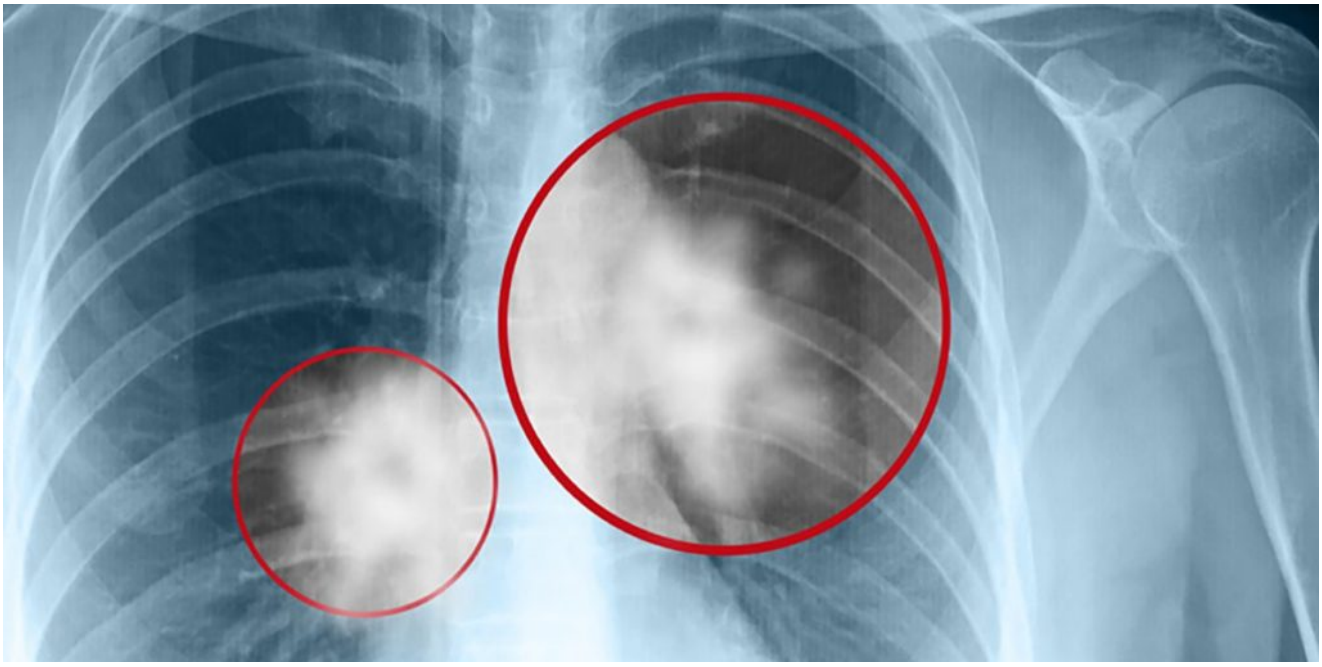
HEALTHY TIPS

10 Hidden Things that Increase Your Cancer Risk

By bestfolkmedicine · 28/08/2018 · 4 min read



As explained by the American Cancer Society, cancer is an umbrella term for several illnesses with numerous causes. Unfortunately, although there are available cancer treatments like chemo and radiation, conventional medicine has not yet discovered a universal cure. So, cancer should not be taken lightly and undermined.

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More importantly, we need to learn how to protect ourselves from it, which has become quite challenging these days because we seem to live in a world where cancer can be caused by the foods we eat or the soaps we use to clean our hands.

Below, check out the 10 things that we need to pay more attention to if we want to reduce our risk of cancer…

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10 Things that Elevate Your Cancer Risk

1. **Overuse of alcohol**

Too much alcohol is bad for the overall health and it will also put you at a higher risk of getting cancer. This is because alcohol is known to cause oxidation which further damages the proteins, fats, and DNA. What's more, a study from 2016 done in Denmark found a connection between alcohol consumption and breast cancer.

2. **Sedentary lifestyle**

Although binge watching your favourite TV series or spending a lot of hours sitting or lying on your sofa without moving may seem relaxing, when it becomes a daily thing, it will increase your likelihood of cancer. According to an analysis from 2014, those who tend to lead a more sedentary life have a bigger chance of being diagnosed with lung, colon, and endometrial cancer.

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3. **Smoking**

Smoking is the most preventable cancer cause and there have been numerous links found between smoking and a higher chance of mouth, pharynx, larynx, nose, oesophagus, liver, stomach, kidneys, pancreas, bowel, ovary, bladder, and cervical cancer. Smokers are also more prone to breast cancer, as noted on Healing Life Is Natural.

4. **Eating burned food**

Did you know that in addition to cancer-causing foods, there are also food preparation methods that increase your chance of developing cancer? Namely, it was discovered that when cooked at high temperature, starchy foods release acrylamide, a chemical that can harm the DNA and trigger cancer (according to studies done with laboratory animals).

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5. **Lack of vitamin D**

Not getting sufficient sunlight is known to contribute to the formation of cancer in the body. Researchers from the Moores Cancer Center at the University of California found that almost 250,000 cases of colorectal cancer and 350,000 breast cancer cases worldwide could be averted only by elevating the vitamin D3 levels in the body.

6. **Sunscreen**

Sunscreens which contain benzophenone-3 are known to increase the chance of cancer. This happens due to the fact that this chemical releases free radicals that damage the DNA and encourages cancer growth. Unfortunately, the FDA has not banned the usage of this chemical, but merely limited its presence, i.e. from 3 to 6 percent, due to the chemical's claimed capacity to protect the skin from UV rays.

7. **Food packaging**

A lot of paper plates and other packaging used for packing fast foods are known to contain chemicals like PFC and PFA that are used with the goal to prevent grease absorption. They have been associated with serious health problems, including cancer, reproductive issues, and poor immunity.

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8. **Air fresheners and scented candles**

These products may be considered beneficial and harmless, but they can actually lead to cancer due to the excessive presence of numerous fake fragrance chemicals. In one study, after testing the air quality in several different homes where homeowners used scented candles and air fresheners, a significant present of Limonene was found. This substance is a synthetic chemical which is used for the recreation of citrus scents.

9. **The place where you live**

According to a 2017 study, countries in the U.S. with the poorest air and water quality and socidemographic factors were found to have a higher rate of patients diagnosed with cancer.

10. **Sawdust**

According to the IARC, wood dust is a known human carcinogen and if you happen to cut wood or if you find yourself in an environment where wood is being cut, you should always put on a mask. In a study done with furniture workers and other workers who were commonly exposed to dust from wood, it was found that they were at a greater likelihood of developing adenocarcinoma or nasal cancer.

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