

Lower Your Cancer Risk

A calm, step-by-step plan to build a healthier terrain: the daily habits, home swaps, and screenings research links to lower cancer risk, plus honest labels on the popular tips you see online.

Prepared by MK Wellness · Cypress, TX · mkwellness.care · Updated October 2026



Take a breath. You don't have to do this all at once. Pick where you are below, and start with one step today.

A NOTE FROM DANI

Nobody can promise you'll never get cancer, but you have more say than you think.

About 4 in 10 cancers in U.S. adults are linked to things we can change. Genes, age, and plain chance matter too, and no one who gets cancer caused it. What you can do is tilt the odds by building a healthier terrain, one habit at a time.

This toolkit puts the habits with the strongest research first. Then it takes the popular tips you see online, from vitamin D to fasting to medicinal mushrooms, and gives each one an honest label. Pick one step this week. Small, steady changes add up.

How to use this toolkit

1. **Tell us where you are** (just below) to see your first six steps.
2. **Tick each box as you go.** Your checkmarks save on this phone or computer, so you can come back anytime.
3. **Bring your questions** to appointments: print them, or email them to yourself. Talk through anything new with your doctor before you start it.

Where to start

Just getting started

1. Don't smoke or vape, and keep your home and car smoke-free (step 2)
2. Drink less alcohol, or none (step 2)
3. Move every day (step 2)
4. Cut back on ultra-processed foods (step 3)
5. Test your home for radon (step 4)
6. Write down when each screening is due (step 5)

Cancer runs in my family

1. Write down your family's cancer history (step 6)
2. Ask about genetic counseling if close relatives had cancer before age 50, several relatives had the same type, or anyone had ovarian, pancreatic, or male breast cancer (step 6)
3. "With my family history, should I start screening earlier or more often?" (step 5)
4. If you carry a gene change (step 6)
5. Protect your metabolic health (step 2)
6. Move every day (step 2)

Someone I love has cancer

1. Share our Cancer Support Toolkit (step 10)
2. Take care of yourself too (step 10)
3. Add their diagnosis to your family history (step 10)
4. Ask about genetic counseling if close relatives had cancer before age 50, several relatives had the same type, or anyone had ovarian, pancreatic, or male breast cancer (step 6)
5. Build healthy habits together (step 10)
6. Protect your sleep and your body clock (step 8)

What the research labels mean

STRONG National guidelines recommend it, based on many trials.

PROMISING Positive randomized or controlled human trials; still being confirmed.

EMERGING Early human data: small studies, case series, clinic data.

EXPERIMENTAL Lab and animal studies plus personal stories; human trials still needed.

The 12 steps

1

Start here

What you can change, and how to use this toolkit.

4 in 10

cancers in U.S. adults are linked to risks we can change

#2

cause of lung cancer is radon, a gas you can test for at home

7+

cancers are linked to alcohol, including breast cancer

Sources: American Cancer Society researchers (2024), EPA, and the U.S. Surgeon General (2025).

In 2019, about 40% of cancers in U.S. adults were linked to risks we can change, led by smoking, extra body weight, and alcohol (CA: A Cancer Journal for Clinicians, 2024). The terrain is everything: the body you build every day is the soil any cell has to grow in.

How to use this toolkit

Pick one step this week, and check it off once it's part of your life. The strongest research comes first. The popular tips you see online come later, with honest labels, so you can put your energy where it counts.

2

The big five

The habits with the strongest research. If you only do a few things, do these.

- ☐ **Don't smoke or vape, and keep your home and car smoke-free.** Smoking is still the leading cause of cancer in the U.S. For free help to quit, call 1-800-QUIT-NOW. **STRONG**
- ☐ **Drink less alcohol, or none.** The U.S. Surgeon General's 2025 advisory named alcohol the third leading preventable cause of cancer, after tobacco and obesity, and linked it to at least seven cancers, including breast and colorectal cancer. The less you drink, the lower your risk. **STRONG**
- ☐ **Protect your metabolic health.** Extra body fat is linked to 13 cancers (New England Journal of Medicine, 2016). Focus on steady blood sugar, muscle, and waist size more than the number on the scale. See Dr. Benjamin Bikman on insulin resistance. **STRONG**
- ☐ **Move every day.** In a study of 1.44 million adults, the most active people had a lower risk of 13 types of cancer (JAMA Internal Medicine, 2016). Walking counts. Add strength training twice a week. **STRONG**

- ☐ **Get morning sun, but never burn.** Build up your time gradually, and use shade and mineral sunscreen for long days outside. Women who had five or more blistering sunburns between ages 15 and 20 had an 80% higher risk of melanoma (Cancer Epidemiology, Biomarkers & Prevention, 2014). See our sunlight guide.

STRONG

3

Food that builds the terrain

Real food first. The American Cancer Society's prevention guideline agrees on the big moves.

Our everyday approach: protein, vegetables, and fruit at every meal; sweet potatoes, rice, and potatoes for energy; organic and pasture-raised when you can; and produce washed well. The American Cancer Society's prevention guideline also recommends limiting processed meat, sugary drinks, highly processed foods, and refined grains.

- ☐ **Cut back on ultra-processed foods.** In a French study of nearly 105,000 adults, every 10% more ultra-processed food in the diet was linked to a 12% higher risk of cancer (BMJ, 2018). **STRONG**
- ☐ **Swap processed meats** like bacon, hot dogs, and deli meat **for fresh, pasture-raised meat.** The World Health Organization's cancer agency classifies processed meat as a cause of colorectal cancer (Lancet Oncology, 2015). **STRONG**
- ☐ **Marinate meat before you grill it, and skip the charred bits.** Herb and spice marinades rich in rosemary compounds cut the cancer-linked compounds that form on grilled steak (HCAs) by 57% to 88% (Journal of Food Science, 2008).
- ☐ **Eat cruciferous vegetables often,** like broccoli, cabbage, cauliflower, and kale, and try broccoli sprouts. In a randomized trial in China, a broccoli sprout drink helped people's bodies clear 61% more benzene, a cancer-causing air pollutant (Cancer Prevention Research, 2014). **PROMISING**
- ☐ **Add color and flavor every day:** berries, garlic, onions, mushrooms, herbs and spices like turmeric and rosemary, and green tea.
- ☐ **Limit sugar, refined flour, and sugary drinks.** Reach for fruit, sweet potatoes, rice, and potatoes for energy instead.
- ☐ **Cook with olive oil, avocado oil, butter, or ghee,** skip seed oils, and eat omega-3-rich fish like wild salmon and sardines.
- ☐ **Give your body a long overnight break from food.** In women who'd had early-stage breast cancer, fasting less than 13 hours overnight was linked to a 36% higher risk of the cancer coming back (JAMA Oncology, 2016). An early dinner and no late-night snacks is an easy start. **EMERGING**

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Your home

Simple swaps that lower the exposures you live with every day.

- ☐ **Test your home for radon.** This invisible gas is the leading cause of lung cancer in people who have never smoked, and the second leading cause overall, linked to about 21,000 deaths a year (EPA). Test kits are inexpensive, and high levels can be fixed. **STRONG**
- ☐ **Filter your drinking water,** and store food in glass. Never heat food in plastic.
- ☐ **Choose fragrance-free products** for your body and your home. Check them in the free EWG Skin Deep database, and see our non-toxic home guide.
- ☐ **Swap nonstick pans** for stainless steel, cast iron, or ceramic.
- ☐ **Buy organic for the most-sprayed produce,** using EWG's Dirty Dozen list, and wash all produce well.
- ☐ **Freshen your indoor air** with a HEPA air purifier, and open the windows regularly.
- ☐ **Keep your phone off the bed at night,** on airplane mode or charging in another room. The World Health Organization's cancer agency lists radiofrequency fields as possibly cancer-causing (2011).

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Screenings and scans

Screening finds cancer early, and some screenings find problems before they ever become cancer.

A colonoscopy can remove polyps before they turn into cancer, and cervical screening finds early changes when they're simplest to treat. These are the U.S. Preventive Services Task Force recommendations for people at average risk:

Screening	Who	How often
Colorectal	Ages 45 to 75	A colonoscopy every 10 years, or a stool test every 1 to 3 years, depending on the type
Breast (mammogram)	Women 40 to 74	Every 2 years
Cervical	Ages 21 to 65	A Pap test every 3 years from 21 to 29; an HPV test every 5 years from 30 to 65, which you may be able to collect yourself
Lung (low-dose CT)	Ages 50 to 80 who smoked a pack a day for 20 years (or the equal), and still smoke or quit within 15 years	Every year
Prostate (PSA)	Men 55 to 69	A personal decision: talk it through with your doctor

Cancer in your family can mean starting earlier or screening more often. Ask your doctor what fits you.

- ☐ **Write down when each screening is due**, and put the next one on your calendar.
- ☐ **Ask:** "Which screenings am I due for, and when?" [QUESTION TO ASK](#)
- ☐ **Ask:** "With my family history, should I start screening earlier or more often?" [QUESTION TO ASK](#)
- ☐ **Ask whether each CT scan is needed.** CT scans use far more radiation than a regular X-ray, and researchers estimate the 93 million CT scans done in the U.S. in 2023 could lead to about 103,000 future cancers (JAMA Internal Medicine, 2025). Ask: "Is this scan necessary? Is there an option without radiation, like ultrasound or MRI?" Never skip a scan your doctor says you need. [QUESTION TO ASK](#)
- ☐ **Like thermography? Use it alongside a mammogram, not instead of one.** The FDA cleared thermography only as an add-on to other tests and warns against using it alone (FDA).
- ☐ **Curious about a multi-cancer blood test** like Galleri? It looks for signals of many cancers in one blood draw. It isn't FDA-approved yet, though an FDA advisory panel backed it in 2026, and it doesn't replace standard screening. Ask: "Would a multi-cancer blood test make sense for me?"
[QUESTION TO ASK](#) [EMERGING](#)
- ☐ **Check your skin once a month**, and see a dermatologist for any spot that's new, changing, bleeding, or not healing.
- ☐ **Keep up regular dental visits**, which include a quick oral cancer check, and consider a comprehensive biological dentist exam with a 3D cone beam (CBCT) scan.

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Know your family history

About 5 to 10% of cancers are strongly tied to inherited gene changes, according to the National Cancer Institute.

- ☐ **Write down your family's cancer history:** who had cancer, what type, and how old they were when diagnosed. Include both sides of your family.
- ☐ **Ask about genetic counseling** if close relatives had cancer before age 50, several relatives had the same type, or anyone had ovarian, pancreatic, or male breast cancer. Ask: "Should I see a genetic counselor?"
[QUESTION TO ASK](#)
- ☐ **If you carry a gene change** like BRCA or Lynch syndrome, share it with your relatives. They may carry it too, and it can change when they start screening.

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Know your infections

A few common infections can lead to cancer years later, and each one can be found.

- ☐ **Get tested for hepatitis B and C at least once.** Both can quietly harm the liver for years and raise liver cancer risk. Testing is recommended for all adults, and hepatitis C can be cured. Ask: "Have I been tested for hepatitis B and C?" [QUESTION TO ASK](#)
- ☐ **Know about HPV.** It causes nearly all cervical cancers and many throat cancers, and screening finds changes early. A vaccine is available: ask your provider about the current recommendation, and make an informed choice.
- ☐ **Ask about H. pylori** if you have ongoing stomach trouble or a family history of stomach cancer. This common stomach bacteria raises stomach cancer risk, and it can be treated. Ask: "Should I be tested for H. pylori?" [QUESTION TO ASK](#)

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Sleep, nature, and calm

Your nervous system and your immune system share the same terrain.

- ☐ **Protect your sleep and your body clock:** a dark, cool room, morning light, and a steady schedule. The World Health Organization's cancer agency lists night-shift work as a probable cause of cancer (2019), so if you work nights, guard your daytime sleep.
- ☐ **Spend time among trees.** In Japanese studies, a forest trip raised the activity of natural killer cells, immune cells that help clear abnormal cells, for more than a week, and a city trip didn't (International Journal of Immunopathology and Pharmacology, 2008). [EMERGING](#)
- ☐ **Pick one calming practice a day:** prayer, slow breathing, a walk, or quiet time.
- ☐ **Stay close to people who lift you up.**

9

Popular tips you'll see online

Viral lists mix strong ideas with experimental ones. Here's where each one stands.

Many of the ideas in viral cancer-prevention lists are good ones, and some are still mostly lab science. Here's an honest label for each. Talk with your practitioner before adding any supplement, especially if you take medicine. We never share doses.

Tip	Where it stands	Evidence
Vitamin D	Know your level and keep it healthy with your practitioner. In the large VITAL trial, vitamin D didn't lower the number of cancers, but people taking it had 17% fewer advanced (spreading or fatal) cancers, and 38% fewer at a normal weight (2020).	Promising

Tip	Where it stands	Evidence
Broccoli sprouts (sulforaphane)	A randomized trial showed real detox effects in people (see Food above).	Promising
Fasting and fewer snacks	A long overnight break is an easy, low-risk habit (see Food above). Do longer fasts with a practitioner.	Emerging
Keto and a low-sugar diet	Central to the metabolic approach to cancer. Cutting sugar is wise for everyone; research on keto for prevention in people is early.	Experimental
Omega-3s	Eat fatty fish often. In the VITAL trial, omega-3 supplements didn't change cancer rates.	Emerging
Green tea	Large studies in Asia link it with lower risk of some cancers, though results are mixed.	Emerging
Mushrooms: AHCC, beta-glucans, turkey tail	Support immune activity. Most human research is in people who already have cancer, especially in Japan.	Emerging
Pomegranate	In a small trial of men with rising PSA after prostate cancer treatment, pomegranate juice slowed PSA doubling time from 15 to 54 months (2006).	Emerging
Colostrum, black seed oil, chamomile tea	Interesting lab research; studies of cancer prevention in people are still needed.	Experimental
NAD+ and methylene blue	Popular for energy; no human cancer-prevention research yet. Never combine methylene blue with antidepressants like SSRIs: the FDA warns of a dangerous interaction.	Experimental
Cold exposure	In mice, cold switched on brown fat, which competed with tumors for sugar and slowed their growth (Nature, 2022).	Experimental
Oxygen therapies	Mild hyperbaric oxygen and exercise with oxygen are great for circulation and recovery; research on cancer prevention is still in the lab.	Experimental
Selenium and magnesium	Food first: seafood, eggs, nuts, seeds, and greens. In the large SELECT trial, selenium supplements didn't prevent prostate cancer and raised the risk of aggressive prostate cancer in men who already had plenty (2014).	Food first
Iron and folate	Get them from food. Only take iron if a blood test shows you need it: too much iron, as in hemochromatosis, raises liver cancer risk.	Food first

Evidence labels: Strong = national guidelines recommend it. Promising = positive human trials. Emerging = early human data. Experimental = mostly lab and animal research. Food first = get it from food unless a test shows you need more.

☐ **Ask:** "Can we check my vitamin D level?" [QUESTION TO ASK](#)

☐ **Ask:** "Can we check my ferritin (iron stores) before I take any iron?" [QUESTION TO ASK](#)

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When someone you love has cancer

Support them, care for yourself, and know your own risk.

- ☐ **Share our Cancer Support Toolkit** with them: a calm, step-by-step guide for the weeks after a diagnosis.
- ☐ **Add their diagnosis to your family history:** the type of cancer and their age when diagnosed.
- ☐ **Take care of yourself too.** Caregivers need sleep, food, movement, and support. CancerCare offers free help for caregivers: 800-813-HOPE (4673).
- ☐ **Build healthy habits together.** Walks, real food, and early nights help you both.

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Your MK protocol

Support for the daily foundations: movement, sweat, sleep, and calm.

MK Wellness is a non-medical wellness spa. We help you keep up the daily foundations in this toolkit, and we build protocols around your goals.

Foundation	At MK
Movement and oxygen	EWOT, the vibration plate, and compression boots for circulation
Sweat	The infrared sauna and the HOCATT
Sleep and calm	PEMF, the Sound Lounge, and spinal thermal massage
Light and energy	Red light, the BioCharger, and mild hyperbaric oxygen
Progress you can see	A 3D body scan to track muscle and waist size

- ☐ **Book a free tour or a first visit,** and we'll build a protocol around your goals. Call or text (346) 805-8928.

When you need something we don't offer, we connect you with people we trust, including holistic and functional medicine practitioners through the Natural Health Network.

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Free help and trusted resources

Save these. You don't have to figure this out alone.

Who	Helps with	Contact
NCI Cancer Information Service	Answers about cancer risk, screening, and prevention	1-800-4-CANCER
American Cancer Society	24/7 helpline and prevention guides	1-800-227-2345
Quitline	Free coaching to quit smoking or vaping	1-800-QUIT-NOW

Who	Helps with	Contact
EPA	How to test your home for radon and fix high levels	epa.gov/radon
EWG	Skin Deep product ratings and the Dirty Dozen list	ewg.org
CancerCare	Free support for caregivers and families	800-813-HOPE (4673)
Natural Health Network	Holistic practitioners near you	naturalhealthnetwork.org

We're in your corner.

Questions about this toolkit, or want help building your MK protocol? Call or text us. We're happy to talk it through.

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Important. MK Wellness provides wellness services for comfort and quality of life. We do not diagnose, treat, cure, or prevent cancer or any other condition. This toolkit is educational, shares information about ideas at different stages of research, and does not replace advice from your doctors. It deliberately includes no doses. Screening recommendations are summarized from the U.S. Preventive Services Task Force for people at average risk; your doctor may recommend a different plan for you.