

10 things you can do to reduce your risk of cancer.



Be smokefree.



Eat vegetables, fruit, wholegrains, legumes and nuts.



Be SunSmart and avoid sunbeds.



Have less sugary drinks and junk food.



Be active.



Eat less red and processed meats.



Get recommended screening tests.



Drink no or less alcohol.



Get the HPV and Hepatitis B vaccines.



Be a healthy weight.

Good For You Reducing Your Risk Of Developing Cancer

Lauren A. Antonucci



Good For You Reducing Your Risk Of Developing Cancer:

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Witness the Wonders in **Good For You Reducing Your Risk Of Developing Cancer** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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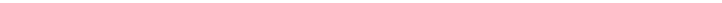
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