



8 Steps to Reduce Your Risk of Cancer

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Approximately 42% of newly diagnosed cancers in the US are potentially avoidable.

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These simple lifestyle changes can reduce your risk of getting cancer:



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Stop smoking.

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**Limit (or stop) consuming alcohol
and improve your nutrition.**

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**Utilize time-restricted eating
and lose weight if overweight.**



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For tips on how to regulate blood sugar, see the FLCCC protocol I-CARE: Insulin Resistance.



<https://geni.us/insulin-resistance>

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**See the FLCCC
EAT WELL Guide for help
with intermittent fasting.**



<https://geni.us/eat-well>

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4

**Maintain a regular, moderate
physical exercise routine.**

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**The following nutraceuticals have
been shown to be highly effective
in preventing cancer:**

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5

**Green Tea catechin,
epigallocatechin-3-gallate (EGCG)
500-1000 mg/day.**

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A close-up photograph of a clear glass cup filled with green tea. A stream of water is being poured into the cup from above, creating a splash. The background is a soft, out-of-focus green. A semi-transparent teal banner is overlaid across the middle of the image, containing white text.

Green tea extract should be taken during or after a meal rather than on an empty stomach.

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**High quality green tea or matcha tea
can also be taken instead of
supplements, but must be
consumed daily.**

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A glass teapot filled with green tea leaves and a glass of green tea. The teapot is in the foreground, and the glass is in the background. The background is a blurred green plant.

Green tea extract should be avoided for those with liver disease.

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**See the
'From A to Zinc Nutrient Guide'
for more information.**




<https://geni.us/flccc-nutrient-guide>

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**Melatonin (extended release)
0.75 – 5 mg at night.**



Melatonin is a potent anti-inflammatory and anti-oxidant and supports the mitochondria in the cells.


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to be best in
point of view

**Its strongest anti-cancer effect is by
reducing support to or interfering
with cancer cell growth.**

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Melatonin should be avoided in pregnancy and breastfeeding.


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7

**Omega-3 fatty acids - 2-4 g/day.
We suggest a combination of
EPA/DHA.**

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Omega-3s help reduce inflammation, reduce glucose, and disrupt nutrition to cancer cells.

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**Vitamin D3, 5000u/day and
adjusted according to
vitamin D3 level.**

VitaminD3

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It is best to take vitamin D3 with K2 to help with the absorption of vitamin D.



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It may take months to increase vitamin D levels so measure your level first and then adjust your intake.



25-OH Vitamin D Test

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**See the FLCCC I-PREVENT
Protocol for an explanation
about vitamin D3.**



<https://geni.us/i-prevent-vitamin-d>

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A person wearing a teal shirt is seen from the side, looking at a computer monitor. The monitor displays a video call with a woman. The background shows a window with a view of greenery. A teal semi-transparent banner is overlaid on the image, containing white text.

Always check with a healthcare provider or dietician first before starting new treatments or supplements.

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**For more information see our
FLCCC Cancer Care.**



<https://geni.us/FLCCC-cancer-care>

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Take control of your health!

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