

Switches

to lower risk of cancer

If you think inflammation only impacts your hands or heart, think again. Sadly, inflammation is directly connected to the development of cancer. Here are easy little switches to help lower your risk of cancer.



Add greens to more meals. For example, add spinach or broccoli in eggs, kale, and collards to soup, salad, and grain bowls.



Kick the can. Give up soda and switch to water or flavored seltzer water.



Sip on green tea. A good source of ellagic acid, green tea may aid in tumor reduction.



Snack on nuts instead of chips or cookies. Add them to oats, yogurt, trail mix, and salads.

Get moving! Trade screen time for walking time each morning. Exercise lowers insulin levels, body fat, and stress- something we could all use these days.

Exercise is a great way to beat stress, get your body moving, lose weight, and improve insulin resistance. Start with 10 minutes of walking each morning and expand it gradually. Follow an online exercise app to learn to lift weights a few times each week.

