUNDRY PRODUCTS

Laundry IN THE NEWS



University of Washington
<https://www.washington.edu/news/2008/07/23/toxi...>

Toxic chemicals found in common scented laundry products ...

A University of Washington study of top-selling laundry products and air fresheners found the products emitted dozens of different chemicals. All six products tested gave off at least one chemical regulated as toxic or hazardous under federal laws, but none of those chemicals was listed on the product labels.

"Nearly 100 volatile organic compounds were emitted from these six products, and none were listed on any product label. Plus, five of the six products emitted one or more carcinogenic 'hazardous air pollutants,' which are considered by the Environmental Protection Agency to have no safe exposure level," Steinemann said.

Laundry IN THE NEWS

Yahoo Finance
NY State Bans Laundry Detergents Containing Probable Carcinogen. Dioxane-Free Brand Ingredients Matter Shares Results of Study

To protect New Yorkers from forever chemicals and contaminants in the water supply, a new regulation recently went into effect, banning all...

Jan 17, 2023

The Healthy
What New York's Laundry Detergent Ban Means For Some Popular Brands

Many commercially available detergents were found to contain a probable human carcinogen.

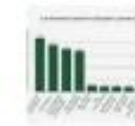
Feb 3, 2023

the hornet newspaper
Is Your Detergent Doing More Harm Than Good?

Anaya Balkoom Did you know the detergent you use could significantly impact your life? This is not a matter of whether or not your clothes...

Feb 16, 2023

NEW YORK, Jan. 17, 2023 /PRNewswire/ -- To protect New Yorkers from forever chemicals and contaminants in the water supply, a new regulation recently went into effect, banning all laundry detergents that contain more than two parts per million (PPM) of a probable human carcinogen. The chemical byproduct, 1,4-Dioxane, is present in many popular laundry detergents. In recent tests, Arm & Hammer Clean Burst, Tide Original, Arm & Hammer Sensitive Skin Free & Clear, and Gain Original + Aroma Boost all contained more than 3 PPM of 1,4-Dioxane, over the NY State limit.



The New York Times
Common Consumer Products Contain Multiple Toxic Chemicals, New Study Shows

Hair and nail products, all-purpose cleaners and automotive products contain some of the highest numbers of chemicals.

May 3, 2023

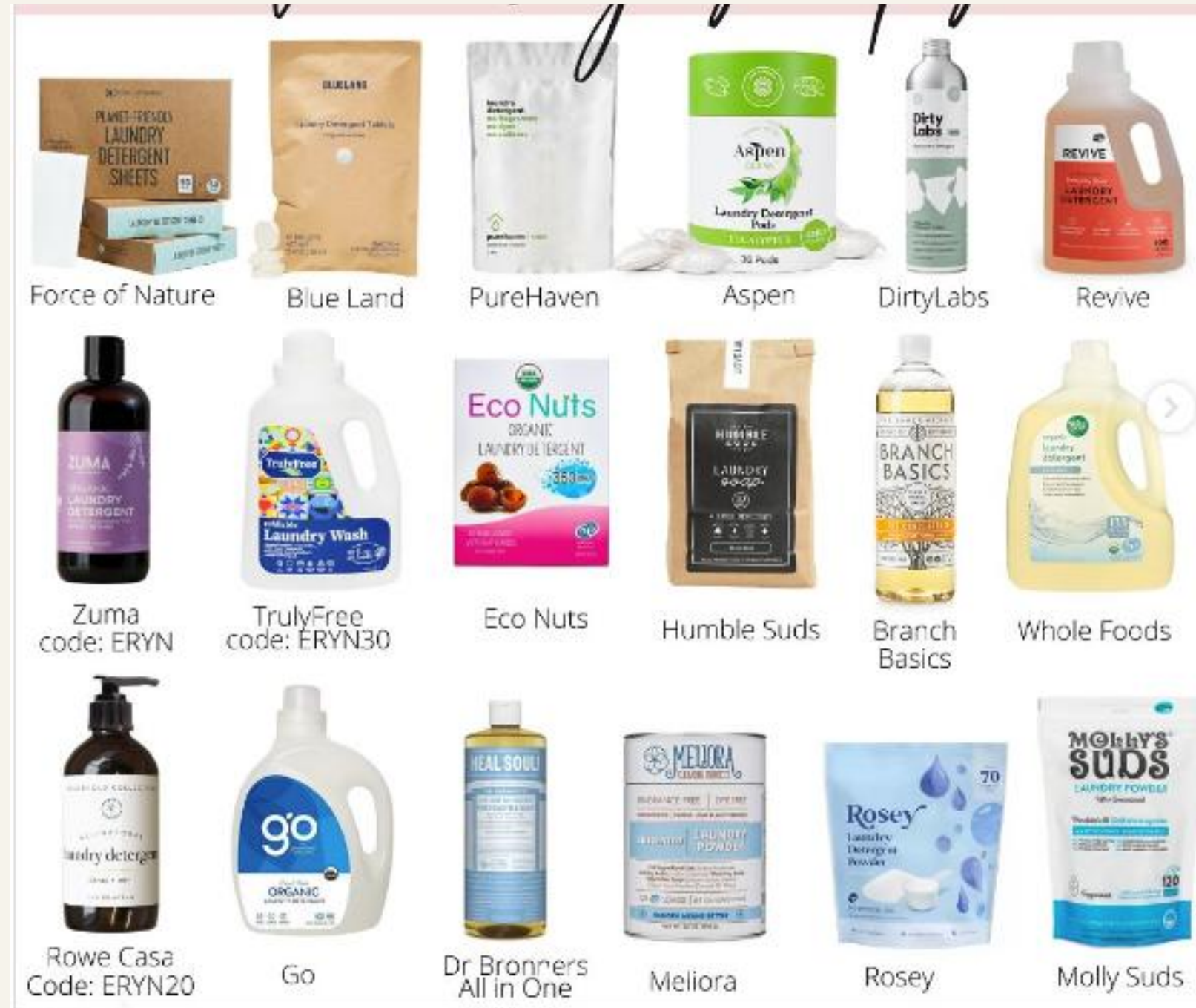
Wiscor-GreenJournal
Why was Gain detergent banned in New York State? | Ask SAM

Gain laundry detergent is banned now in the State of New York. Is this product safe for use in North Carolina or anywhere?

Mar 23, 2023



LOW TOX LAUNDRY SWAPS



LOW TOX CLEANING SWAPS

													
↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓	↓
													
 Attitude Code: IAMJASYRA15	YL Thieves	Aunt Fannies	Bon Ami	Molly Suds	Branch Basics Code: IAMJASYRA	Force of Nature DM for code	 Organics	Aunt Fannies	EC3	Briotech Code: 'asyra 10	Grow Link in Bio	Attitude Code: IAMJASYRA15	Aunt Fannie's

FOOD SUPPLY REALITY

- **Pesticides/Herbicides Sprays**
 - According to an article in NIH, 625 genes became “silenced” which includes genes that kill off abnormal cells & 87 genes were “overactive” which disrupted DNA repair and promoted cancer growth
 - Genetically Modified Organism (GMO) crops
 - 85-100% of corn and soy crops in the US are GMO
 - 80% of GMO’s are engineered to withstand Glyphosate
- **Preservatives** (BHA, BHT)
 - Nitrates, nitrites, acrylamide, HCAs, PAHs, aflatoxins, high fructose corn syrup, trans fats, hydrogenated oil, trans fats, and more
- **Artificial additives**
 - Dyes (Red 40, Red 3, Blue 1, Yellow 5, Yellow 6)
 - Sweeteners (Sucralose, aspartame, ace-k)



PRACTICAL IMPLEMENTATIONS

How can we mitigate exposure to these issues?

1. **Call your Senators**

2. **Shop Farmers Market's**

3. **BUY ORGANIC**

- No artificial ingredients
- No artificial Preservatives (BHA, BHT)
- No artificial flavorings
- No Dyes (Red 40, Red 3, Blue 1, Yellow 5, Yellow 6)
- No artificial sweeteners (Sucralose, aspartame, ace-k)
- No high fructose corn syrup
- No Roundup ready GMOs
- No hydrogenated oils



Organic VS. Non-GMO

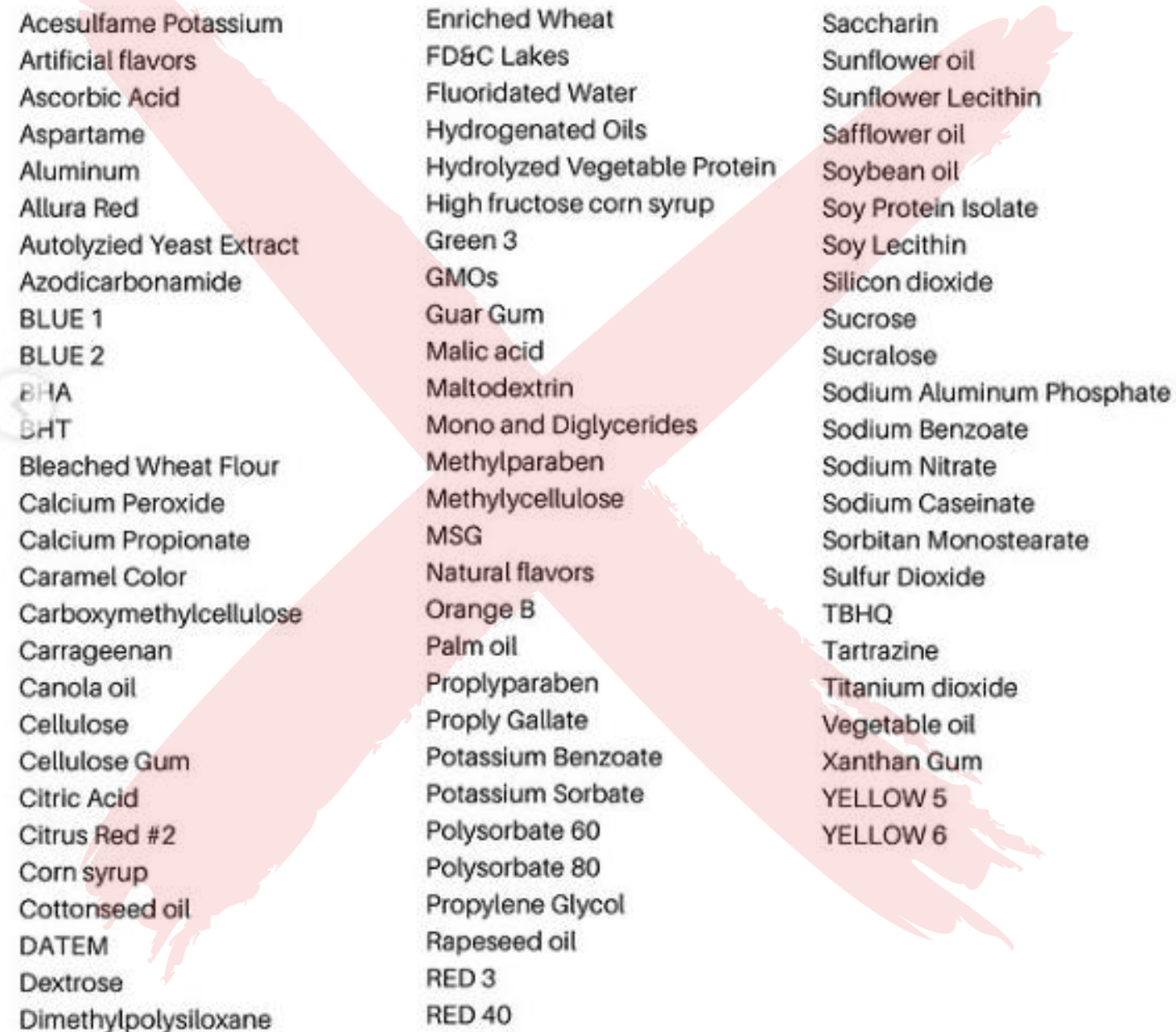
What's the Difference?

	<u>Organic</u>	<u>Non-GMO</u>
• No GMOs used	✓	✓
• No Synthetic Pesticides , linked to lymphoma & leukemia	✓	✗
• No Roundup Herbicides , linked to kidney disease, breast cancer & birth defects	✓	✗
• No ingredients laced with residues from the neurotoxin Hexane	✓	✗
• No Sewage Sludge , human waste contaminated with endocrine disruptors & heavy metals	✓	✗
• No Growth-Promoting Antibiotics , contributing to weight gain & antibiotic resistance	✓	✗
• No Ractopamine drug residues, banned in dozens of countries	✓	✗

More Info at FOODBABE.COM

in food

CAUTION INGREDIENTS



Acesulfame Potassium	Enriched Wheat	Saccharin
Artificial flavors	FD&C Lakes	Sunflower oil
Ascorbic Acid	Fluoridated Water	Sunflower Lecithin
Aspartame	Hydrogenated Oils	Safflower oil
Aluminum	Hydrolyzed Vegetable Protein	Soybean oil
Allura Red	High fructose corn syrup	Soy Protein Isolate
Autolyzed Yeast Extract	Green 3	Soy Lecithin
Azodicarbonamide	GMOs	Silicon dioxide
BLUE 1	Guar Gum	Sucrose
BLUE 2	Malic acid	Sucralose
BHA	Maltodextrin	Sodium Aluminum Phosphate
BHT	Mono and Diglycerides	Sodium Benzoate
Bleached Wheat Flour	Methylparaben	Sodium Nitrate
Calcium Peroxide	Methylcellulose	Sodium Caseinate
Calcium Propionate	MSG	Sorbitan Monostearate
Caramel Color	Natural flavors	Sulfur Dioxide
Carboxymethylcellulose	Orange B	TBHQ
Carrageenan	Palm oil	Tartrazine
Canola oil	Propylparaben	Titanium dioxide
Cellulose	Propyl Gallate	Vegetable oil
Cellulose Gum	Potassium Benzoate	Xanthan Gum
Citric Acid	Potassium Sorbate	YELLOW 5
Citrus Red #2	Polysorbate 60	YELLOW 6
Corn syrup	Polysorbate 80	
Cottonseed oil	Propylene Glycol	
DATEM	Rapeseed oil	
Dextrose	RED 3	
Dimethylpolysiloxane	RED 40	

CARCINOGENS IN PLAIN SIGHT

Ingredients Linked to *Cancer*

People exposed to weedkiller chemical
have cancer biomarkers in urine - study

JNCI: Journal of the National Cancer Institute, Volume 115, Issue 4, April 2023, Pages 394-404, <https://doi.org/10.1093/jnci/djac242>

Glyphosate, a popular herbicide, is listed as a potential carcinogen.



Quaker Oats



One Degree Organics



Nature's Own



AWG Bakery



Honey Nut
Cheerios



Lovebird



Cheez-its



Sunnies

@TAYLORDUKESWELLNESS

CARCINOGENS IN PLAIN SIGHT

Ingredients Linked to *Cancer*

Carcinogenicity and modification of the carcinogenic response by BHA, BHT, and other antioxidants

PMID: 3899519 DOI: 10.3109/10408448509029322

BHA & BHT are preservatives identified as a possible human carcinogen. They are banned in other countries.



Totino's



Snow Days



Trident



Pur



Honey Bunches of Oats



Lovebird



Banquet



Applegate

CARCINOGENS IN PLAIN SIGHT

Ingredients Linked to *Cancer*

Food Dyes Linked to Cancer, ADHD, Allergies

SOURCE: Center for Science in the Public Interest - Food Dyes A Rainbow of Risks

Food dyes like Red 40, Yellow 5, and Yellow 6 may contain contaminants known to cause cancer.



Gatorade



Skittles



Fanta



Country Time



Taylor Dukes Wellness



YumEarth



Spindrift



Taylor Dukes Wellness

@TAYLORDUKESWELLNESS

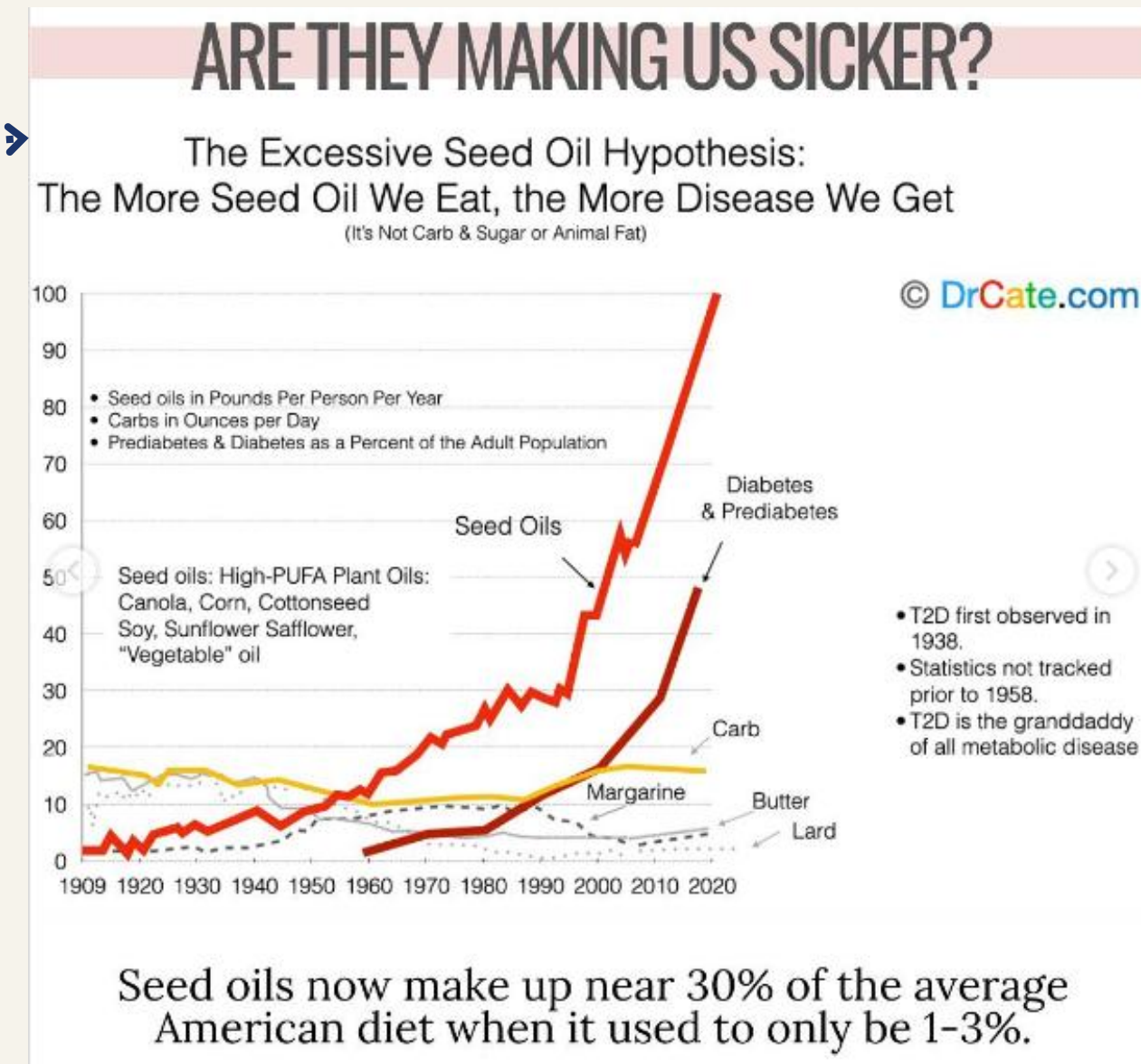
ANTI CANCER FOODS

1. **Broccoli** - sulphoraphane
2. **Turmeric** - curcumin which is anti-inflammatory
3. **Green Tea** - epigallocatechin gallate which breakdown proteins that interfere with the process
4. **Blueberries** - anthocyanins which signal mitochondria to start process
5. **Garlic** - allicin
6. **Dark grapes** - resveratrol
7. **Kale** - isothiocyanates which supports detoxification
8. **Tomatoes** - lycopene
9. **Mushrooms** - beta glucan
10. **Ginger**

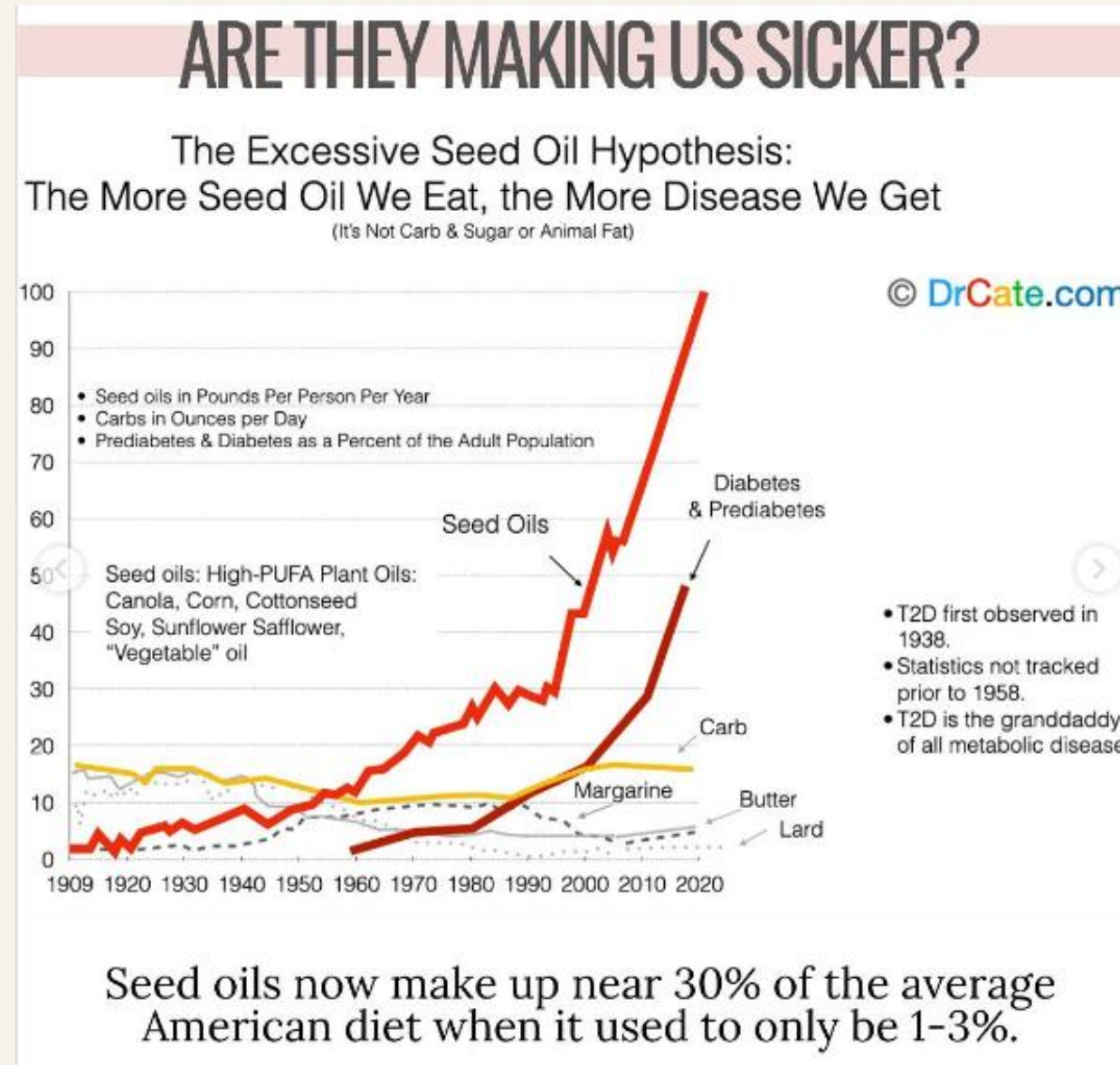


DIETARY CHOICES THAT PROMOTE OXIDATIVE STRESS

- Excessive sugar consumption
- Seed oils
- Too much animal protein in diet (especially poor-quality raised animals)
- Dehydration
- Chlorinated water used for drinking, showering or swimming
- Alcohol
- Microplastics



SEED OILS & OXIDATIVE STRESS



Better Alternatives:

1. EVOO
2. Avocado oil
3. Coconut Oil (for baking)
4. Butter/Ghee/Tallow or Fat

Inflammatory Oils: Canola, Vegetable, Safflower, Sunflower, etc

DIETARY CHOICES THAT PROMOTE OXIDATIVE STRESS

- Excessive sugar consumption
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PLASTICS & OXIDATIVE STRESS

- Microplastics
 - consumed by inhaling or ingesting
 - its estimated we consume 5 grams of plastic every WEEK which is equivalent of 1 credit card



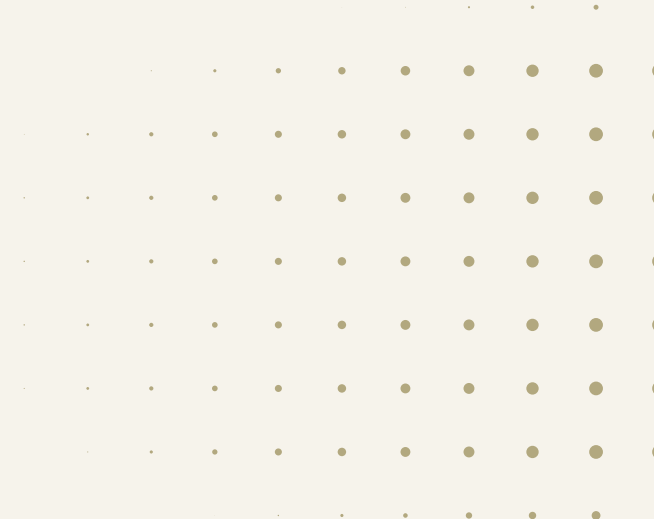


EXERCISE

Our bodies were creative to move

Regular exercise can decrease risk of breast, prostate, colon, endometrium and pancreatic.

Benefits:

1. Balance hormones
 2. Improve immune system
 3. Manage body weight
 - Unmanaged body weight is link to 13 types of cancer
 - 14-20% of cancer deaths in the US are tied to obesity
 4. Managing stress- regulate cortisol levels
- 

EXERCISE GUIDELINES

Aim for:

150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity per week

1. Strength training at least 2-3 days per week

a. Lifting Weights/Resistance

b. Body Weight/Calisthenics

c. Yoga

2. Stretch daily



MENTAL HEALTH

When energy production is compromised, the body has no other choice than to run off of cortisol and adrenaline which can promote a hostile environment within the body

- Healthy practices that can lead to mental and physical healing
 - Improving state of mind through gratitude
 - Regulating nervous system
 - meditation
 - yoga
 - exercise
 - grounding techniques
 - petting animals





CANCER SCREENINGS


- **Women**

- Clinical breast exams/HPV/Pap Smear (start @ age 21 every 3 years)
- Mammogram/Thermography (start @ age 40 every 2-3 years)

- **Men**

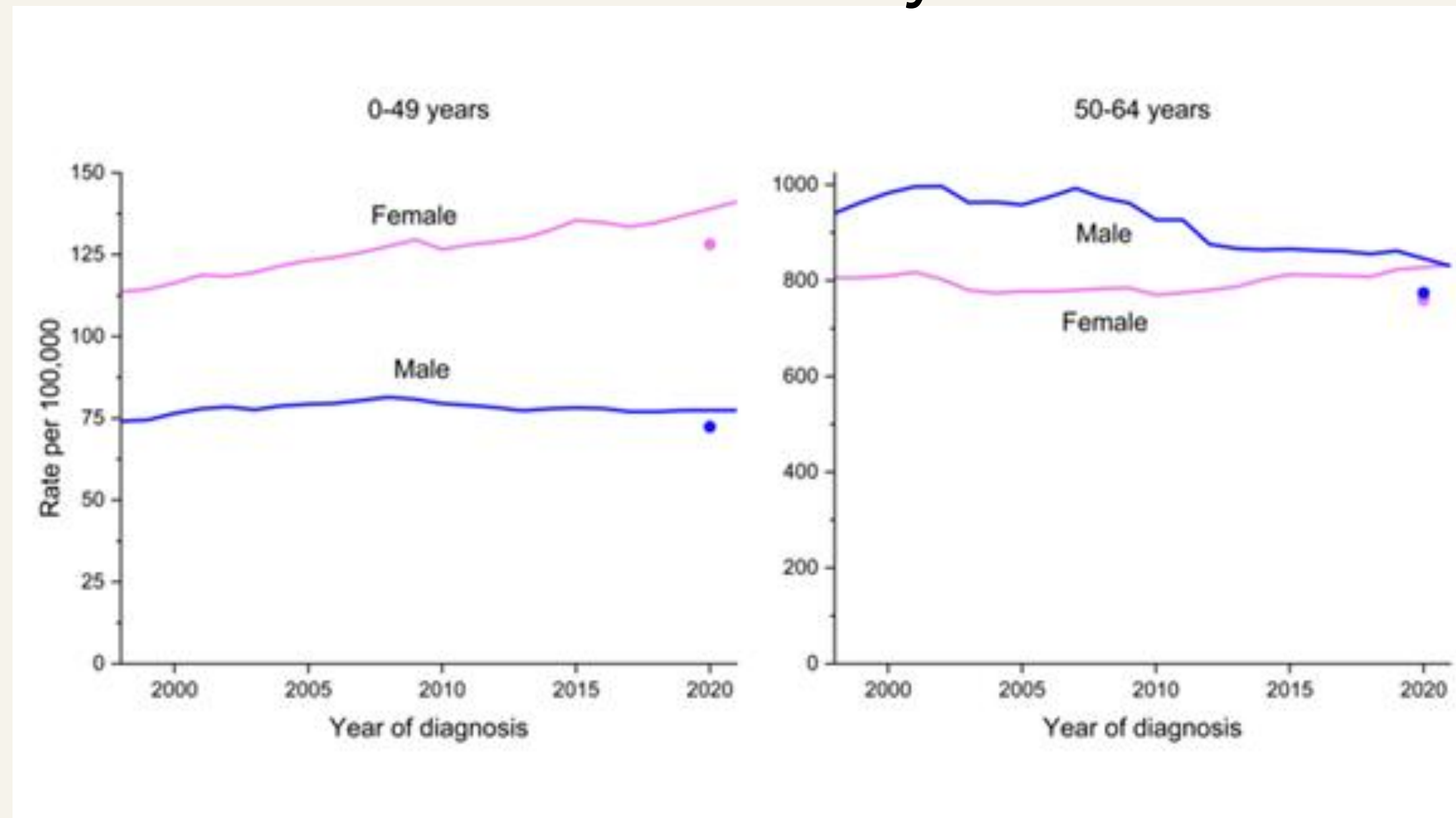
- Testicular check (self checks never too early, annually)
- PSA/Prostate check (start @ age 55 every 2-3 years)

- **Both**

- Oral exam (dentist twice a year)
 - Skin exam (self checks never too early, annually)
 - Cologuard/Colonoscopy (start @ age 45, every 10 yrs for low or no risk)
 - CT Lung scan (For high risk/tobacco users)
- 

UNDER 50?

The rate of cancer for young women “has increased from 51% higher than men in 2002 to 82% higher in 2021,” according to a report issued by the American Cancer Society.



SCREENING ADVANCEMENTS

- **Full Body Imaging**
 - Prenuvo MRI
 - Early cancer detection & more
 - \$2,499
 - Closest location is Dallas, TX
- **Breast Imaging Alternative**
 - QT Scan
 - Omits no radiation
 - More comfortable
 - Solution for women under 40
 - Under \$650



FIRST STEPS TO MASTER YOUR HEALTH

- Nurture your state of mind
- Reduce plastic usage and consumption
- Get sunlight
- Balanced eating with WHOLE FOODS
 - Buy organic
 - Avoid sugar
 - Prioritize good quality protein
- Drink quality water & hydrate with electrolytes
- Exercise!
 - Lift weights & walk
- Sleep 7-9 hours per night
- Learn about ingredients!
 - Download EWG



FIRST STEPS TO MASTER YOUR HEALTH

Environmental
Working Group
aka “EWG”





**“PREVENTION IS
THE CURE TO
CANCER”**

**Leigh Erin Connealy , M.D.
Author of The Cancer Revolution**





QUESTIONS?

THANK YOU!

Hope Cancer Resources

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