

# THE

## CANCER CAUSING CULPRITS

### TIMELINE

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1. I will remove 80% of these from my life by:

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2. I will remove the remaining 20% of these toxins from my life by:

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### CANCER CAUSING CULPRITS TO REMOVE

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- **Plastics.** All plastic cups, bowls, and water bottles - anything plastic that you put liquid into.
- **Bedding.** All non-natural, non-organic, polyester or other processed material bedding including pillows sheets and blankets, must go.
- **Body care products** that have chemicals, preservatives and dyes.
- **Animal products.** Remove all meat and dairy from your diet.
- **Stop buying processed food.** All dried and packaged foods like cookies, crackers, chips, pasta, ice cream and pizzas, with preservatives or chemicals.
- **Reduce sugar exponentially.** Only eat whole plant foods that have their natural healthy sugars intact.
- **Stop drinking processed drinks and alcohol.**
- **Reduce EMF exposure.** Turn off phone and Wifi router at night.
- **Reduce pollution exposure.** Add 1 plant per 100sqft to your home.

- **Remove pollutants from your water. Use oxygenated and filtered water.**
- **All chemical-based, fire-retardant, carpets and rugs should eventually be replaced with natural woods, not chemical woods, or organic non-chemical carpets.**

**Disclaimer:**

**This may contain general information relating to various medical conditions and their treatment. Such information is provided for informational purposes only and is not meant to be a substitute for medical advice. You should not use the information contained herein for diagnosing a health or fitness problem or disease. You should always consult with your physician or other qualified health care professional for medical advice or information about diagnosis and treatment.**