


Anticancer
LIFESTYLE PROGRAM®



**Take Charge of
Your Health**



Up to 75% of cancers are linked to lifestyle behaviors. If you are living with cancer, or seek to prevent chronic illness, the **Anticancer Lifestyle Program** will help you reduce your risk by lowering inflammation and boosting your immune system.

Our FREE offerings include:

- An online course
- eBooks
- Webinars
- Blogs
- Recipes
- ...and much more!

You will learn how to:

- Make healthier food choices
- Work more activity into your daily life
- Lower your daily exposure to harmful toxins
- Reduce stress using simple techniques



CHANGE



MINDSET



DIET



FITNESS



ENVIRONMENT

FREE • BACKED BY EXPERTS • POWERED BY EVIDENCE
DOCTOR RECOMMENDED

READY TO GET STARTED?

Visit us at anticancerlifestyle.org



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