

Full
REPORT

50 Ways to Cancer-Proof Your Life Right Now

*The hidden cancer-causing agents
in your daily life.*

Ty Bollinger

Carcinogens

- Arsenic
- Asbestos
- Triclosan
- parabens
- Aluminum
- Fluoride

The TRUTH About
CANCER

educate • expose • eradicate

50 Ways to Cancer-Proof Your Life Right Now

The hidden cancer-causing agents in your daily life.

By Ty Bollinger

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INTRODUCTION



Cancer is the number one cause of death in the world. It causes absolute devastation physically, emotionally, and financially to patients and their families. It also creates an economic backlash for nations struggling to maintain the rising cost of cancer care.

Scientists estimate that at least half of all cancer cases are preventable. According to the World Health Organization (WHO), there were 14 million new instances of cancer worldwide in 2012 and a shocking 8.2 million of those resulted in death.¹

Top 5 Cancers Diagnosed in Women

1. Breast
2. Colorectal
3. Lung
4. Cervix
5. Stomach

Top 5 Cancers Diagnosed in Men

1. Lung
2. Prostate
3. Colorectal
4. Stomach
5. Liver

Experts believe that the diagnosed cases of cancer will exceed 20 million globally in the next two decades. That is **an increase of more than 70%** when our risks should be going down!²

What about all the “advanced technology” and “cutting-edge treatments” the media and scientific community are always talking about?

”

“The global cancer burden is increasing and quite markedly, due predominately to the aging of the populations and population growth. If we look at the cost of treatment of cancers, it is spiraling out of control. Prevention is absolutely critical and it’s been somewhat neglected,” said WHO International Agency for Research on Cancer (IARC) director, Chris Wild.

Ulterior Motives Are Not Just Conspiracy Theories

Cancer is horrifying to patients but it is a proven goldmine to pharmaceutical companies, cancer treatment centers, and (yes) even major cancer organizations. There are so many corporations that make their entire profit from the biggest killer in the world.

Do you think they want to talk about prevention?

They may “talk the talk” but they don’t “walk the walk.” They disparage any treatment modality that does not require surgery, chemotherapy, or radiation. They actively discredit alternative methods that have worked for hundreds of years and criticize the use of superfoods – despite scientific results – as valid cancer-fighting tools. They point to lifestyle changes (stop smoking, stop drinking, lose weight) but reject evidence that points to



poor diets, chemicals, cell phones, or even personal care items.

The facts are the facts despite what corporations are doing behind the scenes to keep them quiet. When these same entities dismiss alternative holistic prevention and treatment techniques – opting instead for invasive, deadly “time honored”

modalities – it is time to question their motives.

Prevention is the Key to Beating Cancer

Every cause of cancer is still unknown but there are proven triggers that increase your personal risk. Family history plays a small part (medical experts estimate that less than 5% of all cancers are linked to a genetic cause) but the primary triggers are your habits, environment, diet, and quite a few “innocent” products you may not know are dangerous to your health.

Some of the “suspected” causes are downplayed (even mocked) by the big cancer organizations but that doesn’t mean you shouldn’t be worried.

In this report, **The Truth About Cancer** examines what you can do in your daily life to lower your risk and stop cancer in its tracks before you become a statistic.

PART 1

Your Body is a Temple

You have one body to live in and if you don't do everything you possibly can to protect it, then what will you do when it fails? Your body is the one thing under your complete control. You determine what goes *in it* and *on it* the moment you become an adult.

Making informed choices makes sense for your continued health and well-being.

Unfortunately, you can no longer rely on labels to let you know that a product is good for you. These days, it seems we have to be on guard constantly, researching every food and beauty care item we consider, to know what is really in what we're buying.

Too many of the companies that manufacture our food, clothing, and even personal hygiene products have become greedy and uncaring. They look



for ways to cut corners and increase profit – something that is done (more than seems possible) at the cost of your health.

7 Deadly Toxins Found in Popular Personal Care Products

- 1) **Parabens:** Spray deodorants, facial creams, feminine hygiene products, hair products, sunscreens, and toothpaste contain chemicals called parabens. These compounds have been proven to mimic human estrogen and accumulate in the tissues of your body.

The University of Reading (United Kingdom) discovered that **99% of breast cancer participants involved in their study tested positive for paraben accumulation**. You read that right. Almost all cancer tumors tested – even among women who didn't use products containing known parabens – showed accumulation of the toxin.

Now that pharmaceutical companies and food manufacturers are using paraben as a filler, your risk for accumulation is higher. If you aren't sure if your products contain parabens, look for words that include methyl, propyl, isobutyl, or ethyl.³

- 2) **Talc:** You know it as baby powder but you'll also find it in adult body powders, bronzers, liquid and powder foundation, blush, eye shadow, deodorants, and feminine hygiene products.

Decades ago, talc was found to contain asbestos. These days, talc is free of this toxic irritant but has been linked to increased ovarian cancer risk by the American Cancer Society.⁴ However, they are quick to claim that the results are “unclear” and “inconclusive” despite listing several studies for lung, ovarian, and uterine cancers.

Shockingly, this compound is also used in many dried foods as an anti-caking agent to prevent powders from clumping. The United States Food and Drug Administration (FDA) gave talc a “generally recognized as safe” rating, which means it can be added to food without approval. Just a few of the foods that contain talc are cereals, condiments, baked goods, energy drinks, and processed cheese.⁵

- 3) **Lead:** In an investigation by the FDA, this toxic heavy metal was found in more than 60% of lipsticks sold in the United States (and around the world). Mercury was long believed to be the primary concern

with beauty products manufactured in China. However, when brand names you trust – such as Revlon, L’Oreal, and Maybelline – test positive for toxic heavy metal, you need to reevaluate your beauty care routine.

The FDA and the Personal Care Products Council were unconcerned by the findings. A representative stated, “Food is a primary source for many of these naturally present metals, and exposure from lip products is minimal in comparison.”

Tell that to a woman who regularly applies a lipstick containing lead – and has no idea what she’s using.

- 4) **Aluminum:** Found in our drinking water, feminine hygiene products, antacids, and cookware, the most common products to contain aluminum are antiperspirants and deodorants. Antiperspirants work by temporarily “plugging up” the sweat ducts beneath your arms so the sweat can’t rise to the surface. This forces the toxins (normally excreted through sweat) to reverse back into your blood.

Scientists believe that products containing aluminum – applied frequently and left on the skin – promotes an estrogen response that promotes the growth of cancer cells.

The average person will absorb more than three pounds of aluminum over a lifetime – more than 200 feet of aluminum foil. Aluminum contamination has been linked to a higher risk of cancer as well as Alzheimer’s disease. This compound is a known neurotoxin that binds easily to our blood cells.

- 5) **Formaldehyde:** Many hair color treatments, relaxers, straighteners, shampoos, conditioners, sunless tanning lotions, hair removal creams, and hair extension glue contain one of the most toxic

compounds to the human body. Formaldehyde is a chemical preservative that you probably know as the primary ingredient in embalming fluid. It is classified internationally as a known carcinogen.

Some products that contain formaldehyde also contain **toluene** (banned in Europe due to the danger to developing fetuses), **hydroquinone** (which increases sun sensitivity), and **phthalates** (linked in several studies to reproductive problems).

Formaldehyde is colorless but has a strong smell and is highly flammable. Though it is a known cancer-causing agent, it has not been banned for use in personal care products or in building materials (more on that in the next section).

- 6) **Triclosan:** Products that are labeled “anti-bacterial” – such as toothpaste, mouthwash, body wash, hand sanitizers, and deodorant – often use an antimicrobial chemical called triclosan to prevent bacterial growth.

However, not only is standard soap and water just as effective, triclosan interferes with hormone function (known as an endocrine disruptor). Use of products containing this compound can lead to reproductive issues, thyroid malfunction, and cancer. It is also bad for plants, fish, and other wildlife.

The United States Centers for Disease Control and Prevention (CDC) found triclosan in the urine specimens of 75% of more than 2,500 people – ages six and up – who were tested. Over time, this chemical accumulates in the cells of healthy tissue and contributes to antibiotic resistant bacteria.

- 7) **Mercury:** This widely known deadly toxin has been found in around 2% of lip products, eyeliner, mascara, facial creams, anti-aging products such as anti-wrinkle cream, antiseptics, skin lighteners, and baby lotions.

It may not be listed as “mercury” on the label. Look for “calomel” or any word with “merc” in the name (mercuric, mercurous, or mercurio). Over the past several decades, the research on the toxic effects of mercury has been astounding. Most studies have been on inhalation or oral consumption – there is strangely little information regarding topical application and absorption directly into the blood.

Considered a neurotoxin, exposure to mercury is bio-accumulative so even trace amounts remain in the body over time. As it gradually builds to toxic levels, it can lead to damage of the central nervous system, developmental problems in the brain tissue of unborn children, and cause cancer. Initial symptoms of mercury poisoning are depression, irritability, problems with sight or hearing, shaking, loss of memory, and numbness of the hands, feet, or mouth.

A woman who regularly wears makeup can absorb as much as **5 pounds of chemicals** directly through her skin every year. Topical application is far more dangerous since substances are transferred directly into the blood stream – bypassing the digestive system that filters out many of the toxins we consume.

A good rule of thumb is not to use something on your skin that you wouldn't feel safe to eat.

The take-away from these findings is that you should consider switching to **natural and organic beauty care products** – increasingly available in even big box stores – as an alternative to the products you are accustomed to buying.

This is not simply a matter of “name brands” versus “off brands” since many of the products found to be contaminated were considered some of the most trustworthy.

An Uncomfortable Topic

Sanitary napkins and tampons are part of most women’s lives for 30-40 years. A woman has approximately 350 menstrual cycles. This depends on her first cycle, pregnancy, form of birth control, and menopause or health condition that stops menstruation.⁶

Their use of feminine hygiene products (by necessity) is consistent and most female consumers are “brand specific” – using the same products over and over that meet their personal needs.

Since 1975, the National Institute of Cancer has tracked diagnosed cases and death rates for each form of cancer. The incidents of “female” specific cancer have steadily risen over the last 40 years.

In 2014, there was more of the same. Breast cancer (**232,670 new cases**), cervical cancer (**12,360 new cases**), endometrial cancer (**52,630 new cases**), and ovarian cancer (**21,980 new cases**) have edged up yet again.⁷

Yes, there are fewer deaths due to early screening. However, one should wonder why the number of patients isn’t going down.

We’ve talked about how quickly your skin absorbs toxins. The skin around and inside the vagina is the most sensitive of your body and the products you use in this area is not a topic that is regularly discussed. **It needs to be discussed.**

In her book, *Label Lessons: Your Guide to a Healthy Shopping Cart*, co-author Andrea Donsky, lists toxins in tampons and sanitary napkins.

Just a few of the chemicals found in popular sanitary products are **dioxins** and **furans** (endocrine disruptors that also damage your immune system), **synthetic fibers** (such as rayon - restrict air flow and encourage bacterial growth), **petrochemical additives** (lead to organ damage), **phthalates** (disrupt gene expression), **chlorine** (known carcinogen), **pesticides** (used on cotton crops – known carcinogens and possible genetically modified cotton), **fragrance** (specifics are not labeled – known carcinogens), and **parabens** (mimics an estrogen response).

Many of these chemicals *individually* have been linked to cancer. How dangerous are they when combined in one product?

Manufacturers do not have to disclose what they use in the production of tampons and pads. These items are considered “medical devices” and therefore “pose no threat.”⁸

The contaminants found in sanitary products – according to the corporations that make them – are “harmless” when absorbed in trace amounts.

According to experts, 70% of women in the United States will use almost 17,000 tampons in the course of her life. **Is that considered a “trace” amount?**

Look into the use of organic feminine hygiene products right now! Using natural, chemical-free alternatives will improve the beneficial bacterial balance in your reproductive system and remove all possibility that intimate contact with some of the toxic chemicals listed above will be absorbed into your bloodstream. There is a better way, a safer way to get the results you need.

Knowledge is Power



prevent cancer, to fight cancer, and to survive cancer... it is critical that you know exactly what is going on and in your body. It is also important to know what you are touching, walking on, and inhaling in your own home.

Let's talk about your "Home Sweet Home."

PART 2

Home Sweet Home



Your home is meant to be the most comforting space in your life. It should inspire feelings of safety, peace, and relaxation. Whether you live in a tiny room no bigger than a closet or a grand mansion on acres of land, the word “home” typically invokes positive feelings.

Unfortunately, from the materials used to build your home, the items that you fill it with, to the products you use to clean it, your home is a potential landmine of cancer-causing substances.

Some of them – such as lead-based paint and asbestos – are well known due to thousands of deaths and conditions attributed to them that could no longer be ignored. Others – that include fire-retardant clothing and stain-resistant carpet – are less well known.

12 Deadly Toxins Found in Most Homes

Triclosan: We're looking at this endocrine disruptor again. Remember that this chemical is bio-accumulative. That means it builds up slowly over time, gradually becoming more toxic.⁹

It's in many of your personal care products but it can also be found in laundry soap, face tissues, antiseptics, cleaning products to control mold or mildew, garbage bags, children's toys, mattresses and linens, clothing and furniture material, and paint.

- 1) **Formaldehyde:** Government agencies "regulate" how much of this known carcinogen consumers are exposed to by placing warnings on some products.

Question: when was the last time you looked up the warnings on the plywood, insulation, or glues used to build your home? It can also be found in permanent-press products, toilet bowl cleaners, the coating on paper goods, vinyl flooring, and in fiberboard used in making furniture and countertops.

Used as an industrial fungicide, germicide, disinfectant, preservative, and adhesive, there are few places where you *won't* find evidence of this toxin.¹⁰

- 2) **Cadmium:** Another bio-accumulative substance, humans have difficulty ridding their bodies of this compound. In one study, people tested for cadmium accumulation in their kidneys and liver managed to drop the initial levels by 50% – after more than **ten years**.

The horrible news? Experts estimate that we absorb trace amounts of this carcinogen daily through our drinking water, batteries, ceramics, polyvinyl chloride plastic (PVC), smoking, and coatings

used in many industrial occupations. It has been detected in almost all human tissue.¹¹

- 3) **Arsenic:** You'll find this deadly toxin in your food, soil, the air in your house, dust, pressure-treated wood, pesticides, and cigarette smoke. The primary source of human exposure is through drinking water.¹² It is a known carcinogen that increases your risk of cancer in the bladder, liver, and lungs.¹³
- 4) **Nickel:** Though this element is an essential nutrient for humans, evidence says we're being exposed to far too much of it.¹⁴ It can be found in coins, jewelry, magnets, heat exchange systems, electronics, stainless steel, batteries, ceramics, machine components, food, drinking water, and soil. Breastfeeding mothers can pass high-nickel levels to their infants through their milk. Avoiding nickel-plated jewelry and wearing gloves when dealing with mechanical components helps to minimize your exposure.
- 5) **Radon:** Colorless and without a smell, radon is potentially everywhere around you. Around the world, radon is considered the second highest cause of lung cancer (behind smoking). More than 20,000 deaths in the United States are due to radon exposure. Naturally found in rocks, soil, and even groundwater, this radioactive gas is a byproduct of decay in the earth. Once in the home, it attaches to tiny particles where it is inhaled. It is critical that every person have the radon levels checked in their homes and install radon detectors (similar to smoke detectors and inexpensive).
- 6) **Perfluorooctanoic Acid (PFOA) and Perfluorinated Compounds (PFCs):** These are the compounds used to make non-stick cookware. Pots and pans (typically made from aluminum) are coated with these substances to make them "slippery." As they

heat, they release toxic fumes in the air (and into your food) that have been linked to several cancers, liver and thyroid damage, and autoimmune disease.

Stainless steel, glass, porcelain-coated, and cast iron may be more difficult to clean and you'll have to watch them closely to avoid burning or sticking, but they are a much safer option for you and your family.¹⁵ PFCs are also found in flame-retardant and stain-resistant fabrics. Scientists have discovered a link between these materials and a higher risk of cancer and birth defects.

- 7) **Bisphenol A (BPA):** Plastics and plastic resins are all around us in our modern world. They are cheap to produce, easy to use, and practically indestructible. Unfortunately, plastics pose several chemical toxin hazards. The most common place you will find BPA is in the lining of cans used to package food, toys, bottles, cling wrap, and storage containers.

It is a known hormone disruptor that is bio-accumulative. A recent study from Harvard Medical School found that students who drank from plastic bottles as opposed to glass tested with a 93% higher BPA content in their tissues.

Polyvinyl chloride plastic (PVC) and **polystyrene (Styrofoam)** are also nothing more than a toxic chemical soup that leeches into food and beverages. Plastic or Styrofoam should never be heated in the microwave.

- 8) **Chlorine Byproducts (Dioxins):** Found in all bleach-based cleansers, you may be shocked to discover they are also in paper towels, coffee filters, and toilet paper. When the Environmental Protection Agency (EPA) says dioxins are thousands of times more

dangerous than the deadly pesticide DDT, you know they must be bad.¹⁶ Look for goods that are chlorine free.

- 9) **Fluoride:** As if the contaminants professed to be “bad” in our tap water (chromium-6, arsenic, uranium, bacteria, and thousands of other toxins) aren’t bad enough, one of the worst offenders is supposed to be “good” for us.

Once again, this is a toxin that is bio-accumulative. You’ll find it in your water supply, dental products, baby formula, non-stick pans, processed beverages (soda, teas, fruit juices, beer, and wine), pre-packaged foods, and even cigarettes.

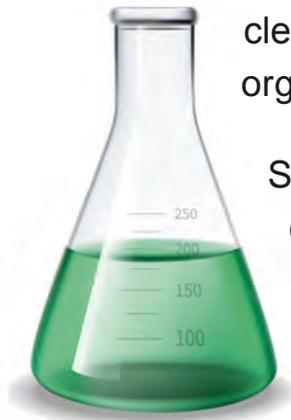
Though the EPA has referred to fluoride as a neurotoxin, more than **200 million people** in the United States still ingest staggering amounts of this compound. It has been linked to brain damage, reproductive problems, lower intelligence, early puberty, damaged thyroid function, and damage to the bones. Make sure that you filter your tap water and that the filter also removes fluoride.

- 10) **Volatile Organic Compounds (VOCs):** When you spray those “air fresheners” in your home, you might be killing bad odors at the cost of your health. An organic option or a HEPA filter are better choices that won’t damage your delicate lung tissue over time. Many carpets, synthetic wood floors, furniture, and paints also contain VOCs.

- 11) **Dust:** Yes, you read that right. A recent study of common household dust found an accumulation of toxins that collect from the uses of chemicals above. One sample contained 66 identifiable endocrine disruptors. There is also bacteria, fungus, feces tracked from outside, and particles from goods that “break down” over time (such as furniture, clothing, and building materials).

Vacuum frequently, seal cracks and leaks to the outside, dust with damp cloth or microfiber material, leave your shoes at the door, and replace your air filters regularly.

Young children and the elderly are more likely to be affected by the toxins listed above but women have **double the cancer risk** overall if they are the primary user of toxic chemicals to clean their homes. Women who are pregnant or nursing must use extra caution regarding cleaning supplies, filtration of tap water, and choosing organic products whenever possible.



Some of these cancer-causing toxins are out of your control but many of them are not. You can take the steps to protect yourself and your family right now.

After all, there's no place like home.

PART 3

All the “Other” Cancer-Causing Agents



There is nothing worse than researching what causes cancer and seeing various cancer organizations and corporations refuse to admit to serious cancer-causing agents in our daily life. It goes against what is popular, perhaps isn't convenient, and definitely impacts their bottom line.

Are you skeptical? Here are a few examples of marketing savvy versus human health.

THE SUNSCREEN LIE

Despite the fact that we are seeing more incidents of skin cancer after two decades of pushing sunscreen as a necessity on the populace, it is the go-to suggestion of every cancer organization. It is a basic “supply and demand” methodology that has led to a multi-billion dollar industry.

Cancer is caused by the sun. Stop the sun with sunscreen.

Easy, right? Not so much. There are so many toxic chemicals in sunscreen that there is no doubt that applying these deadly creams directly to your skin is contributing to the explosion of skin cancer cases.

An even worse suggestion is to avoid the sun entirely. This is horrible on many levels! When your skin is exposed to natural sunlight, the sun's ultraviolet B (UVB) transforms the pre-cholesterol molecule into vitamin D, specifically vitamin D3. Vitamin D enhances your body's calcium and phosphorus absorption.

It also reduces the risk of cancer by helping your body reduce cell metastasis (the spread of a tumor or cancer to distant parts of the body from its original site) and proliferation (rapid growth or production of cells). Not to mention how critical vitamin D is to every cell in your body...and the best source to get it is from the sun.

There is a better way. If you are concerned about burning, then use a **natural** sunscreen.

Wellness Mama has a wonderful recipe I've tweaked (for simplicity) that works great, smells fantastic, and is 100% natural.¹⁷ This recipe (and amount of zinc oxide) creates an SPF 20 blend (add a bit more or less as you prefer) – but all of the oils have SPF levels of their own.

Natural Homemade Sunscreen Ingredients:

- ¾ cup coconut oil (natural SPF 4-6) ¼ cup beeswax
- 2 tablespoons zinc oxide (non-nano version) (natural SPF 2-20)
- 1 teaspoon vitamin E oil
- 1 teaspoon red raspberry seed oil (natural SPF 25-50) (*optional*)
- 1 teaspoon carrot seed oil (natural SPF 35-40) (*optional*)
- 2 tablespoons shea butter (natural SPF 4-6) (*optional*)
- Essential oils for scent – vanilla, lavender, coconut (*optional*)

How to Make Natural Sunscreen:

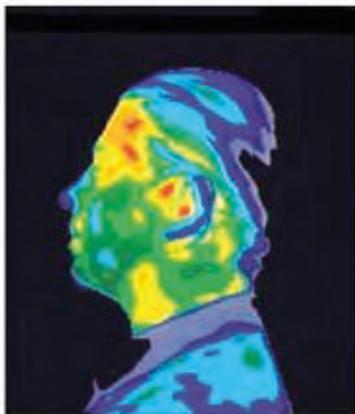
- Combine all ingredients except zinc oxide in a 16-ounce glass mason jar.

- Fill a medium saucepan with two inches of water and place over medium heat.
- Close the jar loosely and place upright in the pan of water.
- As the water heats, the ingredients in the jar will melt. Shake or stir to incorporate.
- When all ingredients are melted, add the zinc oxide (careful not to inhale) and stir.
- Allow to cool for an hour – stirring regularly to ensure zinc oxide is incorporated.
- Use just like regular sunscreen (expires in six months).
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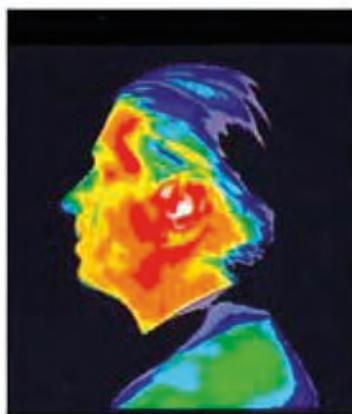
This is an excellent choice for young people and babies who don't need toxins slathered onto their growing bodies. The initial expense for the oils may seem steep but they will make several jars for you to use year-round.

CELL PHONES CAUSE CANCER

The cell phone industry doesn't want you to know that. The most common location for your phone while on a call is flush against your central nervous system. They don't push headsets or other hands-free devices



Thermographic Image of the head with no exposure to harmful cell phone radiation.



Thermographic Image of the head after a 15-minute phone call. Yellow and red areas indicate thermal (heating) effects that can cause negative health effects.

– despite knowing that it will cut the risk of cancer drastically.

Headsets aren't cool...I guess.

If you are a person on your phone non-stop without a headset, you are increasing your risk of brain cancer with

every minute. Cell phones are known to give off radio frequency (RF) waves. The debate centers on whether exposure to RF waves is safe for human beings.

Radio frequency waves are released through the antenna, which is the essential component of every mobile phone. Experts agree that your risk of RF exposure is higher with certain phones. Over-exposure to RF waves is dangerous. People who disagree compare cell phone risk to that of a microwave oven.

I disagree.

I've never once seen a teenager stand in front of a running microwave oven for six solid hours. Conference calls with clients last far longer than the short amount of time it takes to reheat leftovers from last night. When my wife Charlene is on the phone with a friend across the country, she can clean the entire house and make dinner before they wrap it up.

The global explosion of "smart phone" technology has happened primarily over the last decade. It will take another ten years before anyone takes the cell phone and cancer risk seriously.

In the meantime, get a headset.

TOPICAL DRUGS AND CANCER RISK

As listed in the sections above, heavy metal toxins are *everywhere* and we're unknowingly ingesting them, wearing them, and rubbing them into our skin. This does not include everything else your skin comes into contact with on a daily basis.

Right now, topical applications that are used by millions include nicotine supplements, birth control, anti-fungals, anti-inflammatories, topical

steroids, hormones such as testosterone, anti-allergens, antibacterials, and acne treatments.

For many pharmaceutical drugs, you actually have to *ask* for the aluminum-free version. When did the “with aluminum” kind come on the market?

Remember, there are many *natural treatments* (including food) that can prevent or correct health conditions for which you typically walk out of a doctor’s office holding a prescription. Check those out because you won’t be sorry.

YOUR ENVIRONMENT IS NOT AS SAFE AS WE HAVE BEEN TOLD

***Another overlooked cause (for many forms of cancer)
is our air, soil, and water.***

“With the growing body of evidence linking environmental exposures to cancer, the public is becoming increasingly aware of the **unacceptable burden of cancer resulting from environmental and occupational exposures** that could have been prevented,” said a representative of the President’s Cancer Panel in their report released in 2009.¹⁸

Epidemiologists study the patterns, causes, and effects of health conditions for the population of a specific area. Considered “disease investigators,” the specialists responsible for analyzing United States patterns maintained for two decades that chemical and pollution exposure accounted for less than 5% of cancer cases.

The panel stated that 5% is a figure that is “**grossly underestimated.**” They point to weak laws governing environmental pollutants and carcinogens (less than 200 of the chemicals in use have been tested for carcinogen risk – out of 80,000), there is little money for necessary

research or enforcement of violations, and there are too many spoons in the pot to get anything done.

President of the Environmental Working Group, Kenneth Cook, explained, “There are far too many **known and suspected cancer-causing chemicals in products** people, young and old, use every day of their lives. Many of these chemicals are believed to be time bombs, altering the genetic-level switching mechanisms that lead to cancerous cellular growth in later life.”¹⁹

You Have the Power

It may seem daunting to consider all the cancer-causing compounds in your daily life but don't be discouraged! There are ways to limit your exposure and protect your body.

One step at a time, one day at a time, one toxin at a time...you can cancer-proof your life! As my good buddy Robert Scott Bell always says to end his radio show, “Remember that the power to heal is **YOURS!**”

PART 4

Living a Cancer-Free Lifestyle

There are several “cancer causers” that weren’t mentioned in this report because they are discussed into the ground. Smoking, drinking, obesity, lack of exercise, and diet are the primary “targets” that the cancer industry focuses on.

These are valid. Lifestyle and personal habits do make a difference but it is time to talk about the “other” causes of cancer that are ignored and pushed aside for profit.



When it Comes to Fighting Cancer – Keep It Simple

You don’t have to spend your days at the gym, your life savings on “miracles,” or sacrifice your peace of mind. It’s all rather simple.

What You Need...

- Healthy, organic food
- Regular exercise
- Plenty of sleep
- Lots of water (chemical free)

- Less stress
- Limit alcohol
- Quit smoking
- Avoid GMOs and artificial sweeteners

To those people who say, “I could do all the right things and still get cancer.”

Yes. You could. However, science proves that you lower your risk of deadly disease by more than 65% if you use common sense when it comes to your health.

There is no “secret” to fighting disease. Every day, someone’s loved one dies. Every single day.

Experts estimate that more than half the cancers in the world are preventable.

YOU are someone’s loved one. Do what you can to prevent cancer. Start today.

PART 5

The Quest for the Cure

In 2014, an estimated 1.6 million people will be diagnosed with cancer in the United States alone. Experts believe that of those diagnosed, more than *half a million* of those patients will die from the disease.²⁰

Cancer is the second highest cause of death in the United States and the United Kingdom.

The financial burden to patients, their families, and society at large is astronomical but that is *nothing* in comparison to the mental, emotional, and physical toll this deadly disease leaves on so many lives. There are no positive takeaways when cancer is involved.

Some “Eye-Opening” Facts about Cancer



Did you know that every 1 in 2 men and every 1 in 3 women will be diagnosed with cancer at some point within their lifetimes?

Did you know that every 2.5 seconds someone is diagnosed with cancer and every 4 seconds, a life is taken by the disease?

Did you know that within five years, cancer will surpass heart disease as the leading cause of death in the United States and it is *already* the leading cause of death in Canada and Australia?

There is Good News.

Cancer is *preventable* and it is *curable*.

Every single day, tens of thousands of people just like you are **stopping cancer** (and/or preventing it) from destroying their bodies and taking their lives.

It's time to take matters into our own hands, to be proactive in the fight against cancer. To educate ourselves about real prevention and treatments that work whether they are in the top of the media or not.

It could save your life or the life of someone you love.

Thank you for being a part of the Heroes **Against Cancer Community**. Each month you'll receive breaking news, reports like this one, and videos that will show you how to continue your own "Quest for the Cures."



ABOUT THE AUTHOR

Ty Bollinger is a happily married husband, the father of four wonderful children, devoted Christian, best-selling author, medical researcher, talk radio host, health freedom advocate, former competitive bodybuilder and also a certified public accountant.

After losing several family members to cancer (including his mother and father), Ty refused to accept the notion that chemotherapy, radiation, and surgery were the most effective treatments available for cancer patients. He began a quest to learn all he possibly could about alternative cancer treatments and the medical industry. Ty has now made it his life mission to share the most remarkable discovery he made on his quest: the vast majority of all diseases (including cancer) can be easily prevented and even cured without drugs or surgery.

Ty speaks frequently to health groups, at seminars, expos, conferences, churches, and is a regular guest on multiple radio shows and writes for numerous magazines and websites. Speaking from personal experience and extensive research, Ty has touched the hearts and changed the lives of thousands of people around the world.

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