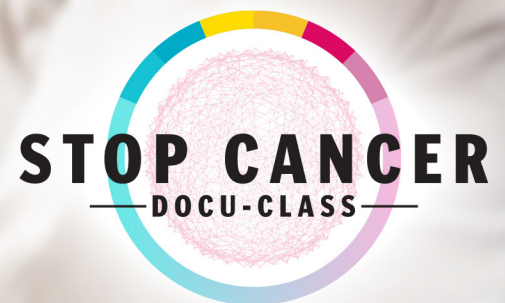


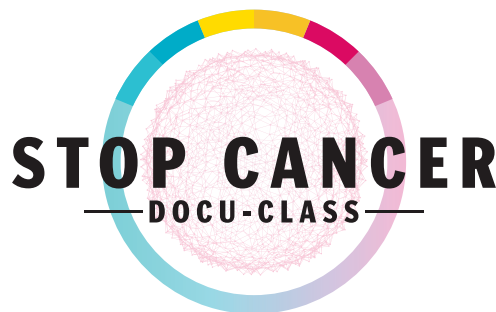
12 Overlooked Causes of **CANCER**



NaturalHealth365
PROGRAMS

12

Overlooked Causes of **CANCER**



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ABOUT JONATHAN LANDSMAN

As the creator of NaturalHealth365 Programs, I've worked with some of the brightest minds in natural health and science. Having been in the health and fitness industry for over 35 years, I've produced over 500 health programs with over 300 of the finest integrative healthcare providers in the world.



Reaching millions of people, worldwide, I am committed to educating the public about the importance of eating a healthy, organic (non-GMO) diet; consuming high-quality nutritional supplements, as needed and participating in healthy lifestyle habits like, exercise, detoxification protocols and mind/body work, on a regular basis.

CONTENTS

- 5** | Cancer kills over half a million Americans every year
- 5** | Warning: A shocking number of everyday substances appear linked with cancer
- 6** | Biological dentists say a routine dental procedure may increase your cancer risk
- 7** | Glyphosate and other pesticides may trigger non-Hodgkin's lymphoma
- 8** | Researchers: Every daily drink raises breast cancer risk by up to 10 percent
- 9** | The danger of using cancer-causing sunscreen lotions or sprays
- 10** | Be careful: Harvard study shows that hair dyes may increase your risk of cancer
- 11** | Popular heartburn drugs may raise your risk of liver cancer
- 12** | Caution: EMF radiation from WiFi and wireless mobile devices are associated with higher cancer risk
- 13** | Exposure to flame retardant chemicals may increase your risk for thyroid cancer
- 14** | Backyard barbecue backlash: High-temperature cooking creates carcinogens in your food
- 15** | Low levels of vitamin D may increase your cancer risk
- 16** | Urgent message: Iodine could have a protective role against breast cancer
- 17** | Surprising revelation: Selenium deficiency may contribute to your cancer risk
- 20** | References

CANCER KILLS OVER HALF A MILLION AMERICANS EVERY YEAR

According to the latest report from the U.S. Centers for Disease Control and Prevention (CDC), cancer claimed the lives of 602,350 people in the United States in 2020 - making it the second leading cause of death in the nation for that year, right behind heart disease.

In its report, titled “An Update on Cancer Deaths in the United States,” the CDC noted that lung cancer - which accounted for almost a quarter of all cancer mortalities - was the leading cause of cancer death. Other primary causes included cancers of the pancreas, colon, rectum, breast, prostate and liver. Sadly, this cruel disease continues to strike both young and elderly alike, with the 2020 cancer death toll including over 1,100 children younger than 15 and over 8,000 adolescents and younger adults between 15 and 39 years old.¹

WARNING: A SHOCKING NUMBER OF EVERYDAY SUBSTANCES APPEAR LINKED WITH CANCER

Unfortunately, cancer - which is characterized by the development of abnormal cells that divide uncontrollably and invade normal body tissue - probably is not going away anytime soon. In fact, the CDC reports that over 1.7 million new cancer cases were reported in 2018 (the last year for which those statistics were available).²

But, what causes the disease in the first place?

The Mayo Clinic, along with other mainstream medical authorities, reports that cancer stems from mutations in genes.³ That, however, is only part of the story. While there can be a family component, experts acknowledge that a host of other factors - such as smoking, radiation, viruses, obesity, chronic inflammation and environmental toxins - play a potential role as well.

And, often-overlooked, “sneaky” risk factors may lurk in some of the most innocuous-seeming products. Whether it’s a dye for more lustrous, colorful hair, a sunscreen intended to protect skin from damaging ultraviolet rays, an after-sun product to enhance that sun-kissed, healthy glow, or even a modest glass of red wine with dinner, some everyday

substances appear to be linked with a heightened cancer risk. While causality hasn't been proven, there is no denying that some researchers have found significant associations.

Let's look at some of the most eye-opening studies - and see what natural health experts advise as the best techniques to protect you and your family.

BIOLOGICAL DENTISTS SAY A ROUTINE DENTAL PROCEDURE MAY INCREASE YOUR CANCER RISK

According to the American Association of Endodontists, over 25 million root canal procedures are performed in the United States, every year. The process involves drilling out the tooth pulp and replacing the root with filler material, leaving behind a porous shell. Biological, or holistic, dentists point out that this destroys the tooth's natural ability to keep up good circulation, turning it into a breeding ground for bacteria and other toxins.

"Bacteria continue to migrate into the exposed dentinal tubules of the root surface from the periodontal tissues surrounding the tooth," warns biological dentist Dr. Robert Kulacz, who along with board-certified cardiologist Thomas E. Levy, MD, JD co-authored "The Toxic Tooth." The act of normal chewing then causes toxins and other bacteria to be pumped into the bloodstream, Dr. Kulacz says, where they travel throughout the body, raising the risk of infection and disease.⁴



Biological dentist Gary Larsen, DDS, an expert in the field of safe removal of toxic dental materials, concurs, maintaining that a root canal could be a “big mistake.”⁵ And Dr. Joseph Issels, a noted cancer specialist, warns that “dead” root canal-treated teeth can generate toxins capable of causing cancer. Dr. Kulacz suggests dental implants - which are sterile and composed of relatively biocompatible material - as a possible alternative to root canals.

Doubtless, this subject is controversial. Dentists with conventional training, the American Dental Association and the American Association of Endodontists continue to insist that there is no causality between root canals and cancer.⁶ The best policy is to educate yourself and work with your trusted biological dentist on this issue.

GLYPHOSATE AND OTHER PESTICIDES MAY TRIGGER NON-HODGKIN'S LYMPHOMA

In study after study, diets high in fiber-rich, polyphenol-laden fruits and vegetables have been shown to lower cancer risk. Unfortunately, you may be consuming an unwanted amount of glyphosate (the primary ingredient in the weedkiller RoundUp) with your healthy spinach and strawberries.

Unwanted pesticide consumption can be a serious health issue, especially if you're eating non-organic produce on a regular basis.

Introduced in 1996 as an herbicide, glyphosate was designated by the International Agency for Research on Cancer in 2015 as “probably carcinogenic.” In a 2019 study, researchers at the University of Washington concluded that exposure to glyphosate increases the risk of non-Hodgkin's lymphoma by a stunning 41 percent. The study, which was published in *Mutation Research*, reported a “compelling link” between exposure to glyphosate-based herbicides and increased risk for NHL.⁷



Naturally, the Environmental Protection Agency continues to insist that there is 'no evidence' that glyphosate causes cancer in humans. But Bayer, which acquired Monsanto in 2018, has shelled out over \$10 million for current and future lawsuits involving glyphosate and NHL.

In a French study published in the prestigious Journal of the American Medical Association in 2018, researchers tracked the lifestyle and dietary habits of over 70,000 adults for 4.5 years. They reported that participants who adhered to an organic diet were significantly less likely to develop cancer - 25 percent less likely, in fact - than those who consumed produce containing glyphosate.⁸

The good news: a study published in Environmental Research in 2019 found that switching to an all-organic diet caused blood levels of synthetic pesticides - such as organophosphates, neonicotinoids, pyrethroids, chlorpyrifos and 2,4-D - to plunge by a dramatic 60 percent within a week. "The study shows that organic works," stated study co-author Kendra Klein, Ph.D.⁹

RESEARCHERS: EVERY DAILY DRINK RAISES BREAST CANCER RISK BY UP TO 10 PERCENT

One in every eight American women is expected to develop invasive breast cancer in some point in their lives. The American Cancer Society reports that breast cancer claims the lives of over 44,000 people in the United States, placing it right behind lung cancer as a cause of cancer death among women.¹⁰

While genetics play a role, lifestyle choices - such as alcohol consumption - contribute as well. For example, scientists say that alcohol increases levels of matrix metalloproteinases, harmful enzymes that promote the spread of tumors. Alcohol also can also interfere with the metabolism of folate, a B vitamin essential for proper DNA synthesis.

The IARC classifies ethanol (alcohol) as a Class I carcinogen, meaning it is a substance that is proven to cause cancer, and reports a 7 to 10 percent increase in breast cancer for every alcoholic drink consumed per

day by adult women. In a review published in *Women's Health*, researchers noted that up to 10 percent of the breast cancers in the United States are attributable to alcohol consumption and concluded that even light drinking can increase breast cancer risk by 4 to 15 percent.

By the way, the age of exposure to alcohol matters. The team found that women who started drinking before age 30 had a 34 percent increased risk of premenopausal breast cancer for every 1.5 drinks they imbibed a day. "Early-life alcohol consumption appears to contribute to both pre- and post-menopausal breast cancer," the researchers noted.¹¹

In addition to eliminating alcohol, other steps to reduce breast cancer risk include maintaining a healthy weight, regular physical activity, the use of non-hormonal methods of birth control, avoiding cigarette smoke, minimizing the consumption of processed meats and refined sugars.¹²

THE DANGER OF USING CANCER-CAUSING SUNSCREEN LOTIONS OR SPRAYS

In a 2021 report by published in *Live Science*, an independent group of scientists tested almost 300 sunscreen products and found that 78 of them contained benzene, a known carcinogen used in the manufacture of plastics, rubbers, detergents, pesticides and drugs. While small amounts of the solvent are permitted in sunscreen, high concentrations of benzene are toxic and are believed to increase the risk of certain cancers, including leukemia.

Disturbingly, 14 of the products contained benzene at up to three times the conditionally restricted FDA concentration limit, spurring the group (collectively known as Valisure) to petition the Food and Drug Administration to recall all 78 of the sunscreens in question.¹³



Dr. Christopher Bunick, an associate professor of dermatology at Yale University, points out that the findings don't mean that people should stop using sunscreen. Instead, Dr. Budnick notes, "It is crucial that regulatory agencies address benzene contamination in sunscreens ... so that all individuals feel safe using sunscreen products."

The Environmental Working Group (EWG), a non-profit association dedicated to educating consumers, publishes a list of sunscreens made with safe ingredients. The EWG also advises common-sense solutions, such as wearing appropriate clothing, avoiding peak "burning hours" and donning sunglasses to protect your eyes.¹⁴

BE CAREFUL: HARVARD STUDY SHOWS THAT HAIR DYES MAY INCREASE YOUR RISK OF CANCER

Between 50 and 80 percent of women over age 40 - along with 10 percent of men in that demographic group - color their hair. According to studies, most people who color their hair use permanent dyes, which contain aromatic amines that create pigment by undergoing chemical reactions.

The IARC has already classified occupational exposure to permanent dyes (such as that experienced by professional hairdressers) as "probably carcinogenic."¹⁵ However, no classification has been made to date for personal, at-home use.

In a large 2020 study published in the British Medical Journal (BMJ) and involving 117,200 women enrolled in the Nurse's Health Study, Harvard researchers found that hair dye users had a higher risk for basal cell carcinoma, compared to women who had never used hair dye. In addition, risk for certain breast and ovarian cancers seemed to increase with longer-term use of permanent dye.

However, rates of cancer death weren't higher in the hair dye group. The team also pointed out that women with naturally dark hair appear to be at increased risk for Hodgkin's lymphoma, while women with naturally light hair are at higher risk for basal cell carcinoma. They cautioned, however, that more study is needed on specific hair dye colors, exposure levels and diverse racial and ethnic backgrounds.¹⁶

If you choose to color your hair, it's wise to follow the directions carefully – especially those regarding timing and the wearing of gloves. Better yet, you can opt for temporary vegetable dyes.

POPULAR HEARTBURN DRUGS MAY RAISE YOUR RISK OF LIVER CANCER

Proton pump inhibitors, which reduce the production of stomach acid, are commonly prescribed for acid reflux and stomach ulcers. These medications, which are also available over the counter, include “household names” like Prilosec (omeprazole) and Nexium (esomeprazole). But these familiar - and well-advertised - medications have been shown in animal studies to increase risk of liver cancer.

Now, in relatively recent research published in *Alimentary Pharmacology and Therapeutics*, two large independent studies involving over 500,000 participants showed that these medications could raise the risk of cancer by up to a stunning 80 percent. “We found some evidence that PPI use was associated with liver cancer,” the authors concluded.¹⁷

While PPIs were linked with heightened cancer risk in the studies, a different class of heartburn drugs - histamine-2 receptor antagonists such as famotidine (Pepcid AD) and cimetidine (Tagamet) - showed no link with cancer.

The researchers were careful to note that the study didn't show that PPIs cause liver cancer, but the link is certainly alarming! Keep in mind, we are not suggesting here that you stop taking prescribed medication without first consulting with your integrative physician.

To reduce stomach acid naturally, natural health experts suggest peppermint tea, ginger tea, lemon water and apple cider vinegar diluted in water. Other natural interventions include eating smaller portions, reducing or eliminating your intake of fried foods, bypassing alcohol and processed sugars, elevating the head side of your bed by six inches and avoid lying down for at least two hours after eating.¹⁸

Experts also warn that nonalcoholic fatty liver disease (NAFLD), which is currently widespread in the United States, can sometimes progress to a related but more serious condition known as nonalcoholic steatohepatitis

(NASH). NASH, in turn, can lead to liver inflammation and liver scarring - as well as a heightened risk of liver cancer.

You can reduce your odds of NAFLD and NASH by maintaining a healthy weight and getting adequate exercise. The National Institutes of Health recommends at least 30 minutes of aerobic exercise (such as swimming, jogging, dancing and even brisk strolling) five days a week.¹⁹

CAUTION: EMF RADIATION FROM WIFI AND WIRELESS MOBILE DEVICES ARE ASSOCIATED WITH HIGHER CANCER RISK

Across the country, we are experiencing the advent of 5g wireless technology, which is touted as a necessary step for the implementation of the “Internet of Things (IOT).” A linked system of homes, businesses, hospitals and schools, the IOT will connect everything from household appliances to dialysis machines. But natural health experts warn that this technology – which utilizes poorly evaluated, unproven to be safe frequencies - will exponentially increase the amount of microwave radiation in our communities.



While some scientists insist that this type of radiation can't penetrate the body far enough to cause adverse effects, the truth is that high-frequency electromagnetic field (EMF) radiation has been linked in animal studies with increased risk of cancer and genetic damage. In fact, a bombshell

National Toxicology Program (NTP) study found that 2g cell phone radiation was associated with cancers of the identical types that had been observed in previous human studies. According to a report published by the National Institutes of Health, NTP scientists found “clear evidence” of an association with malignant schwannomas (tumors) in the hearts of male rats. Researchers also found some evidence of malignant gliomas (brain tumors) and of adrenal tumors.²⁰

To lower your cancer risk, natural health experts say to beware of carrying cell phones close to the body. Keep phones on airplane mode when not in active use and opt for talking on speakerphone or hands-free headset whenever possible or practical. Better yet, communicate by text messages. Finally, consider replacing WiFi technology in the home with wired internet and using an old-fashioned landline.²¹

EXPOSURE TO FLAME RETARDANT CHEMICALS MAY INCREASE YOUR RISK FOR THYROID CANCER

While it's essential to protect precious lives and homes against fire hazards, some natural health experts are concerned that flame retardants can elevate your cancer risk.

Flame retardant chemicals (FRCs) are structurally similar to thyroid hormones, meaning they are capable of acting as endocrine disruptors and interfering with normal thyroid function. In fact, researchers report that an increasing number of FRCs in household products have been linked with papillary thyroid cancer - rates of which are currently on the rise in the United States.²²

In a report presented at the 2017 Endocrine Society Meeting, researchers noted the dangers of PBDEs, or polybrominated diphenyl esters, in flame retardant products. Alarming, the most heavily-used among them - a chemical known as BDE-209 - caused risk of thyroid cancer to double.²³

BACKYARD BARBECUE BACKLASH: HIGH-TEMPERATURE COOKING CREATES CARCINOGENS IN YOUR FOOD

While the aroma of grilled meat wafting on a summer breeze is perceived by many as one of the most appetizing scents in the world, the reality may not be quite so tasty.

Studies have shown that the incidence of certain cancers is notably increased in people who eat meat cooked at high temperatures. Consuming foods prepared in this way - through grilling, broiling, roasting, searing or frying - creates dangerous chemicals, including DNA-altering mutagens called heterocyclic amines. These compounds, known as advanced glycation end products (AGEs), can damage the body's proteins, leading to loss of functionality and tissue damage. This means that the acronym is apt, as their effects are both destructive and aging.

One University of Minnesota study found that women who ate overcooked hamburgers increased their risk of breast cancer by more than 50 percent over those who chose rare or medium-done burgers. The Iowa Women's Health Study showed that women who consistently ate well-done steak, hamburgers and bacon had more than four times the risk of breast cancer compared to women who consumed these meats rare or medium-cooked.²⁴

Men are affected, as well, with one study showing that those who consumed just 1.5 servings more of processed meat per week increased their risk of advanced prostate cancer by a startling 50 percent. Experts warn that animal-based foods, which are high in fat and proteins, are most prone to AGE formation during cooking. Vegetables, whole grains, fruits and milk yield relatively low levels of AGEs, even after cooking.²⁵



LOW LEVELS OF VITAMIN D MAY INCREASE YOUR CANCER RISK

Low levels of vitamin D are linked in studies with higher incidence of various diseases, including pneumonia, Alzheimer's disease, depression and multiple sclerosis. Now, there is some evidence linking suboptimal levels of vitamin D with a higher risk of cancer, as well as multiple studies linking healthy levels of this vitamin (technically a hormone) with protective effects.

For example, the "Sister Study," published in 2017 in *Environmental Health Perspectives*, assessed breast cancer risk among women with sisters who had been diagnosed with the disease. Researchers found that having at least 38 nanograms of vitamin D per milliliter of blood was associated with a 21 percent lower risk of breast cancer - when compared to levels under 24.6 ng/ml. While deficiency is characterized as vitamin D blood levels below 20 ng/ml, natural health experts advise levels of 70 ng/ml and above as optimal for healthy immune system function).²⁶

And, in a 2018 Japanese study of published in the BMJ, the researchers studied 33,000 participants and found that higher levels of vitamin D were associated with a 20 percent lower risk of cancer in men and women alike. The association was particularly robust when it came to liver cancer - higher vitamin D levels were associated with up to a 50 percent reduction in relative risk.²⁷

Perhaps the most striking research involved a 2018 study published in PLOS One, in which researchers at UC San Diego found that higher levels of vitamin D caused the risk of breast cancer to plummet drastically. "We found that participants with blood levels (of vitamin D) that were above 60 ng/ml had one-fifth the risk of breast cancer compared to those with less than 20 ng/ml," declared study leader Dr. Cedric F. Garland.²⁸ Past research conducted by Dr. Garland links adequate vitamin D with lower levels of leukemia, bladder and lung cancer.

Vitamin D is generated in the skin in response to sunshine exposure. Natural health experts say that getting 20 minutes of direct sunlight several times a week may help you stay "topped up" on this important substance. You can also boost dietary intake with cold-water fatty fish, pasture raised eggs, raw dairy products and organic, Non-GMO soybeans.



In some cases, supplementation may be needed to maintain healthy levels. What is the right amount for you? That depends who you ask.

For example, the Institutes of Medicine advises a mere 600 IU a day - with an upper daily limit of 4,000 IU.²⁹ Yet, natural health experts insist this is far too low. The Vitamin D Council calls for at least 5,000 IU a day, while the Endocrine Society advises 10,000 IU a day. The correct amount to supplement will greatly depend on your own biochemistry and level of deficiency.

Dr. Garland notes that in order to reach 60 ng/ml, most people would need to take between 4,000 IU and 6,000 IU of vitamin D a day, depending on age, sex, weight, state of health, and the climate in which they live. Before supplementing with vitamin D, consult with your trusted integrative physician.

As a final note about this issue: Most experts agree that you should opt for vitamin D3, or cholecalciferol, rather than less-absorbable vitamin D2, or ergocalciferol.

URGENT MESSAGE: IODINE COULD HAVE A PROTECTIVE ROLE AGAINST BREAST CANCER

Levels of the mineral iodine in the body may impact vulnerability to cancer as well. Iodine deficiency is associated with fibrocystic breast disease, which in turn is linked with increased risk of breast cancer.

In an article published in 2017 in the *Journal of Cancer*, researchers noted that the incidence of invasive breast cancer was increasing in young

women aged 25 to 39, as well as in women aged 40 to 54 (although to a lesser extent). The researcher felt this rise in cancer could be due to the removal of iodine from bread and the substitution of bromine - incidentally, a suspected carcinogen - as a flour conditioner.

The team noted that Japanese women have high iodine consumption due to seaweed consumption and “exceptionally low” incidence of breast cancer - which starts to rise when they adopt a Western diet. The researchers pointed to the importance of balancing salt restrictions with the iodine needs of young women of childbearing age, along with the need for urinary iodine measurement and management of levels in clinical practice.³⁰

Current NIH recommendations for adults are 150 micrograms of iodine a day, with 220 to 250 mcg for pregnant women and 250 to 290 mcg for breastfeeding women.³¹ Wild seafood, raw dairy products and seaweed are all good sources of iodine.

SURPRISING REVELATION: SELENIUM DEFICIENCY MAY CONTRIBUTE TO YOUR CANCER RISK

Selenium, an essential trace mineral, is responsible for recycling and renewing glutathione, an antioxidant enzyme which neutralizes carcinogens and free radicals while protecting cell DNA against potentially cancer-causing mutations. Therefore, it's not surprising that low selenium levels are associated with a two- to threefold increase in overall cancer risk - particularly cancers of the lung, stomach, liver, bladder and esophagus - and up to an eight-fold increase in the risk of thyroid cancer.

In one analysis of clinical trials involving over 152,000 participants, researchers found that selenium supplementation can cut cancer risk by almost a quarter. In other words, selenium protected thousands of lives from the toll exacted by cancer!³²

Selenium's cancer-fighting potential isn't exactly a “secret” (at least not to natural health experts). This mineral's renown dates back over a quarter of a century to a 1996 bombshell study, in which it was found to protect the supplemented participants from dying from cancer – at the impressive rate of 50 percent less. It also caused a 37 percent reduction in overall cancer risk!

The results were so promising that the study was stopped early - a very unusual development - in order to allow all participants to benefit from supplementation.³³

Most clinical studies have examined the use of L-selenomethionine - a mixture of selenium and the amino acid methionine that can be found in selenium-enriched brewer's yeast. Selenium has been shown in studies to terminate cancer cells by interfering with their replication cycle, limiting tumor invasiveness and growth and inducing apoptosis (pre-programmed cell death) in malignant cells.

The National Institutes of Health currently recommends that adults get 55 mcg of selenium a day through dietary means. Good dietary sources include wild seafood, grass-fed meat, pasture raised poultry, eggs and organic whole grains.³⁴

The CDC does suggest that people get “regular screenings” for breast, cervical and colorectal cancers in order to help identify the problem early, when treatment is likely to have the best chance of working.³⁵ We just caution you on the overuse of medical testing that can increase your exposure to cancer-causing radiation. Your integrative physician can talk to you about safer ways to evaluate your cancer risk.

Some common-sense techniques include, maintaining a healthy weight, stop smoking, getting enough physical activity, eating an organic diet, reducing your exposure to environmental toxins, protecting your skin from excessive ultraviolet light, and managing physical, mental and emotional stress.

The simple tips, suggested in this eBook, will greatly improve the quality of your life and reduce your risk of cancer. Enjoy the process of living a healthier life ... it's worth the effort.



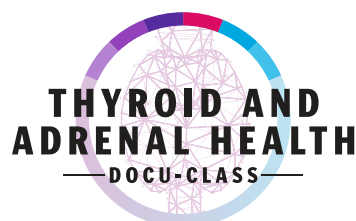
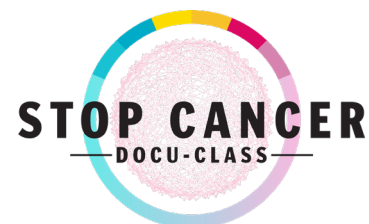
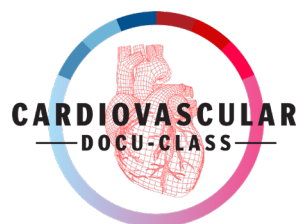
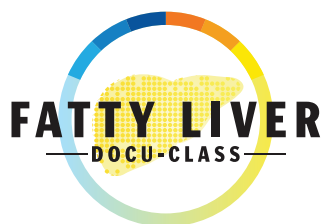


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