

The Insider's "At Home" Guide to

KEEPING YOURSELF—AND YOUR FAMILY— CANCER-FREE

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Introduction

The cancer risk factor big pharma doesn't want you to know about

If you're currently living with a chronic disease, you're going to want to hear this.

A groundbreaking study published in 2018 found that having another chronic illness can increase your risk of dying from cancer by as much as *70 percent!*¹

Let's put that number in perspective ...

According to this research, having a chronic condition like heart, kidney, or lung disease, diabetes—or even gout—can raise your chances of getting cancer as much or more than the “risk factors” we normally associate with cancer.

That's right: Chronic illness is a bigger cancer risk than heavy smoking, lack of exercise, insufficient diet, alcohol abuse, or obesity.

Not only do chronic illnesses increase cancer risk, they also have a marked impact on life expectancy. Women with higher chronic disease scores were found to have shorter lifespans by more than 13 years, and men were found to have a whopping 16 years cut from their lives.

Mainstream medicine seems to have been shocked by this research. But if you understand the science, and basic biology, these findings shouldn't really be news—let alone *big* news.

However, there *is* a newsworthy factor that researchers and mainstream medicine completely missed—and one that big pharma doesn't want you to know about...

I'll share this vital information with you in just a moment.

First, let's look at why this should not be a surprise to anyone who's been paying attention. (Because clearly, the mainstream media and conventional doctors have not...)

Obvious omissions

Here's what this study ignored:

1.) Competing risks. Chronic diseases like dementia, diabetes, heart disease, and cancer all have

many of the same lifestyle and nutritional risk factors the study researchers cited—especially obesity, poor diet, and lack of exercise.

In fact, we've known for years that common chronic diseases share common risk factors. This concept is called “competing risks” by the statisticians.

For example, cancer researchers found that people who were more likely to have developed cancer, instead died first from (the even more common) heart disease. Basically, they had the shared risk factors for *both* diseases, but got heart disease, and died from it, before they could get cancer.

2.) Questionable “lifestyle factors.” When it comes to risk factors for cancer, there are many more than those cited in the study, or by our government.

For example, the government has largely ignored the role of hormonal and reproductive factors and birth control drugs in raising the risk of breast cancer.

When it comes to lung cancer, the government has ignored, for the past 35 years or so, virtually all of the other environmental and genetic factors that determine risk. Instead, they focused solely on smoking, leaving doctors and tens of thousands of patients today totally ignorant of other prevention and treatment strategies.

3.) Inability to see the big picture. As I often point out, the mainstream tends to divide the healthcare world into “silos” of prevention vs. treatment, and treats each disease specifically and individually.

The theory is that each medical condition requires a different drug—or, in many cases, multiple drugs—for treating it. Not to mention different drugs for preventing it.

However, in the world of natural approaches, science shows that a nutrient or botanical remedy effective for *one* aspect of health is also good for *many* aspects of health. Furthermore, since natural remedies address the *causes* of diseases, science has found that more often than not, the same nutrient or botanical that prevents a disease can also help to *reverse* it.

And that’s why natural approaches have been shown to *both prevent and reverse* chronic diseases like dementia, diabetes, heart disease, and other conditions I’ve been working on for years.

The same approaches are panning out for cancer as well—in direct conflict with the mainstream’s “one disease/one drug” approach to treatment and prevention—including *different* drugs for treatment, *and* for prevention. (And of course, more drugs to treat the side effects of those drugs.)

Which leads me to the key factor the researchers *should* have focused on...

How the drugs prescribed to patients when they have chronic diseases actually increase cancer risk

Nowhere in this study did the researchers suggest another common risk factor that occurs with having chronic diseases.

I’m talking, of course, about *all of those drugs* that are used to treat them.

As I mentioned before, the long arm of big pharma reaches out to ensure that nobody with a chronic disease, or even a supposed risk factor for a chronic disease, goes without the “benefits” of its multiple medical ministrations.

But the hidden truth is, these drugs can actually *themselves* be the cancer risk factors! That’s right: Many of the drugs used to treat chronic conditions contribute to increased cancer risk themselves.

Drugs prescribed for chronic diseases actually increase cancer risk

Take statins, for example. These drugs—intended to lower the imaginary “risk factor” of cholesterol—have been shown to *increase* the risk of cataracts, dementia, diabetes, kidney disease, muscular disorders, and more.

And yet, early studies didn’t reveal some of these risks, as the studies didn’t last long enough to track the development of chronic diseases over time. (The FDA observed just long enough to ensure they produced their desired results—a reduction in cholesterol—before rushing to approve them. And what’s the most frustrating is that no one waited long enough to see that they don’t lower risk of heart disease. Instead, they increase the risk of other chronic diseases!)

Cancer takes the longest of all to develop—and it’s now been suggested that statins may *cause* cancer, which makes absolute sense. We know that statins deplete coenzyme Q10 (CoQ10), which is critical for cellular

metabolism and is a recognized natural treatment for the complications of cancer. Taking this into account, it would be no surprise to learn that these largely useless drugs may contribute to cancer as well.

Another important point to keep in mind is that statins are just some of the many drugs that are metabolic disrupters. And metabolic disruption is a key factor in cancer.

Which came first—the cancer or the drug?

So here's the key question: Do chronic diseases increase cancer deaths *because* of the drugs that are universally used to “manage” these diseases?

We'll never know from this new study alone, as the researchers didn't answer—or even ask—this very obvious question.

But what *has* been clear is that you can markedly reduce your risk of cancer with lifestyle modifications—*regardless* of what other chronic conditions you may have.

In other words, there are things you can do, starting today, right at home, to protect yourself and your loved ones from cancer.

And that's *exactly* what I'll tell you about in this report.

So, let's get started...

Chapter 1

Cut your cancer risk in HALF by eating more of this “condemned” food

Mainstream medicine will have a field day with me for this one, but I'm going to tell you anyway...

You can toss out everything you've been told about diet and cancer prevention. Starting with every bit of “low-fat” advice you've ever received.

I've made my thoughts on the disastrous low-fat craze clear many times in the *Daily Dispatch* and in my *Insider's Cures* newsletter, but I want to share with you a study from halfway around the world that illuminates *why* fat is key to breast cancer *prevention*. Not a “risk,” as you've been led to believe.

In this interesting study, researchers discovered that the small population of Mongolia has much lower cancer rates than the rest of the world.² Its rates are even significantly lower than its bordering countries—China and Russia.

In fact, the breast cancer rate in Mongolia is one-third of China's and one-fifth of Russia's.

Of course, the disparity is even greater when comparing Mongolia to industrialized, modern parts of the world like Europe and North America...

Indeed, Mongolia's breast cancer rates are just one-eighth of Europe's and one-tenth of North America's.

And the researchers honed in on one striking difference that helps explain the disparity between Mongolia and all the other countries...

Red meat is the mainstream's red herring

The mainstream often tries to blame a high-fat diet for higher breast cancer rates in the West. But this study completely turns that false assumption on its head.

In fact, the researchers note, “Mongolia’s low breast cancer incidence is of particular interest because of their unusual diet (primarily red meat and dairy).”

And there you have it.

I’ve been reporting for years that dietary fat in dairy and meat just isn’t the enemy it’s made out to be. On the contrary—it clearly has a protective effect when it comes to many chronic diseases. Including cancer.

Of course, you have to be selective in choosing red meat. You should always opt for grass-fed, free-range, organic varieties. The same goes for dairy—which should also be full-fat, and not low-fat, or no-fat.

This kind of natural meat and dairy is exactly what men and women in Mongolia eat. With their traditional, nomadic lifestyle they’re eating grass-fed, free-range, and traditional, organically raised animals like sheep, cows, and goats.

In addition to providing dietary fat, red meat and full-fat dairy have another health benefit.

The cancer-fighting nutrient in red meat and dairy

They contain high levels of a key nutrient called conjugated linoleic acid (CLA). And ongoing research links CLA to dramatic reductions in inflammation, obesity, and chronic disease—including many different types of cancer.

These grass-eating animals are essentially natural vegetarians by design. Their GI systems can easily break down and convert plants’ protective nutrients.

But the human digestive system isn’t equipped the same way. Instead, we need to eat free-range, grass-fed meat and full-fat dairy from these animals for optimal nutrition. So it makes sense that, over thousands of years, we learned to breed livestock to ensure this important nutritional boost remained in our regular diets.

It also makes sense that CLA provides protection against cancer...

In one lab study, researchers gave two groups of mice a carcinogenic chemical that causes breast cancer. The first group received a standard diet *without* CLA. The second group received a standard diet *with* CLA.

Turns out, 80 percent of the mice on the standard diet without CLA developed breast cancer. By comparison, just 40 percent of the mice fed the standard diet *with* CLA developed breast cancer.

That’s a 50 percent reduction!

Other recent studies with CLA focused specifically on prostate cancer...

In one recent study, mice with prostate cancer were given CLA or linoleic acid.³ And the cancer spread in 80 to 100 percent of the mice fed linoleic acid. But it spread in only 10 percent of the CLA-fed mice.

In other lab studies, researchers link CLA to reduced cancer risk in the colon, liver, and skin. And as time goes on, I anticipate this list will grow.

Plus—many of these studies found that incorporating this nutrient into the diet for just four months was enough to stop cancer induction. In fact, a benefit was seen even in as little as three to five weeks!

Studies show that Americans get as little as 150 mg of CLA per day. But you’ll need much more to achieve

optimal health.

Here are a few good rules of thumb to increase your levels of this all-important nutrient:

- Always choose free-range, grass-fed red meat, which has the highest amounts of CLA. It also contains important fat-soluble vitamins like A, D, and E.
- Always choose free-range, grass-fed, full-fat butter, cream, milk, and yogurt—the types of dairy with the highest amount of the nutrient.
- Cheese is also a good source of CLA, with cottage and ricotta cheese having the highest amounts.
- For meat, lamb is the richest source, followed by beef. Turkey also has a moderate amount. But chicken and pork are not good sources. Chicken is also very high in linoleic acid, which is not ideal. (My question is, where did the powers-that-be even get the idea that chicken is somehow better than other kinds of meat?)
- Cook your eggs, vegetables, and meat with grass-fed butter
- Add grass-fed, full-fat cream to your coffee or tea.

As you can see, eating a cancer-preventing diet is not all that bad. In fact, it can be quite delicious!

Chapter 2

The simple supermarket “hack” for keeping cancer-causing foods out of your shopping cart

While we’re on the subject of dietary strategies to prevent cancer, research shows a simple grocery shopping trick can dramatically reduce cancer risk. That “trick” is to steer your cart *away* from the center aisles, where they keep the packaged, processed foods.

A massive study published in the prestigious *British Medical Journal* found that processed food dramatically raises cancer risk.⁴

This finding just makes sense, when you think about it. And it explains why most cancers skyrocketed during the 20th century. Increasing cancer rates directly correspond to increased consumption of highly processed packaged foods.

Let’s look at the details of this study to learn more...

For this study, researchers surveyed nearly 105,000 middle-aged men and women about their dietary habits to determine how frequently they consumed specific food products.

As you might imagine, the findings linked diets consisting of fresh and minimally processed foods—including fruits, vegetables, legumes, rice, pasta, eggs, fish, meat, and milk—with a *reduced* overall risk of cancer.

On the flip side, the researchers linked every 10 percent increase in consumption of ultra-processed foods with an 11 percent increase in overall cancer risk.

The results showed a strong dose-response effect. In other words, the more processed foods consumed, the *more* the cancer risk grew.

And, the results were even more striking for breast cancer specifically...

In fact, every 10 percent increase in consumption of ultra-processed foods—especially those that contain a lot of sugar—resulted in a 12 percent increase in breast cancer risk.

Ultra-processed foods on the researcher’s list included:

- Frozen or shelf-stable ready meals
- Instant, dry noodles
- Packaged, baked goods
- Reconstituted meats
- Soup powders
- Sugary products and drinks
- Ultra-processed fats and sauces
- Any product that contained *mostly* sugar, hydrogenated oils, modified starches, and/or protein isolates.

Chemical-laden foods put you on a collision course with cancer

Of course, one of the reasons processed foods increase cancer risk is because they contain loads of sugar, which is the real culprit for many types of chronic diseases—including cancer.

Ever since the misguided low-fat craze starting in the 1970s and 1980s, food manufacturers began replacing the fat removed from their products with sugar to make it taste better. This, of course, was in response to the government’s all out (and all wrong) war against fat.

But sugar isn’t the only problem...

Processed foods also contain artificial colorings, additives, and preservatives to enhance flavor and extend shelf life. And these chemicals just don’t belong in the human body—plain and simple.

In fact, decades ago, experimental lab studies began to reveal that chemicals formed during production, processing, and storage of processed foods are carcinogenic.

It’s also important to note that the study I told you about above involved French participants. Historically, the French have been known for following a more wholesome diet, with more fresh foods and proteins, which adheres to the healthiest diet there is: the Mediterranean diet.

That said, I can only imagine how much worse these study results would have been in the United States, where up to 50 percent of the diet is made up of highly processed foods.

In this regard, there is no way we are “winning the war on cancer,” as the National Cancer Institute and the American Cancer Society try to claim.

So my recommendation to you remains the same—eating more fresh, whole foods. And cut out sugar and junk food entirely. And if you want to decrease your cancer risk even more, consider opting for organic produce, grass-fed meat, wild-caught seafood, and full-fat dairy.

Opting for organic cuts cancer risk as much as 73 percent

Studies show that opting for organic food is worth the extra effort and time. Especially since research has found that eating organic slashes your risk of developing a particular deadly cancer by an astounding 73 percent.⁶

Organic foods are also full of richer nutrient profiles. When compared to conventionally grown foods, organics contain 60 percent more zinc, 63 percent more natural calcium, 73 percent more iron ... and the list goes on. (And remember, your calcium and iron need to come from food sources, not supplements.)

Choosing organic produce is also the only way you can be sure you're not eating harmful, cancer-causing pesticides and genetically modified organisms (GMOs), which are disturbingly common growing methods for most conventional produce. If you're on a budget, it's okay to buy conventional produce with an exterior peel or shell that will be discarded and not eaten. (Think avocados, bananas, coconuts, kiwis, onions, pineapples.)

Yes, organic foods may cost a bit more, but the extra few bucks may be the best investment you can make in your health.

Chapter 3

The deadly secret bottled water companies don't want you to know—and which brands are safe to sip

Of course, we all know how important it is to drink water. And we've all heard the horror stories of how tap water can be contaminated with everything from dangerous drugs to toxic chemicals.

Bottled water was supposed to be a solution to our water woes. Portable and pure. Just the thing to keep us hydrated and healthy.

Except it's not.

A Natural Resources Defense Council review of 103 bottled water brands found that *25 percent* had chemical contaminants at levels above state standards.⁶ And not just chlorine—which is bad enough. The researchers actually found fecal bacteria and arsenic in bottled water. And three chemicals that are suspected *carcinogens*—compounds that can trigger cancer.

The Natural Resources Defense Council, and the Environmental Working Group (an independent research organization) report that some bottled water may have the following carcinogens:

- **Nitrates.** Usually caused by artificial fertilizer runoff into the water system. This carcinogen can also interfere with babies' ability to get enough oxygen.
- **Trihalomethanes (chloroform).** Linked to cancer of the bladder, colon, and pancreas.
- **Haloacetic acids.** This disinfection byproduct is a likely carcinogen.
- **Phthalates.** Found in plastic bottles, this possible carcinogen may also disrupt the endocrine system.

Why is bottled water likely to douse you with carcinogens? Well, when the Environmental Working Group asked the manufacturers of 173 different bottled water brands where their water came from, and whether it was purified, *half* of all companies refused to answer.⁷

Meaning that the fancy bottled water you're paying a premium for may very well be plain tap water.

So what should you drink instead?

Filtered tap water is a good choice. Or buy *bottled mineral water*. I'll tell you why I think it's truly the "fluid of life" in a moment.

But first, let's look at why our bodies need water.

More than just hydration

Water is more than just a source of fluid for every cell in our bodies. It's also a source of electrolytes and minerals. And these compounds are just as important for our health as the water itself.

In fact, the electrolyte content of our blood is about half the amount of today's seawater. Natural scientists think our blood simply reflects the salinity of seawater when life first emerged onto the land from the sea.

In the three hundred million years since then, water flowing from the land has added salts and minerals into the oceans. That's slowly raised the electrolyte and mineral content of seawater to today's levels.

Of course, you can't drink seawater, but you can drink natural sources of water that flow on land.

Why you should ditch "dead water" for good

Springs, creeks, and rivers are naturally full of electrolytes and minerals. They are not dead, sterile, chemically treated water sources like many people drink today.

Natural mineral springs have been known since ancient times to have health benefits—whether you drink the water or soak in it.

More recent scientific analysis has found that mineral waters also contain trace amounts of calcium, copper, iron, magnesium, manganese, selenium, sulfur, and other minerals.

One of the most important of these minerals is magnesium. There is growing understanding that most Americans are not getting enough magnesium from their diets and drinking water. In fact, it's probably the most ignored mineral deficiency today.

Magnesium is involved in more than 300 different metabolic processes in our bodies. And it's critical for the proper metabolism of calcium. And yet, a variety of studies show that up to 80 percent of Americans fail to even get the woefully low magnesium RDA of 360 mg for women and 420 mg for men.

But you can help fix that problem by simply changing what you drink.

Filtered tap water has more magnesium—and other minerals—than purified, bottled water. And, of course, mineral waters are generally the best source of all. (In fact, magnesium-rich mineral water might be the beverage of choice for women with breast cancer: a study in the *American Journal of Cancer Research* shows that women with breast cancer with the highest intake of magnesium are 50 percent more likely to survive breast cancer than women with the lowest intake.⁸)

Some bottled waters advertise that they come from natural springs—just like mineral waters. Well, that may or may not be true.

It seems most companies that enjoy huge profits from selling water do not want their customers to know that their products may only be bottled municipal tap water.

With the lack of transparency generally floating around, EWG recommends drinking filtered tap water. There are a variety of filters that you can put directly on your faucet or in your refrigerator. You will save money, have

purier water, and avoid contributing to the global glut of plastic bottles.

And for a healthy treat, I recommend paying a little more for a European mineral water, bottled at the source. European Union law requires that these waters have all contents, purity, and sources listed on the label. The water must also be medically and scientifically certified.

Well-known brands like Evian, Perrier, Volvic, and San Pellegrino all pass muster.

Chapter 4

From your shower to your shed: Simple tips for clearing cancer-causing chemicals out of your home—for good

Pure water is a must. And so is pure food. Unfortunately, many people stop there when they attempt to rid their homes of potential carcinogens.

But there's plenty of research linking chemical toxins in everyday household products to increased cancer risk (as well as autoimmune diseases, birth defects, infertility, and other chronic health concerns). In fact, the Centers for Disease Control (CDC) now monitors 298 environmental chemicals found to accumulate in human tissues. But "monitoring" isn't the same as "banning."

So, with that in mind, here are some items around your home you may want to replace:

1.) Food containers

Plastic food containers can break down over time, especially when exposed to heat in dishwashers or microwaves. Plastic can also release dangerous chemicals into the food, including phthalates, which act as endocrine-disrupters and increase cancer risk.

So avoid storing foods, or buying prepared foods, in plastic containers. And never heat your food in a plastic container.

Instead, look for glass storage containers. Glass is always microwave safe, as well as safe from chemical contamination.

2.) Cooking pans

Many non-stick pans contain traces of a carcinogen called perfluoro-octanoic acid (PFOA)—a fluoro-hydrocarbon like those found to be harmful to the Earth's ozone layer. The non-stick lining can scratch and scrape off right off into your food. So save the Teflon for politicians.

Instead, use olive oil and/or butter in stainless steel or cast iron cookware.

Remember, you don't need to (and shouldn't) scrub cast iron with soap and water. Just wipe out with oil to "cure" the cast iron.

If your stainless steel or cast iron cookware does get stained with burned contents, you will be amazed at what a little white vinegar placed in the pan and gently warmed will do.

3.) Air fresheners

Artificially scented candles and synthetic, plug-in scents often contain chemical phthalates. Eventually, these endocrine-disrupting chemicals can end up in your blood and tissues.

So don't allow artificial air fresheners into your living and working environments.

You can find candles made with essential plant oils, dried flowers, and spices. Or, even better, instead of covering up unwanted aromas around your home, use natural ingredients like baking soda and white vinegar to remove them.

4.) Cleaning products

It amazes me how many harsh, chemical cleaning products I see on store shelves. But the government allows manufacturers to keep their chemical formulas a secret. So there's no way of knowing exactly "what's in there."

Here's a good rule of thumb: Don't use any product to clean your kitchen, bathroom, or any room in your home for that matter, if you feel like you should wear gloves to use it.

And skip the upholstery protection sprays. They often contain chemicals such as phthalates and surfactants. These stain blockers create a transparent plastic layer to "protect" upholstery. But when the plastic eventually wears off, it can release chemicals into the air.

So take a look under your kitchen and bathroom sinks. Throw out any harsh, chemical sprays you have hiding out under there. Instead, clean with natural products like baking soda, borax, hot water, vinegar, lemon, or soap powders. They work better and don't require covering your home with toxins and releasing them into the air you breathe.

5.) Personal care products

Many antiperspirants, cosmetics, and perfumes pollute the air you (and others around you) breathe. So always use fragrance-free personal products.

Also, pay close attention to the ingredient list. Avoid deodorants made with aluminum-based compounds and other chemicals, such as parabens and "PEG-" numbered ingredients. You can absorb these chemicals through your sweat glands. And some research suggests possible concerns about cancer and dementia.

Cosmetics for personal care—from lipsticks to shampoos—can contain up to 126 different chemicals, according to the Environmental Working Group. The average American woman applies up to 12 such items to their skin and hair every day. Men are only half as bad; they use an average of six products daily. (Although, I'm hard pressed to figure out what these men are using, since I manage with only soap, water, and toothpaste every day.)

So here are some tips for choosing personal care items...

Opt for ingredients labeled "organic." The word "natural" is essentially meaningless. Women should choose cosmetics with mineral-based pigments and moisturizers made with plant oils. Everyone should avoid soaps and shampoos that contain synthetic fragrances and chemicals such as triclosan.

6.) Lawn care products

When you're inspecting your house for possible cancer-causing chemicals, don't forget to check your shed. The chemicals that are poured onto lawns to keep them artificially green and weed- and "pest"-free have long been linked to cancer. Which is why I strongly advise *against* using any kind of chemical fertilizer or weed killer to manicure your lawn.

Now, I know lawns with weeds are sometimes viewed as eyesores. But when you don't use toxic fertilizers and

pesticides in your yard, you create a diverse ecosystem that naturally nourishes humans, animals, insects, bees, and birds.

And the so-called “weeds” that flourish in our ecosystem naturally enrich and replenish the soil. Which means you *never* need to use chemical fertilizers that actually strip away some of the nutrients plants need to thrive.

If you live by the seashore, try this old Yankee trick for growing a healthy, green lawn without using chemicals...

Collect seaweed off the shore during winter and early spring, after storms at sea, and spread it on your lawns and garden beds. My thrifty Yankee neighbors state this is the best natural fertilizer of all!

So there you have it—a handful of simple, all-natural strategies that can help protect you and your loved ones from cancer, starting today, right at home.

Of course, you can find information on many more cancer-fighting techniques in my online learning program, *Dr. Micozzi's Authentic Anti-Cancer Protocol*. To learn more about this educational tool, or to enroll today, [click here](#).

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