



eBook

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# 22 *Ways* to Cancer-Proof Your Life Today

# 22 Ways to Cancer-Proof Your Life Today

By Ty & Charlene Bollinger

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## 22 WAYS TO CANCER-PROOF YOUR LIFE TODAY

By Ty & Charlene Bollinger

It is estimated that as many as 41% of people currently living in the United States will develop some form of cancer within the next 20 years. This translates to about 130 million individuals – a truly shocking statistic that, in spite of the cancer industry's best attempts to spin it, represents an *increase* in the overall cancer rate over the past half-century, and *not* a decrease as you may have heard.



Take a moment to let this statistic sink in, and consider what this means for you, your family, your friends, your co-workers, and your neighbors. This means that roughly **two in five people you know**, or nearly *half* of your social circle, will develop some form of cancer. And you could be included in this dire statistic if you don't take the proper steps now to help minimize your cancer risk.

And that's what this free report will help you to do.

It's going to keep you from becoming a cancer statistic and give you critical information to take control of your health. You'll learn the exact steps to minimize and avoid cancer-causing toxins that you are *unknowingly* being exposed to every single day, multiple times per day.

**In this eye-opening report, you'll be learning many "*unknown*" cancer prevention strategies, such as:**

- How to avoid hidden, cancer-causing chemicals in your food, water, personal care products, and in and around your home and workplace
- Why certain animal foods promote cancer and why others actually *inhibit* cancer growth
- How to eat as *close to nature* as possible to reinforce your immune system to become a cancer defending machine
- Which products are critical to *immediately* remove from your house and workspace to avoid toxic chemical contamination
- Which specific brands and products are safe for you to use that will *significantly* minimize your cancer risk
- How to find these safer, non-toxic products and what to look for when purchasing them
- And so much more!

You won't see much, if any, of the information in this report in the major media outlets.

And here's why...

These major media outlets (and even the small local ones) have as their advertisers the exact corporations that are marketing these poisonous toxins to you. The old adage, "*never bite the hand that feeds you*" couldn't be any truer!

In fact, a well-known Emmy award-winning journalist left her job because her company (one of the giant media outlets) wouldn't run her whistle-blowing story. The CEO didn't want to potentially lose the advertising dollars and so her story was thrown out. (and her information remains a secret from the public.



The hard truth is that cancer-causing toxins are being hidden from you inside personal care products like soaps, shampoos, conditioners, sunscreens, body lotions, and so much more. They're also in your household cleaning products, along with your food and water.

You see, these products are cleverly disguised with fancy packaging, slick commercials, and well-known celebrities getting paid top dollar to endorse them. The average person purchases these products, and then unknowingly poisons themselves.

If you live in the real world, then you're being bombarded with these types of advertisements pretty much everywhere you go.

Worst of all, federal regulatory agencies such as the U.S. Food & Drug Administration (FDA) and Environmental Protection Agency (EPA), the very agencies that are designed to protect you, don't! They knowingly allow companies to use these poisonous toxins in their products, a major reason why cancer rates are soaring.

The good news is, after reading this report (and I'm so glad you are), you're going to be educated and empowered to make much smarter, healthier choices. As you read, keep in mind that I will be exposing many of these hidden toxins along with which products contain them, and then will be giving you safer, non-toxic and often natural alternatives for each of them. You'll even learn DIY tips on how you can make some of these products yourself, so you can save money too.

We've got a lot to cover together, so let's start with toxins in personal care products that you likely use every day.

### **The Hidden Dangers Lurking in Personal Care Products**

Everyone uses them. They're the very things that we've all been told will help us stay fresh and clean. But personal care products – meaning things such as toothpaste, shampoo, and soap – are a minefield of unsuspected, cancer-causing toxins. A study conducted at Harvard University found that the average person is exposed to *more than 100* chemicals from soaps, cosmetics, and various other personal care products before they even get to work in the morning.<sup>1</sup>

This represents just a small fraction of the more than 80,000 chemicals currently in use in personal care products that have never been adequately safety tested by federal regulators.<sup>2</sup> Even worse is the fact that a great number of these chemicals have been shown in independent testing to cause cancer and other serious health problems.

## 1 Toothpaste

In commercial toothpaste, you'll often find a whole host of toxic additives:

- **Fluoride**, an industrial waste product linked to lowered IQ in children<sup>3</sup> and dental fluorosis, or mottling of teeth.<sup>4</sup>

You probably grew up thinking fluoride is good for your teeth because that's what the public has been told for over 50 years, but science says otherwise.<sup>5</sup>

- **Propylene glycol**, a synthetic moisture absorbent linked to organ toxicity.<sup>6</sup>
- **Triclosan**, an antibacterial chemical that disrupts hormone production and promotes multiple forms of cancer, including breast, ovarian, testicular, and prostate cancers.
- And even **plastics** in the form of polyethylene, which also interfere with the endocrine system and promote cancer.





These ingredients are clearly problematic, which is why it's crucial to stick with natural toothpaste products such as:

- ✓ *Dr. Bronner's All-One Toothpaste*
- ✓ *Nature's Answer PerioBrite Natural Toothpaste*
- ✓ *Auromere Ayurvedic Toothpaste*
- ✓ *Tom's of Maine Natural Toothpaste*
- ✓ *Spry Dental Defense Toothpaste*
- ✓ *Desert Essence Toothpaste*
- ✓ *Jason Toothpaste*

Each of these toothpaste products contains cleansing and protective herb extracts such as neem, wintergreen, mint, and cinnamon – the real stuff derived from the essential oils of actual plants and herbs, not chemicals synthesized in the lab.

Neem, you should know, was shown in a 2011 study published in the *Journal of Indian Society and Periodontology* to safely and effectively treat plaque-induced gingivitis due to its powerful anti-inflammatory properties.<sup>7</sup>

## 2

## Mouthwash

You may not have known this, but your body contains a special kind of good bacteria that helps promote digestion and blood vessel health. But a study published in the journal *Free Radical Biology and Medicine* found that many popular mouthwash products contain an ingredient known as chlorhexidine that destroys this bacteria, weakening the immune system<sup>8</sup> (which is critical to cancer prevention).

Some studies have also linked added alcohol in some mouthwashes to oral cancer,<sup>9</sup> which is why brands such as Tom's of Maine,<sup>10</sup> Jason,<sup>11</sup> and many of the same brands mentioned in the toothpaste category offer mouthwashes that are made from simple, safe ingredients such as water, glycerin (from vegetables), aloe vera, and natural essential oils derived from mint and wintergreen.

### 3 Dental Floss

Believe it or not, even some dental floss comes with its own set of risks. This is due to the use of a chemical known as perfluorinated polymer, or PFC. This cheap replacement for natural wax interferes with hormone and immune function, and may increase the risk of some forms of cancer.<sup>12</sup>

Some great alternatives are:

- ✓ *Radius Floss*
- ✓ *Eco-DenT Premium Dental Floss*
- ✓ *Desert Essence Dental Floss*



### 4 Hair Care

Another area of concern are shampoos and conditioners for your hair, many of which contain cancer-causing parabens (a type of preservative linked to breast cancer),<sup>13</sup> synthetic “fragrance” chemicals,<sup>14</sup> sulfates (a detergent and surfactant), and other chemicals linked to various forms of cancer.

In 2013 the Center for Environmental Health (CEH) discovered through independent testing that a large number of brands sold in grocery, drug, and department stores contained a chemical known as cocamide diethanolamine (cocamide DEA), a foaming agent and thickener, which is a known carcinogen.<sup>15</sup>

The safest and most effective cleansing and conditioning formulas obviously don't contain these ingredients. Many of the best ones, in fact, contain very few ingredients.

## 5 Hand and Body Lotions

Particularly during dry and cold seasons, many people resort to hand and body lotions that claim to provide moisturizing benefits for skin health. But a class of emulsifying ingredients (emulsifiers basically thicken lotion and give it a consistent texture) known as alkyloamides used in many of them can convert into cancer-causing agents known as nitrosamines.<sup>16</sup>

Some prominent examples of nitrosamine-causing alkyloamides that you need to watch out for include:

- ✗ *Diethanolamide (DEA)*
- ✗ *Monoethanolamides (MEA)*
- ✗ *Triethanolamides (TEA)*
- ✗ *Monoisopropanolamides (MIPA)*
- ✗ *Ethoxylated alkyloamides (PEG)*

The simplest, safest and most effective way to moisturize your skin is to use pure moisturizing oils, either from or with organic coconut and jojoba oils. Shea butter is also great.



## 6 Body Soap and Washes

Even the soaps you use to wash your body are a source of carcinogens if they contain ingredients such as benzyl acetate, a perfume chemical linked to liver adenomas, carcinomas, stomach tumors, and pancreatic cancer.<sup>17</sup>

Sodium laureth sulfate, or SLS, is duly mutagenic, meaning it damages cellular genetics.<sup>18</sup> It also inhibits the skin's ability to retain moisture, which is the opposite of what you want when it comes to products for cleansing your skin and personal hygiene.

## 7 Deodorant and Antiperspirant

Did you know that many deodorant and antiperspirant products on the market today contain toxic aluminum, a metal compound that blocks the pores in your armpits, inhibiting detoxification through sweat? Aluminum is also a neurotoxin that a study published in the *Journal of Applied Toxicology* found deposits itself into breast tissue after being absorbed through the skin.<sup>19</sup>

### DIY DEODORANT



You can also make your own deodorant at home very simply. All you really need to do is mix a little bit of baking soda with a small amount of water and rub it under your armpits. If reducing wetness is important to you, you can skip the water and mix one part baking soda with six parts corn starch (look for a variety that isn't genetically-altered; more on this below in the food section) and dry dust it under your armpits.

You can also utilize a more solid base component such as glycerin or shea butter, mix it with a natural moisturizer such as aloe vera, add an absorbent medium such as baking soda, and put a few drops of scent (if you prefer) derived from your favorite essential oils. *That's it!*

## 8 Hand Sanitizer

Like with hand soaps and many of the other products mentioned here, hand sanitizers aren't all they're cracked up to be. For the most part, *they don't even work* because they're designed to kill bacteria (including good bacteria that you need to support immunity), not remove the dirt and other particles that help spread bacteria.

Hand sanitizers are also typically loaded with triclosan (just like hand soap), its cousin triclocarbon, and synthetic fragrance chemicals. What makes these products worse than hand soaps is that they aren't washed off with water – they're absorbed directly into the skin!

If you must sanitize your hands this way (rather than just wash your hands with pure soap and water), try using *vinegar* instead. A 5% solution in a small spray bottle – most white vinegar products sold at grocery stores work just fine – is 99% effective against bacteria, and is completely non-toxic.

## 9 Sunscreen

Most commercial sunblock products contain one or more of the following harmful additives: oxybenzone, avobenzone, octisalate, octocrylene, homosalate, and octinoxate, with oxybenzone being the most problematic (since it's the most common additive used commercially).<sup>21</sup> Other problems with sunscreen include some manufacturers' use of retinyl palmitate, a form of vitamin A that actually *increases* users' risk of skin cancer when exposed to the sun's ultraviolet rays.<sup>22</sup>

Many commercial sunscreen manufacturers synthesize zinc oxide and titanium dioxide, the two most common active ingredients in sunscreen products, into nanoparticle form. This means the particle sizes of these ingredients are made unnaturally small, which poses health risks due to easy absorption.

Your best bet is to choose only natural, sunscreen products containing mineral-based, non-nanoparticle versions of either titanium dioxide or zinc oxide (zinc oxide is preferable), both of which provide physical protection against the sun's rays without leaching dangerous chemicals into your body and skin.

Another great option for sunscreen protection is to supplement with natural astaxanthin, a potent carotenoid antioxidant found naturally in salmon. Astaxanthin is the pigment in salmon that makes these fish pink, protecting them against sun damage. When humans consume astaxanthin, it provides similar natural protection.<sup>23</sup>



## 10 Feminine Hygiene Products

Believe it or not, even feminine hygiene products are often saturated in harmful chemicals. Tampons and pads can contain chlorine (a bleaching agent), dioxins, plastics (bisphenol-A and phthalates), synthetic fibers, and various petrochemical additives, not to mention synthetic fragrances and chemical-based odor neutralizers.<sup>24</sup>

Because federal regulators classify them as “medical devices,” tampons and sanitary pads are typically sold without full disclosure of the ingredients they contain, giving manufacturers full reign to add practically whatever they want.

Some major areas of concern with regards to conventional feminine products, as outlined by *Women’s Voices for the Earth*,<sup>25</sup> include:



- **Tampons:** Since most major brands of tampons are bleached, they contain toxic byproducts such as dioxins and furans that can cause reproductive harm, endocrine disruption, and cancer.
- **Pads:** These come with many of the same risks associated with bleached tampons, as well as added risks from adhesive chemicals such as methyldibromo glutaronitrile.
- **Feminine wipes:** It's difficult to know where to start with this category, as many brands of feminine wipes contain a multitude of hazardous chemicals. These include endocrine-disrupting parabens, triclosan, synthetic fragrances, and a novel's length list of toxic chemicals that you'd be hard-pressed to pronounce correctly.

To avoid all this, it's important to choose feminine hygiene brands that use non-toxic or natural components such as organic cotton (conventional cotton is loaded with pesticides), minimal or no plastics, and minimal absorbency volume for your flow (since high-absorbency materials tend to be synthetic).

## 11 Baby Wipes and Diapers

If you're a parent of a small child, chances are you're deeply familiar with the joys of disposable baby wipes and diapers. But are you fully aware of what you're wiping your baby's bottom with and how it might be affecting your baby's health? What about all those stinky, plastic diapers?

The World Health Organization (WHO) warned in a 2003 report that a chemical byproduct commonly found in both baby wipes and diapers is a "persistent environmental pollutant," meaning it doesn't break down very easily.<sup>27</sup> It also causes all sorts of health problems, including developmental delays and cancer.

That chemical is dioxin, and it's typically accompanied by other poisonous compounds such as volatile organic compounds (VOCs) and sodium polyacrylate (SAP), two other cancer-causing additives found in disposable diapers.

Disposable diapers are a lot like feminine care products in that they often contain super absorbent polymers (SAP), plastics, and other unlabeled chemicals. I typically recommend that parents opt for *reusable cloth diapers*, as these can be made from simple, less toxic materials such as organic cotton.

If disposable is your preference, there are chlorine-free, fragrance-free, and mostly chemical-free options such as BAMBO Nature “eco-friendly” diapers, but even these still contain SAP.



As for baby wipes, *The Honest Company* sells chlorine-free, hypoallergenic, biodegradable wipes produced without alcohol, phthalates (a family of plastics chemicals often used in personal care products), parabens, phenols, SLS, and other harmful additives.<sup>28</sup>

To stay up to date on safe, non-toxic personal care products, my personal recommendation is that you check out the Environmental Working Group’s Skin Deep Database. There, you’ll be able to see where your favorite soaps, shampoos, conditioner, etc. brands land on the toxicity scale, as assessed using a comprehensive data cohort gathered from 60 toxicity and regulatory databases.<sup>29</sup>

EWG even has a Skin Deep mobile app that you can download on your smartphone for instant access to this important information while you’re shopping!<sup>30</sup>

## Home Sweet Toxic Home

The chemical industry has successfully brainwashed the general public into associating its various chemical-based household formulas with sanitation and cleanliness. As it turns out, common products found in the homes of tens of millions of people are anything but safe.

A report by *Women's Voices for the Earth* found that many conventional cleaning products, including those ostensibly branded as “green,” contain hidden carcinogens. These include 1,4-dioxane (which is also present in many laundry soap products, even those branded as “natural”)<sup>31</sup> and chloroform, as well as reproductive toxins such as phthalates and toluene.<sup>32</sup>

You should know that these and other toxic substances *aren't* always listed on ingredient labels, which can make it difficult to know what's safe to buy. As in other sections above, I'll go through each product category and give you a list for each with safer, non-toxic solutions.

## 12 Household Cleaning Supplies

Many of the household names you've come to recognize as germ-killers for tackling that filthy kitchen, that streaky mirror, or that just-close-the-lid toilet are some of the most *dangerous chemical solutions* you have in your home.

Practically every chemical already mentioned in the personal care section of this report is also found in house-hold cleaning supplies. Added to that list are even worse substances such as lye (a corrosive acid), ammonia, chlora-mine gases, 1,4-dioxane, and a laundry list of hormone-disrupting chemicals that are a major contributor to cancer.

None of these chemicals are necessary when basic ingredients such as water, baking soda (sodium bicarbonate), and vinegar are mostly just as effective at performing the same jobs without the toxicity. Even for more serious jobs that involve scrubbing and degreasing, there are safer alternatives than the majority of products found on your grocery store shelf.



I won't list every single household cleaning product to avoid because the vast majority of what's out there would end up on this list. I'll instead tell you some of the *best* options for both homemade and commercial cleaning formulas.

It's easier than you think to make your own cleaning supplies at home to avoid the pitfalls of conventional chemical-based products. Here is a simple, non-toxic, inexpensive, all-purpose cleaning solution you can make.

## DIY ALL-PURPOSE CLEANER

Mix  $\frac{1}{2}$  cup vinegar and  $\frac{1}{4}$  cup of baking soda into two quarts of water. Adding a little lemon juice, vinegar, and Borax will make this solution even more potent.

You can also use a pre-mixed, natural, multi-purpose cleaning product such as *CitraSolv*,<sup>33</sup> which contains no harsh solvents or synthetic detergents.

*Bon Ami*<sup>34</sup> is a safe, all-natural alternative to powder cleansers for scrubbing sinks and showers.



To clean your windows, try mixing *three parts vinegar to one part warm water* and spraying as needed.

## 13 Laundry Detergent

Earlier, I talked a little bit about 1,4-dioxane, a chemical byproduct that results from a cheap chemical processing method often used in the personal care product industry. It turns out the laundry cleaning industry is also a purveyor of this poison, with some of the worst offending brands being the most popular ones.

Even some of the so-called “green” brands were found in an Organic Consumers Association research study to contain high levels of 1,4-dioxane.<sup>39</sup>

The Environmental Working Group (EWG) also lists on its “A” list of the safest most toxin-free laundry detergents the following brands<sup>40</sup> which I also recommend:

- ✓ *Ecover ZERO Laundry Liquid Concentrate*
- ✓ *biokleen Laundry Liquid, Citrus Essence*
- ✓ *Planet 2x Ultra Laundry Detergent*
- ✓ *GrabGreen Delicate Laundry Detergent Pods*
- ✓ *Sun & Earth Laundry Detergent*
- ✓ *Green Shield Organic Laundry Detergent*



## 14 Dishwashing Detergents and Dish Soaps

What's there really to say that hasn't been covered in the previous sections? As with laundry soap, hand soap, and household cleaning supplies, dishwashing detergents and dish soaps are cesspools of endocrine-disrupting chemicals, carcinogenic substances, and unknown byproducts of questionable origin.

### DIY DISH SOAP

You can even make your own homemade dish soap using

- two parts Borax<sup>41</sup>
- two parts washing soda (a derivative of baking soda)<sup>42</sup>
- 16 parts water
- 12 parts Dr. Bronner's Sal Suds<sup>43</sup>
- 15-20 drops of your favorite scent in essential oil form<sup>44</sup>



## 15 Air Fresheners

Avoid the commercial ones at all costs! Air fresheners are not only unregulated,<sup>45</sup> but they're among the most toxic products you can bring into your home and workplace.

The only thing you really need to keep your living spaces fresh and well-scented are all-natural essential oils and a diffuser. We recommend lavender, orange, vanilla, cranberry orange, and grapefruit for a fresh smell!



## 16 Bathroom Shower Curtains

This might not be one you've thought much about, but PVC (polyvinyl chloride) shower curtain liners (the kind most people have in their bathrooms) are *incredibly toxic*. They are often outgassing dangerous VOCs (volatile organic compounds) such as xylene and toluene, as well as dioxins, endocrine (hormone) disruptors, and even cadmium and lead.

Your best bet is to opt for an inexpensive PEVA vinyl shower curtain, which doesn't outgas like PVC curtains do.<sup>50</sup> If you can afford it, hemp-based shower curtains such as the ones produced by Rawganique<sup>51</sup> are another superb, eco-friendly option that will add some extra flair to your bathing space.

## 17 Cookware

If it's labeled as "non-stick" or "Teflon," it's more than likely made from carcinogenic substances such as perfluorooctanoic acid (PFOA) and other perfluorinated chemicals (PFCs). The National Institute of Environmental Health Sciences is currently investigating these substances as a likely cause of cancer.<sup>52</sup> Even the increasingly popular anodized (protected) aluminum cookware is questionable. The various polymer-based coatings used in their manufacturing may pose serious health risks due to chemical leaching and outgassing.

Your best and safest options for cookware are stainless steel, cast iron, and copper.<sup>53</sup>

We've covered so much already and I hope you've learned a lot so far! This report wouldn't be complete if we didn't cover food and water. So let's do that next.



## The Problems Hiding in Our Food

Food today isn't what it was just half a century ago. Much of the problem lies in the fact that our food supply is largely depleted of beneficial trace minerals and other key nutrients that have been stripped from the soils as a result of chemical-based agriculture. The healing compounds that are meant to fortify our bodies against toxic breakdown are all but missing from the foods that most people eat every day, resulting in an epidemic of nutrient deficiencies.

Then there's the plethora of cancer-causing toxins present in our food, as well as in water. Toxins that, in many cases, were birthed from the same failed philosophy of "better living through chemistry" that led to the stripping of nutrients from our soils and the advent of widespread chronic disease.

It can all be summed up like this: we're no longer getting the nutrients we need from food to protect ourselves against diseases such as cancer. And on top of that, we're exposed to cancer-causing chemicals in these same foods – a one-two punch that, without the appropriate interventions, is a recipe for disease and premature death.

Let's look at where these toxins come from and then I'll show you how to avoid them while feeding yourself and your family the healthiest food possible.



## 18 Processed, Packaged Foods

Food processing methods such as heat, pressure, and certain forms of light and radiation severely diminish food of its life force, naturally occurring enzymes, and nutrients.

These processed “foods” also place a tremendous burden on the digestive system, compromising the immune system and greatly contributing to the growing cancer epidemic.

On top of the processing that destroys nutrients, most packaged foods (food in cans, bottles, boxes, plastics, etc.) contain *added* chemical toxins that have been deemed “safe” by various government regulatory agencies, even when they’re not!



A short list of these chemical toxins includes things such as: preservatives (to extend shelf-life), artificial colors, artificial sweeteners (such as aspartame), artificial flavor enhancers, and a multitude of what are called “food conditioning” agents – emulsifiers, anti-foaming agents, anti-caking agents, stabilizers, thickeners, modified starches, gelling agents, and the list goes on.

In addition to these toxic additives in processed foods, there are over 10,000 chemicals that are labeled GRAS (Generally Recognized as Safe) *by the food industry itself*. By labeling them as GRAS, food companies can then take advantage of a loophole that allows these chemicals to be approved for use without ever having to be tested for human safety.

Unbelievably, if you look for these ingredients on the label, they aren't even there. Yep, the GRAS loophole also allows food corporations to avoid labeling these ingredients!

Processed foods with fancy labels seem to have a shelf life of a gazillion years. Well, that's how long the undigested food particles and chemical toxins in them can last in your body too. Here's something to always remember: *If you want to live a long and healthy, cancer-free life, eat foods with a shorter shelf life.*

Let's discuss how to do that next.

### **Instead of Processed Foods, Eat Whole Foods**

You've just learned about the processing of foods and why they are so damaging to your health. Whole foods are foods that exist in nature, and for the most part as nature intended. Foods such as fruits, vegetables, grains, nuts, seeds, and animal foods including beef, fish, poultry, pork, and eggs are all whole foods.



A simple example of a meal containing 100% whole foods is chicken, sweet potatoes, string beans, and carrots; all whole foods and all easy to digest and very nutritious.

This is the way you want to eat as much as possible. If it has more than one ingredient, question it. It's likely very difficult to digest and not very nutritious, despite what the label says! If you've seen an ad for it, forget about it. Your body was made for whole foods and nutrients derived the way nature intended, *not* isolated, synthesized compounds that mimic nutrition while maximizing corporate profits.

When you eat whole foods and avoid foods that are heavily processed, you are way ahead of the game and your health will soar.

It's really pretty simple... *Just eat real food!*

## 19 Conventionally-Grown Fruits and Vegetables

We all know that fruits and vegetables are good for us. But did you know that certain ones contain way more pesticide chemicals than others? These pesticides are designed to kill insects, but they can be very toxic for us over time.

A reputable organization called The Environmental Working Group (EWG) has created a list called the *Dirty Dozen*.

These are the 12 fruits and vegetables that are highest in pesticide residue when conventionally grown.

You should avoid these items if you can't get them organic or certified pesticide-free:

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Grapes
6. Peaches
7. Cherries
8. Pears
9. Tomatoes
10. Celery
11. Potatoes
12. Sweet Bell Peppers





The EWG also lists what they call their *Clean 15* – the produce that is *least* likely to contain pesticide residue when conventionally grown. Ideally you would buy only organic or certified-free produce, but if you can't, these are the items that land on the clean end of the pesticide spectrum.

1. Avocados
2. Sweet Corn
3. Pineapples
4. Cabbages
5. Onions
6. Frozen Sweet Peas
7. Papayas (non-GMO varieties)
8. Asparagus
9. Mangoes
10. Eggplants
11. Honeydew Melons
12. Kiwis
13. Cantaloupes
14. Cauliflower
15. Broccoli



The full EWG Dirty Dozen list<sup>54</sup> is available online. I also encourage you to download the EWG Dirty Dozen “app” for your smartphone, as this will give you quick and easy access to the information you need while you’re shopping at the grocery store.

## 20 Genetically-Modified (GMO) Foods

Back in the mid-1990s, the fields of science and chemistry came up with a way to produce foods using foreign DNA not present within a particular plant species. Genetic modification (often referred to as GMOs) involves injecting the genes of, say, a fly into the genetic helixes of tomato plants – a completely unnatural process that’s never been shown to be safe for humans, animals, or the environment.

The fact is that GMOs come with potential health risks not fully assessed under existing regulatory protocols. These health risks include gastrointestinal disease, DNA damage, and cancer, as revealed in *hun-*



*dreds* of independent scientific studies. And contrary to what you may have heard in the media, GMOs do not contain the same nutrient levels as non-GMO and organic foods.<sup>55</sup>

The Non-GMO Project lists the following foods as the most common GMO foods to avoid in the American food supply:<sup>56</sup>

- ✗ Soy
- ✗ Corn
- ✗ Canola
- ✗ Cotton
- ✗ Sugar Beets
- ✗ Alfalfa (as fed to conventional livestock)
- ✗ Hawaiian Papaya
- ✗ Zucchini
- ✗ Yellow Squash

You also need to watch out for *hidden additives* in processed food made from GMOs, which include:

- ✗ Citric acid (GMO corn)
- ✗ Vegetable oil (GMO soy, corn, and canola)
- ✗ Caramel color (GMO corn)
- ✗ Dextrose (GMO corn)
- ✗ Isoflavones (GMO soy)<sup>57</sup>



A good rule of thumb is this: if you can't pronounce an ingredient and if the product isn't certified labeled organic or non-GMO, *it probably contains cancer-causing GMOs* and should be avoided.

## Reasons to Eat Organic

When choosing organic produce to eat you can be sure you'll avoid two potentially cancer-causing problems addressed above: high pesticide residues and the hazards of genetically modified food.



To find the best produce available that is often pesticide-free and GMO-free, look for local farmers markets in your area (Google: farmers market and your zip code). Another great alternative is to consider joining a CSA – a community-supported agricultural coop-erative. This is where you buy a small share in a farm and usually meet once a week at a loca-tion with others to pick up your produce. (Google: CSA or community supported agriculture and your zip code).

In both cases, ask the farmers about their use of chemicals and crop rotation methods, making sure to avoid produce grown with chemicals like atrazine and glyphosate (Roundup), both of which are linked to causing cancer.<sup>58</sup> When in doubt, *you gotta ask!*

Other good options are your local health food store, or stores such as Trader Joes, or Whole Foods Market.

## 21 Factory Farmed Animal Foods

All those images you see on television of happy cows munching grass on pristine pastures next to fields of picture-perfect produce ripening on the vine aren't exactly the most accurate depiction of reality. Modern farming, at least in the United States, more closely resembles a *chemical factory* than it does the idyllic, horticultural paradise often portrayed in the media.

This is because modern farming has abandoned many of the tried-and-true agricultural principles that sustained humanity for millennia. Homesteads growing a multitude of crops (polyculture) using natural manure have been replaced with massive plantations of single crops such as soybeans and corn (monoculture). These crops have more often

than not been tampered with at the genetic level (GMOs) and require huge amounts of toxic pesticides in order to grow.

After harvest, these tainted crops are then heavily processed, enriched with laboratory-derived “vitamins,” given fake flavors and textures, and transformed into substances that many people have come to recognize as food, but that *aren’t actually food*.

The methods most commonly used to bring you your favorite hot dog or hamburger from the local fast food joint, or even lunch meat at the deli counter, involve a chain of production that’s toxic from start to finish.

Highly-polluting factory farms (also called CAFOs) raise animals in extremely confined areas, feeding them an unnatural diet of GMO soy and corn while pumping them full of antibiotics and hormones, and voila... your dinner is served!



***Just as what you eat affects your health, what animals eat also affects their health. In turn this impacts the health of their meat, eggs, and milk, which you then eat!***

That’s why if you eat animal products (i.e. meat, eggs, and milk) you *must* choose varieties derived from livestock and poultry raised on clean *pasture* rather than in commercial feedlots. This will ensure that you get the nutrients you need to steer clear of chronic diseases such as cancer.

Meat derived from animals fed grass rather than transgenic corn and soy feed (what most conventional feedlot cattle are fed) contains significantly higher levels of omega-3 fatty acids. Omega-3s are one of the “good” dietary fats that helps revitalize the cellular system and promote heart health.<sup>59</sup> They have also been shown to help reduce the risk of cancer, as well as block cancer cells from spreading.<sup>60</sup>



Other anti-cancer nutrients found in abundant supply in grass-fed, pasture-raised meats, as well as in pastured eggs, include conjugated linoleic acid (CLA), vitamin E, vitamin D, and alpha-linolenic acid (ALA). As compared to CAFO animals, these same foods also have higher levels of beta-carotene, B vitamins, calcium, magnesium, and potassium.<sup>61</sup>

Likewise, chickens that forage on pasture produce eggs with rich, orange yolks that naturally contain some of the highest known levels of lutein and zeaxanthin. Both of these nutrients have been scientifically shown to protect against colon cancer.<sup>62</sup>

When poultry and cattle are raised in harmony with nature, consuming the foods they were meant to eat, the omega-3 to omega-6 ratio in their meat, eggs, and milk tends to balance out at or around 2:1 or 1:1,<sup>63</sup> which is considered optimal.

Feedlot animals, on the other hand, produce meat, eggs, and milk with *ab-normally high levels of omega-6 fats*<sup>64</sup> and *very little omega-3 fats*, creating conditions in the body favorable to cancer growth.

Consuming meat from hormone-injected animals is also problematic. European Union scientists conducted a review back in the late 1990s exposing cattle operations that use growth hormones for producing what they declared to be “complete carcinogens.” What they meant was the animals themselves were definitely toxic and unsafe for human consumption. This disturbing finding only reinforced Europe’s longstanding ban on hormone-treated beef.<sup>65</sup> Not so in the U.S. and other countries that allow these abhorrent practices.



If you live in America or a country where hormone-treated beef is the norm, your best bet is to consume *only* pastured-raised or grass-fed meat, eggs, and milk. Preferably those from animals not fed an excess of grains, especially genetically-modified grains. If you're unsure about a particular product, ask the farmer or manufacturer. Inquire about what the animals are fed (GMO or non-GMO feed) and where the animals spend their time (inside a factory farm warehouse or out in the pasture grazing).

**Do your best to follow these guidelines when choosing meat, eggs, and other animal products:**

- ✓ In specialty and health food stores, on labels look for the words "Non-GMO Certified," "Certified Organic," "Pasture-raised," and "Grass-fed." Even better is "100% Grass-fed" as this indicates that the animals received no grains as feed (and thus have the lowest levels of omega-6 fats and highest levels of omega-3 fats).
- ✓ Purchase local meat and eggs whenever possible, and establish relationships with your local farmers so you know exactly what you're buying.
- ✓ If you drink milk or consume any kind of dairy, the only milk products you should be consuming are raw and unprocessed. Pasteurization kills beneficial enzymes and other nutrients that help boost your immune system, and homogenization renders the butterfat in milk toxic and pro-inflammatory due to changes in its molecular structure.<sup>66</sup> Go to [Realmilk.com](http://Realmilk.com) to learn more about farms that will often deliver these types of high quality dairy products.



## What about Water?

Considering it makes up more than 75% of our muscular system and upwards of 93% of our bloodstream, water is an essential component of a healthy, cancer-free lifestyle.

Depending on where you live, your drinking water will vary in quality and mineral content. The bigger issue with water though is the *chemical pollutants* that are often present in unfiltered tap water.

## 22 Fluoride – Perhaps the Biggest Scam in Dental History

Most large municipalities in the United States treat their drinking water supplies with chlorine and fluoride, two pervasive pollutants that contribute to the formation of cancer. We've all been conditioned to believe that fluoride is beneficial for our teeth, but the science doesn't actually back this up.



Shockingly, a recent Harvard University study found that a child's IQ is directly hampered by exposure to fluoride in drinking water.<sup>67</sup> Even at *levels considered safe by the government*, children exposed to fluoride experience impairments in brain function and neurological development.

By the way, fluoride isn't the same as the naturally occurring mineral fluorine (or calcium fluoride). The fluoride that's added to drinking water is an industrial waste byproduct of the phosphate fertilizer industry.<sup>68</sup>

To determine if your city's drinking water contains synthetic fluoride chemicals, call your water utility or look for a copy of your utility's water quality report online. This report will give you a breakdown of what contaminants are present in your water, and let you know how much fluoride is being added (or how much is naturally present as calcium fluoride).



Both *The New York Times* and The Environmental Working Group (EWG) have investigated drinking water safety in many municipalities. The takeaway from their reports is that most major US water supplies are deeply contaminated, and folks need to take action to protect themselves.

Here are my recommendations:

✓ **Buy a Quality Water Filter**

It's not enough to simply funnel your tap water through a basic filter in a pitcher. In order to eliminate the maximum contaminants possible, you'll need a filtration method that combines multiple advanced forms of media (i.e. carbon, "activated" carbon, charcoal, ozonation, and reverse osmosis).



If it's financially feasible, a whole-house water filtration system such as those offered by Pelican Water Systems<sup>69</sup> will ensure your water is purified to the maximum extent possible.

If a whole-house filtration system isn't an option, consider investing in a smaller-scale, best-in-class water purification system such as Berkey Filters, which offers an extensive line of home water filters.<sup>70</sup>

They might not be the cheapest options, but reverse osmosis and distillation offer added purification. Both technologies capture hard-to-remove chemicals such as fluoride, arsenic, hexavalent chromium, nitrates, and perchlorate, but they *don't* remove chlorine, trihalomethanes, or VOCs – hence the need for the other filtration methods mentioned above.

✓ **Purified Water Dispensed or From Bottles**

If a home water filtration system aren't feasible, the next best thing is to drink filtered or spring water, either bottled or from an advanced filtration machine. Many natural food and health food stores now have full-service water machines that offer purified, mineral-balanced drinking water that's treated through multiple stages of media. For example, FreshPure Reverse Osmosis Water offers some of the cleanest, self-serve water for just pennies a gallon.<sup>71</sup>

We've covered a lot together, haven't we? Thanks for hanging in there with me all the way to the end. I'm so glad you did!

You've learned that cancer rates are actually increasing. You know that the government agencies aren't going to do anything about it; if they were going to do something, they already would have! The same can also be said for the companies marketing these products to you. This is why I can now say, "cancer prevention is in your hands!"

With this report, you now have the knowledge and information you need to make these changes. If it seems overwhelming to you, take baby steps and keep moving forward. Start with replacing personal care products like soaps, shampoos, body lotions, etc. with non-toxic alternatives mentioned in this report. Then replace your household cleaning products, and keep making changes. Before you know it, you will have cut out many of these toxins while significantly decreasing your body's own toxic load, thereby decreasing your cancer risk!

As they say, the truth will set you free, and it's my hope that the many truths presented here will do just that in your life and in the lives of the ones you love.







## ABOUT TY & CHARLENE BOLLINGER

Ty & Charlene Bollinger are devoted Christians, health freedom advocates, health researchers, documentary film producers, and best-selling authors.

After losing several family members to cancer (including Ty's mother and father), they refused to accept the notion that chemotherapy, radiation, and surgery were the most effective treatments available for cancer patients.

They began a quest to learn all they possibly could about alternative cancer treatments and the medical industry. What they uncovered was shocking. There is ample evidence to support the allegation that the "war on cancer" is largely a fraud and that multinational pharmaceutical companies are "running the show."

In 2006, after almost a decade of cancer research, and in an effort to spread the truth to the world, they published *Cancer – Step Outside the Box* which (now in its 6th edition) has become a best-seller (over 250,000 copies sold) and has been called the "most eye-opening book since 1984." On October 25, 2016, they released *The Truth About Cancer* (book) which hit #2 on the New York Times bestseller list the first week it was released and stayed in the top 10 for 12 weeks.

They are the founders of “The Truth About Cancer” and have produced several documentary mini-series (docu-series) including:

- The Quest for The Cures™
- The Quest for The Cures ... Continues™
- The Truth About Cancer: A Global Quest™
- The Truth About Detox™
- The Truth About Vaccines™
- The Truth About Pet Cancer™
- Eastern Medicine: Journey Through ASIA™

In total, these documentary films have been viewed by over 20 million people worldwide.

Ty and Charlene speak frequently at seminars, expos, conferences, and churches. Their message is clear:

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