Dr. Berg®
THE KNOWLEDGE DOC

21 WAYS TO REDUCE YOUR CANCER RISK

You may have heard that mitochondria are cellular powerhouses that generate all the energy your body needs. But did you know they also play a crucial role in cancer prevention? Various metabolic and environmental factors can damage mitochondria, which can cause cells to become cancerous.

Consume broccoli sprouts

This inexpensive but highly potent preventative food helps neutralize and eliminate potentially cancer-causing toxins.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7802872/

Exercise regularly

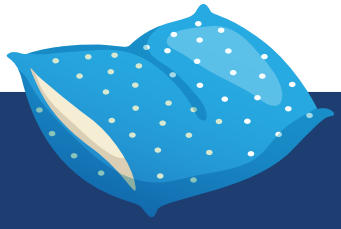
to increase natural killer (NK) cells that detect and destroy abnormal cells that display signs of carcinogenesis.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6527123/

Practice intermittent or periodic prolonged fasting

Fasting triggers autophagy, the most powerful tool for decreasing your cancer risk. It also enhances your body's capacity to generate antioxidants, which protect mitochondria from oxidative stress.

Study:
https://acsjournals.onlinelibrary.wiley.com/doi/10.3322/caac.21694



Get quality sleep

to enhance immune functions and facilitate the repair and maintenance of cellular components and mitochondria, get quality sleep.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6249821/

Take zinc

to support your thymus gland function. Zinc deficiency can impair the thymus gland, which is needed to mature immune cells that recognize and eliminate potentially cancerous cells.

Study:
https://pubmed.ncbi.nlm.nih.gov/15542347/

Increase vitamin D intake

Vitamin D regulates cell growth and enhances the body's ability to prevent the development and progression of cancer.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470481/

Consume omega-3 fatty acids

such as cod liver oil. Omega-3 fatty acids lower inflammation, a primary cause of mitochondrial damage and cancer development.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6566772/

Cook with garlic and onions

which contain organosulfur compounds associated with cancer-preventive effects.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4366009/

Reduce alcohol consumption and smoking

both major contributors to the risk of developing cancer.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9403779/

Consume cruciferous vegetables

which have been linked to anti-cancer effects, including promoting detoxification, inhibiting the growth of cancer cells, and reducing inflammation.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2737735/

Reduce refined carbohydrates and sugar

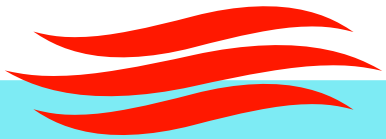
by adopting a ketogenic diet. Keto limits available glucose, the preferred fuel source of cancer cells, and enhances insulin sensitivity linked to a lower risk of cancer.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6375425/

Socialize

Social interactions may lower cancer risk by reducing stress, promoting emotional well-being, and fostering a supportive environment that positively influences overall health.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8219898/



Expose yourself to infrared light

to boost melatonin, a powerful antioxidant that protects mitochondria from damage.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9916513/

Decrease stress

Chronic stress can suppress the immune system and promote inflammation, which creates an ideal environment for the growth and progression of cancer cells.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7466429/

Avoid radiation

Radiation can cause significant damage to your mitochondria. If radiation exposure occurs, it's essential to take immediate action to counteract cellular damage and help strengthen the mitochondria.

Study:
https://www.pnas.org/doi/10.1073/pnas.2235592100

Methylene blue

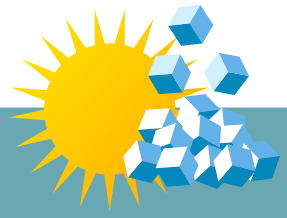
is used in emergency rooms to counteract cyanide and carbon monoxide poisoning by enhancing oxygen delivery to mitochondria. This may benefit smokers who are exposed to cyanide, which is linked to mitochondrial damage and cancer.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9392394/

Avoid carcinogens

and minimize exposure to endocrine disruptors—including pesticides, insecticides, heavy metals, and certain plastics—that can interfere with cellular functions and trigger cancer growth.

Study:
https://www.ncbi.nlm.nih.gov/books/NBK66016/



Use epigenetic therapy

which involves exposure to small doses of intermittent stress to enhance the body's resilience. Epigenetic therapy can be implemented through cold techniques (cold water immersion, ice baths, cold showers), heat exposure (saunas, whirlpools, hot showers), and hypoxia training.

Studies:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2211456/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3904378/

Polyphenols

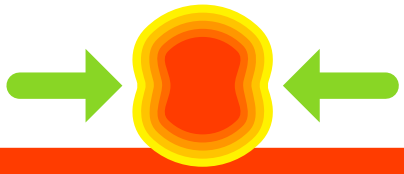
found in leafy greens or herbs—have hormetic effects, which strengthen your body's ability to withstand stress. They also serve as potent antioxidants that can help prevent cellular damage.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4997428/

Prioritize mitochondrial health

Consider this: If mitochondrial damage is a fundamental factor in cancer, how do chemotherapy and radiation therapy contribute to long-term survival? Cancer cells that survive treatment can become resistant to future interventions, which highlights the importance of prioritizing mitochondrial health to lower the risk of recurrent cancer.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4433775/



Reduce inflammation

Inflammation causes mitochondrial damage and significantly increases cancer risk. Adopting a nutritious low-carb diet, practicing intermittent fasting, and ensuring quality sleep are highly effective ways to lower systemic inflammation.

Study:
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2803035/