

PROSTATE CANCER CANADA - NEWMARKET

Volume 16, Issue 1,

September 15, 2011

**A support group that provides understanding,
hope and information to prostate cancer patients and their families**

Welcome back everyone from a beautiful, hot, wet summer break. We have a really great night (September 15) planned for you to start our fall schedule. It's an evening that you don't want to miss. We will be departing from our usual medical theme to present a night dedicated to Senior Fraud. Three members of the York Region Police Services, Fraud Department, Detective Constable Andrew Quibell, Major Fraud Unit - Credit Card/Debit Card Investigations, Detective Christine Maleszyk from the Major Fraud Unit and Constable Robyn Kassam from Community Services will be joining us to speak on and answer your questions about such topics as: Frauds targeting mature adults, fraud & debit cards, door to door scams, renovation scams, mortgage fraud, power of attorney, how to fight senior fraud and many others. There will be time for questions and answers. Please feel free to invite any family or friends to this important evening of information.

Meeting Date: September 15th, 2011

**Place: Newmarket Seniors Meeting Place,
474 Davis Drive, Newmarket**

Time: 7:00 pm to 9:00 pm

**Speakers Detective Constable, Andrew Quibell
Detective Christine Maleszyk,
Constable Robyn Kassam**

Subject: Fighting Senior Fraud

Prostate Cancer Canada - Newmarket

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a member of the



Assisted by the Canadian Cancer Society

Holland River Unit

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The Newmarket Prostate Cancer Support Group does not recommend products, treatment modalities, medications, or physicians. All information is, however, freely shared.

June Speaker notes . . . Tanya Giaquinto, Sunnybrook Hospital -

Subject: Diet and your Cancer . . .

Tanya Giaquinto, our speaker for last June 16th meeting is very familiar to our members. She has talked to us several times on the above subject. Tanya brings to us a wealth of knowledge on proper nutrition. Most of the material on the following pages was presented to us at an earlier meeting. I am reprinting it here for the benefit of newer members but also as a welcome refresher for us older members



Today we're going to talk about healthy eating, in terms of reducing the risk of cancer and all other diseases as well. For those of you who have heard my other presentations, there will be a lot of "Oh, I remember that." But it is still very true. It's true because we see the results in terms of overall health for people. When I do talk about reducing the risk of cancer, it's reducing the risk of it returning or overall health and quality of life. Food is to be enjoyed and loved. I don't want you to think of it only as medicine. In addition to diet, in terms of cancer risk reduction, there is also physical activity, which is important, and the combination of both has an impact on weight. Weight is a huge factor in terms of cancer risk. Maintaining weight is one of the key factors in terms of lowering our risk of cancer. If you're going through treatment, the message sometimes is maintaining your weight. If you start losing weight, there are concerns as well. So, depending on where you are in terms of your cancer, prior you want to keep your weight stable, during treatment - keeping it stable and then, after treatment when everything is done and completed, maintaining or maybe starting to lose weight, should be done in healthy ways regarding nutrients to protect your body.

So the first thing to do is maintain a healthy weight and I will define a healthy weight. Second, be active. If you exercise, you lower your risk, which is amazing. Eat well, it's really important that we eat well most of the time. And don't smoke or chew tobacco. The first guideline is body fat, be as lean as possible. Eleven years ago the first guideline was eat your fruits and vegetables. It's still important to eat foods derived from plants but number one is you should be concerned with obesity. In developing countries, where people were lean and are now getting wealthy, they are buying cars and not walking or riding a bike, and they are eating more of our type of diet (meat), so what is happening to their weight?

It's going up and so is their risk of cancer. So that's why we're now looking at obesity as the first target for cancer prevention.

We are a society that's rushed. We're working, we come home, we have other things to do. So we are relying more on foods that already prepared. With that we are getting more calories. What we're also doing is drinking a lot more calories than we used to. We need to eat more of plant foods. However, what's also as important is how we prepare them. You could have great vegetables and make them very unhealthy for you. We'll also address why we need to eat plant foods, so we'll talk about anti-oxidants, vitamins, phytonutrients and their role in cancer prevention. Animal foods are still important. We've heard the role that red meats have in cancer but I will talk about what we can eat and what we should avoid. You cannot rely on supplements to prevent cancer. It's the food we eat and whether we exercise and whether we smoke and just take care of our bodies.

Cancer survivors: it's very interesting. A number of years ago they didn't have anything for people who have survived cancer. No research. So what they have found is that we can follow the guidelines and reduce the risk of cancer returning. They also identified a new area of research, they need to do more research on those who have had cancer.

Healthy weight: What do we think is a healthy weight? There is no perfect weight. It's not necessarily the thin figure you see in magazines because we don't know if they are eating enough to maintain good health. Someone can be ten pounds overweight but if they are eating well and exercising and not smoking, not abusing alcohol, then they are at a healthy weight. The focus here is maintaining your current weight, if it's healthy. That's your number one goal, maintain the weight you're at now and, if you feel you need to lose weight, then take the steps to do so. So a healthy weight is someone who makes good food choices most of the time.

How do we assess whether you are at a healthy weight? First thing is to know your Body Mass Index but there are restrictions when we use that tool. It doesn't tell us where your weight is. It just tells us whether you are overweight or obese or if you're underweight but it doesn't tell if your weight is above the waist or if it is below the waist. Also, you cannot use it if you're over the age of 65. There are limitations. The one other tool we use along with the body mass index is waist circumference. That tells us where you keep your weight and that is a very important tool, because if you carry your weight above the waist, you are at higher risk of disease. So it's really important that you watch your weight gain. Especially as we get older, our metabolism is slowing down, so it's easy to do. Now, does that mean that someone who gains weight waist

below is O.K.? No! It's really important to just maintain the weight. The Heart & Stroke Foundation has an amazing web sight which has a little video to teach you how to do your waist circumference. For men 40 inches is a warning sign to maintain and women it's 36 inches. As we age the numbers are supposed to get a little bit lower. How do you achieve a healthy weight? Incorporating all the guidelines we're going to follow to lower the risk of cancer. The first one is Canada's new diet. Keep a 24 hour food recall or food record. This tells you if you are eating too much food, not enough fruits & vegetables, eating too much meat, it's a good indicator of your habits and how much you are eating. Believe me, when you're eating those chips, you don't want to be putting that on your food record. You will think twice before you do that. Understand the importance of physical activity to maintain a healthy weight. We will talk about that — the different types of activities we can do. It doesn't mean that we have to run to the gym and work out for hours. It's choosing an activity that you enjoy, that you will do every day and overcoming barriers. There are legitimate reasons why we cannot exercise. What's really important is that you have to attack those barriers. To say to yourself, "My life is important. I'm going to exercise and I'm going to eat well."

Our guidelines: Learning foods and drinks that promote weight gain. Some examples of these foods are chips and ice cream. They contain a lot of fat and a lot of sugar. Those cakes and cookies and donuts and croissants, they contain a lot of fat and sugar, not nutrients that will feed and protect our healthy cells but could change them into cancer. Avoid sugary drinks, such as coke, even fruit juice can have a lot of sugar. Juice from the actual fruit is a healthy choice but there are fruit drinks that are made with sugar, that are not healthy. I'd rather you choose something that will have a nutrient that will protect and help your cells than choose to drink something that you can get no health benefit from. Consume fast foods sparingly. Why? They have a lot of fat, a lot of salt. How do we eat those foods when we're in those restaurants? Fast! How long does it take for food to register that you've actually consumed it? 20 to 30 minutes. Sometimes we eat those foods in a restaurant much faster than that and still feel hungry and order something else. So, be aware. Sometimes we're in a rush so fat foods fill the bill but we have to choose well, even in a fast food restaurant. If you made your pizza at home, you could choose the amount to have and that's a healthy choice. It's when we're doing the fast food route that it's an unhealthy choice. I don't agree with kids drinking diet coke instead of drinking milk or something healthy. Kids are becoming more obese, because they're not being active and they're not making healthy food choices. It's also the types of foods that you choose to consume. You want to choose foods that have nutrients, phyto-nutrients, anti-oxidants, fibre that protect your cells and lower your risks of cancer. So, if you're doing well in terms of your weight, you're also eating well but if you add a little bit of ice cream into it, then you're O.K. When you're lean but you're eating all the wrong food choices. you're going to still increase your risk of cancer. Dark choco-

late is a good choice, again portion size is key. The bitter chocolate, not the milk chocolate because the milk chocolate has more fat and more sugar, which is not healthy for us.

High Energy Dense Foods: We talked about ones that are unhealthy but now I want to talk about ones that are healthy. Those are nuts and seeds and I will talk about Omega 3s and essential fatty acids that our bodies need to keep us healthy. The most important thing about some of these high energy dense foods like nuts and seeds is that you don't need to eat a lot of them. There are about 3,000 calories to one cup of almonds. A little bit goes a long way because they do have calories. Even a good food can work against you. It's important to keep portions small. All nuts have some awesome nutrients in them, so I recommend a mix of nuts and seeds. Don't focus on one and think that's going to give you health, mix your almonds and walnuts, etc. Again, with your nuts and seeds, do not consume the ones with salt. There are a couple of reasons why. Number one is salt is not healthy for you, so you want to limit the amount of salt you consume in a day. Also, what does the salt make you do? Crave more. So choose the ones without the salt and sugar added to them. Another trick so you're not consuming as much, choose the ones that have the shells on them. It takes longer, you have to dig them out and your not gulping them down. Some good seeds are sunflower, soy, pumpkin, flaxseeds are a good choice but they need to be ground. Choose ones that you enjoy. For oils, olive oil and canola oil have omega 3s, which are calming in our bodies.

Low Energy Dense Foods: these are foods that are lower in calories. There is less fat and sugar. They are higher in fibre and water, which is good for fighting cancer, they help us feel full. Examples of these are fruits and non-starchy vegetables and legumes. They have high fibre and high water content and are really good at keeping your cells healthy. Both black and green teas are very good for you but you should steep them for at least five minutes.

What I want to go into is food records. Food records are really important because they will tell you what you're eating and will tell you your habits. They are really key in weight maintenance and your overall health. They are simple, you can just put a book together and write down what you consume. What you do is write down what you had for breakfast, for snacks, any extra food that you are consuming.

Portion size: We're going to go through Canada's Food Guide which is a good tool to find out if you're eating well and within the recommendations. You will be writing down what you actually eat and then measuring it and seeing how many portions you're eating compared to the Guide. You will be surprised.

Hunger: are you hungry or are you eating because of how you're feeling - you're bored, you're watching TV, you're on the computer, you're on the phone.

Mood: mood affects the way we eat — whether we eat a lot or whether we eat a little.

Location: We all eat in front of the TV once in a while. When we are distracted, are we paying attention to the food

that we're eating? No. So it's important to find out why we ate more than we should have or even less.

I'm going to go to Canada's Food Guide because it's really important for our health. Now, vegetables and fruits are key in terms of cancer prevention and key in terms of keeping cells from becoming cancerous again. For adults, we see that we're closer to the seven range. The minimum number of fruits and vegetables you eat in a day is seven. People say it's too much, but portion sizes are very small, so a cup of lettuce is one serving of a vegetable. A small apple is one fruit. What we say and recommend is have about two or three fruits and the remaining vegetables. Half a cup of juice is considered one serving of fruit or one serving of vegetable. So it's not a lot. When you're looking at your fruits and vegetables, you want to look at colourful things. The brighter the colours, the better they are for you. They have phytonutrients and anti-oxidants that work in different ways to prevent cancer. These keep food radicals from changing our healthy cells into something that becomes cancer. Another way they work is they cut the food supply off to the cancer cells so, if you do have cancer, it makes it less aggressive. Some tricks to keep eating your fruits and vegetables. Have them in sight. If they are in your line of vision, you will grab your fruits and vegetables. You can add them to salads. Soups are amazing, they are easy to do and add into your diet. We've talked about phytonutrients and anti-oxidants; they're low in fat; they are a good high fibre source. Why is fibre important to us in terms of cancers? Insoluble fibre keeps our bowels moving, which is good. That's the fibre that our bodies don't break down. Then there's soluble fibre which is really important because it dissolves in our blood stream. I always think of it as a sponge. If there are excess hormones lying around in our blood stream that we don't want lingering, because there's a relationship between hormones and prostate cancer and breast cancer, the soluble fibre takes these excess hormones and removes them from our bodies. They have found hormones in the stool of patients. You can apply that also to cholesterol levels and things like that. You find soluble fibre in plant based foods. So they're in your fruits and vegetables, apples have pectin, and your oatmeal, barley, selenium, they are very important.

I have a list with fruits and vegetables. We've heard of most of them such as strawberries and blueberries. There are additional things which are not as "pretty" or well known but they do have anti-oxidants and phytonutrients that are protective. This source came from the book "Foods That Fight Cancer", which is an amazing book, available at Chapters, and it talks about the importance of green tea and fruits and vegetables. It shows a huge relationship between cancer risk and broccoli; cabbage is not exciting but really important. I always believe you could have both raw and cooked fruits and vegetables. When you're cooking your vegetables, you want to make sure you don't expose your vegetables to too much water, because that breaks down the vitamins and you don't get all the vitamins and anti-oxidants. The least amount is important, such as steaming, baking, cooking in the micro-

wave are great ways of preserving your vitamins and minerals and your phytonutrients and anti-oxidants. There's one phytonutrient that you need to cook in a little bit of oil for it to be more available in our bodies and this is the tomato, with lycopene. The pill form of lycopene doesn't contain the same cancer preventing capabilities but, for those who don't like tomatoes but do like the juice, that is fine if you avoid the high sodium varieties. Ketchup is a source of lycopene but you should be careful what you eat it with and it also contains sugar. Cauliflower. This has a lot of the sulforaphane that will protect your healthy cells so, if you can include that, it would be great. Have cauliflower soup; there are ways of baking the cauliflower that can make it taste really good as it tends to be a little bland, (NO cheese sauce). Bananas are plant based, I think they are absolutely fine. I'm not sure if they have identified a phytonutrient. Again, portion size is important. They tend to be really big now, so you should maybe have half a banana, then use the rest later. They are healthy but not deep fried bananas and not in a malted shake or banana split.

In a list of foods that have anti-oxidants and phytonutrients, my favourite is apple because they are always available. They have high fibre, soluble fibre, phytonutrients and anti-oxidants. Your fruits don't have to be exotic to be healthy. Your simple apples and oranges give you benefits as well. Interesting too, I keep telling you, don't use too much salt. But what about your herbs and spices? They also have phytonutrients and anti-oxidants. You can get a double whammy. You remove the salt to protect your body and your health but replace it with herbs and spices which protect your body. Before I move on I want to mention a great vegetable which we've made unhealthy but very tasty. We've added a lot of salt, we add a lot of fat, we take off the skin, and we've made it unhealthy. Of course, it's the potato. Potatoes have a bad reputation in terms of weight gain, adding to diabetes, etc. If you choose one that's a smaller portion, that's a healthy portion, not the big ones. Also, those sweet potato fries. They are not healthy. They've done the same thing, unfortunately. So again, watch your portion sizes if you do have sweet potato fries, or make your own. If you make them yourself and you bake them, they're awesome but if you are relying on them from a store and think you're making a healthy choice, you're not.

Grains: Grains play an important role in terms of cancer risk, especially whole wheat grains. Make sure that in the first three ingredients on your label, it says whole wheat grain, otherwise you're not going to get the benefit from the grain. We are required between six to seven servings a day. Now, a serving is not very big. People think six to seven is a lot but I'm going to do a portion distortion slide to see how we are over consuming and we're not realizing it. Portion sizes: 1/2 cup of cooked pasta is one serving of a grain, has anyone tried to put a half a cup of pasta on your plate? Being Italian, not good. So really pay attention to portions. You want to choose more whole wheat pastas, whole grain rices. Quinoa is a new grain here. It's high protein, high fibre, very healthy

for you and could replace rice. Again, portion sizes are key. Beware of bagels! They can be so huge that you're consuming four servings of grain in one shot. So be aware of what your bagels and your bread look like. People don't understand what we mean when we talk about refined bread versus whole grain. When somebody refines our bread and our pastas and makes them white, they are removing the bran which contains most of the nutrients, most of the zinc, as well as fibre, B vitamins and other minerals. They are also removing the germ, which contains the anti-oxidants, Vitamin E and B vitamins. All we are left with are the carbohydrates and protein. Then they add B vitamins and other vitamins but you lose the Vitamin E which has been shown to reduce some prostate cancers, remove Selenium, which again plays a role in terms of prostate cancer and fibre which plays a role against prostate cancer. That's why we emphasize whole wheat grains. Many times people say I really don't enjoy them. I always say pick and choose. Pick something that you will eat and then rely on that. It's really important to have your whole grains.

Milk: With milk you can talk about cheeses, you can talk about yogurt — healthy, healthy choices. Especially for some men if they are on hormone treatment, because that does increase the risk of osteoporosis. Serving sizes, we're looking at three for men and women. The portion sizes are not big. Cheese is one and half ounces, it's very small. Low fat cheese is 15% or less, which is usually the softer cheeses, not the older ones. It doesn't mean that you have to avoid the older ones, but you need to look at portion sizes. If you over indulge one day, if you have guests over or you've gone out and you've over indulged and you've been good for two weeks, that's O.K. It's when you're doing it every day that it becomes a problem. With milk, lower fat milk is the better choice. Canada's Food Guide says 2%. I always aim for 1% if possible: less calories, less saturated fat, a healthy choice. Soy milk, fortified is awesome, because it's plant based. If you can find rice milk, fortified with a little bit of calcium and vitamin D, amazing! With calcium, you want to be careful of the amount you're consuming, because if you exceed 2,000 mg there is a concern that you're increasing prostate cancer risk, so they say that you want to stay at the lower end, say 1200 to 1600 mg. If you have osteoporosis, 1600 is what they would recommend but look at what you're getting from your diet before you rely on a pill. That is a discussion which you should have with your physician, because I always look at vitamins as medicine. We can over indulge when we are taking pills. Look at what you're consuming and adjust.

Meat: With respect to red meat, portion size is key because there is a relationship between consumption of red meat and cancer risk. Not only is it from the saturated fat, it is what makes the red meat red. So stick to your portion size. The portion size of cooked meat is about the size of a deck of cards, or the palm of your hand if it's not too big. However, it used to be 3 oz of cooked meat was one serving, now it's 2 1/2 oz. It's really important to look at portion size. Even though it says 2 1/2 oz, I'm sure that people are probably consuming 3 to 3 1/2 oz. Limit it to two times a week if you can, in terms

of red meat, although it does say 18 oz per week allowable meat. There are other healthy choices. Fish, like salmon, halibut and mackerel are all great choices. Make sure you take off the skin, make sure you take off the head because that's where the fat is contained and some of the PCBs and some of the toxins, so you want to remove those too. Another good choice is chicken and turkey, as long as you take the skin off. The skin is where most of the fat is contained so it's really important to remove it before you eat it or cook it without the skin. BBQ season is around the corner. When you're Barbecuing meat and the flame hits the meat, carcinogens are caused. These are cancer causing agents, so we want to minimize that. There are some ways of getting around it. One of them is cook your meat a little bit before you put it on the BBQ so it drains away the fat. Another thing you can do, and they're not sure why, is to marinate it for at least two hours before you put it on the BBQ, somehow it protects the meat. Also you could put up a wall of foil so the flame doesn't hit the meat. If you want to BBQ your fruits and vegetables, absolutely healthy and fine. Avoid processed meat — this is a change. This is very clear and very strongly worded. You don't want to be consuming ham, bacon, salami, and other cold cuts because they have nitrates which are cancer causing. They really emphasize that, they strongly encourage us to avoid them at all times, including hot dogs and sausages. Now, with respect to vegetarian hot dogs and hamburgers, you may think that you're O.K. doing vegetarian but beware because many times they may add a lot of salt. Sometimes they have more salt than a regular hot dog. So really be careful. Read your labels because not only are you looking at red meat, you're looking at other ingredients that can contribute to cancer, heart disease or diabetes. There's also a lot of salt in turkey or chicken burgers and hot dogs. The same applies to tofu dogs. I have been on the hunt for a healthy hot dog but so far I haven't found anything that is a healthy choice. Once in a while you give in and do it but take care how often.

For Canada's Food Guide you can go on line on Health Canada's website, just type in Canada's Food Guide. You can create your own food guide, with the foods that you enjoy. You type in your age, gender, the foods that you like and your own custom Food Guide pops up, so you can see how many servings per day of the week that you need. You can use that as a guide as well. It will also calculate your BMI if you want to get that kind of information. It also has files that show you different sizes or serving sizes of different foods because some of them are confusing. For instance, three small plums are one serving of a fruit. It also helps you in terms of figuring out that information.

Reading a food label: I always look at fat, I want to avoid trans-fat if at all possible. You want to look at fibre. You want to eat 4 grams of fibre per serving when you're looking at cereals and things like that. The average of fibre for one serving is one gram. Some examples of high fibre cereals are All Bran, Bran Buds, Fibre One Flakes, which are great, these average about 13 grams per serving. We are supposed to get about 25 to 35 grams per day but on average

we're getting 16, so just starting with a high fibre cereal is amazing. Mix your Bran Buds with your flakes and therefore you're getting both. There are some breads out there which say 4 grams of fibre but they look white. They are not the same kind of fibre and they don't do the same job, so be careful about that. Flax seed on cereal is very good but it needs to be ground in order for you to absorb the fibre. If you eat flax seed just the way it is, it just goes right through you. It does go bad so make sure you refrigerate or freeze it. You can buy it ground now and just stick it in your freezer or you can buy whole and grind it yourself in your coffee grinder. Instant Quaker Oats is a healthy choice but there is a concern that the way our body absorbs the glucose is not as good, cooking oatmeal from scratch is better. However, if you add flax seed and fruit to the instant, it can still be good choice.

Portion Distortion: Things have changed, we don't know what a portion size looks like. For instance, a bagel used to be 140 calories, now it's four times that. Coffee: a serving used to be 8 oz, 45 calories with cream and sugar, now they are serving 12 oz, 16 oz or more. These days, in a mocha coffee, for instance, it can be 305 calories in one beverage. Be careful, some of those drinks can go up to 600 calories. Coffee is fine, there's no link with cancer. Two to three cups a day, 8 oz servings, is O.K. Coffee used to be considered a diuretic, however, if you don't exceed 2 to 3 cups a day, that can be counted as fluid. It's when you're overdrinking the coffees, that's when it starts causing you to loose water. If you have established heart disease, that's when you have to be careful because it can cause your heart rate to be elevated. Coke has no nutrient, no value to it. You're better off drinking water. French Fries: twenty years ago 210 calories was a serving for an adult. Now, that's what we're serving our children in kid's meals at Wendy's & McDonald's. The regular adult serving is now 610 calories. 20 years ago, a meal of spaghetti and meatballs was a cup of spaghetti and sauce with three small meatballs (500 calories). Today, we eat 2 cups of pasta with sauce and 3 large meatballs (1,025 calories) and we don't leave anything behind when we eat it. Choose a smaller size or ask them to take half of it off and put it in a doggie bag. If it's on your plate, you're going to eat it. Let's look at Tim Horton's. A plain bagel with cream cheese is 437 calories, not including your coffee with its cream and sugar or your double, double. Think about the calories we consume here very quickly. Tim Horton's banana muffin. We think banana=fruit, walnuts, very healthy. However, the way they make it is not healthy because there's a lot of fat and a lot of sugar. It's 430 calories and 19 grams of fat.

Physical Activity: This is really important. There are two types, structured and unstructured. Structured means something that we actually plan to do. We're going to go out and take a walk for 30 minutes at 9 am with so and so. Unstructured are things like parking our car away from the store and taking a longer walk to get to the store. We need a combination of both. It's important because it does show a decreased risk of cancer returning. It decreases the risk of getting cancer, as well. What's happened in our work force, un-

fortunately, is that computers have taken over. We used to be very active 25 years ago because we'd have to get up and move around. What's happening now is people are sitting for long periods of time and they're not moving. We need to be active at least 30 minutes every day. Not every day for three months and then three months off. Every day of the year. It doesn't mean you have to go to the gym and work out. It means that going for a walk is great. You can break it down in 10 minute intervals. Get an exercise video. Indoor shopping malls are great for walking around. Endurance, four to seven times, seven days a week. That's when you get your heart rate up when you're doing a walk. Flexibility helps prevent injury. Just by making beds in the morning you're helping your flexibility, because you're bending over and stretching. We need more muscle mass. More muscle mass means less fat, less areas for hormones and toxins to be stored so you really want to build up your muscle mass. When you build up muscle mass you are also allowed to eat a little bit more. Summarizing, swimming, walking, dancing, cycling, going up the stairs, housework are all good exercise. Again, when I'm talking about exercise your heart rate needs to be elevated. If you're just dusting, That's not going to work. Gardening, raking leaves, washing the car, things like that, are counted towards your thirty minutes. Vigorous activity means that, say you've hit your thirty minutes of moderate, you should increase it to fifty. Do what you're comfortable with, where you're not going to hurt yourself either. If you're not exercising now, you should always talk and get the O.K. from your physician. Don't make excuses. You need to take the time to exercise. Habit, routine. You don't realize you're in the habit or routine. You think you don't have the time to do it but if you really look at what you're doing, you do. The time that you're sitting watching T.V. because you're too tired, could be the time that you get up and do some movement. It's a good idea to keep an activity record, the same way as a food record.

Alcohol: If you do choose to have alcohol, you have to stick within your serving sizes. 5 oz of wine, not the big goblets; 12 oz of beer; liquor like Scotch, 1 1/2 oz. For men, you're allowed two drinks per day, women, only one. If you don't drink Monday to Friday and Saturday comes along, does that mean you can have them all on Saturday. No! You don't use it, you lose it.

Salt increases your risk of stomach cancer and that's on the rise because we rely on a lot of processed foods. We're allowed only one teaspoon of salt a day.

Dietary Supplements: in terms of preventing cancer, supplements do not do it. However, there are cases when we do need supplements, like osteoporosis. Relying on supplements to prevent cancer, the research says that nothing has shown that it prevents the disease. In terms of calcium and vitamin D they are really important for bone health. They're finding that vitamin D, in terms of prostate cancer, does protect us from cancer risk but, because we live in North America, we have low levels of it. We should take supplementation. If you're on calcium, you're already getting vitamin D. The safe tolerable upper limit of vitamin D is 2000 IU.