
You Can Reduce Your Risk of

CANCER

or Improve Your Chances of Recovery

7 STEPS THAT YOU CAN TAKE ARE INSIDE

Continued from page 3

**Principle Number Seven:
Increase Joy and Pleasure**

One German study shows a commonality that all cancer patients experienced a trauma and an unresolved psychological issue shortly before the cancer developed. Stress is a big component of cancer because psychological stress creates physical stress that dramatically reduces immune function.

Reducing stress should be a stress-less task. That's why the goal here is not to reduce stress, but rather to deliberately seek out joy and pleasure. A pleasurable, happy experience has a more positive effect on the immune system and healing, than the stressful effects of an experience.

So, seek out pleasurable experiences. Find things that make you laugh. Spend time with family, friends or pets. Take a walk in the fresh air and sunshine. Surround yourself with pleasing colors, smells and sounds. Listen to your favorite music; get up and dance. Listen to calming, meditative music. Take a hot bath in Epsom salts and lavender oil. Treat yourself to a massage, take a mini-vacation or go to a spa for the day.

You can also reduce stress by taking products like **Nutri-Calm**, which replenishes the nervous system and adrenals. **Adrenal Support** will build stamina and promote healing, as well as giving the body more ability to cope with stress. **Chinese Stress Relief** is another option that can improve the body's ability to relax, counteracting stress.

Seek out professional assistance in designing the holistic program that's right for you. Remember, there is hope!