

17 CANCER CAUSING TOXINS

IN YOUR DAILY ROUTINE

INTRODUCTION

The cancer epidemic is raging out of control today, needlessly taking the lives of millions of people.

Meanwhile the costs of healthcare continue skyrocketing even higher – pushing more and more individuals and entire families into crippling debt and poverty. But it doesn't have to continue.

And you don't have to be one of them.

For signing up today for our comprehensive guide, you have secured an exclusive seat to the world premier showing of *The Answer To Cancer* airing on Tuesday, August 4th at 9 pm ET.

The Answer to Cancer is the **FIRST** and **ONLY** documentary series to reveal the latest scientifically-proven cancer prevention methods and treatments. Even better, this unprecedented series can help you put together your own treatment team of experts. Helping you weed out “Dr. Wrong”... and bring in “Dr. Right”.

For a sneak peek into this incredible series, [click here](#) or press play video image below to hear from our producer on how monumental of a series this will be.



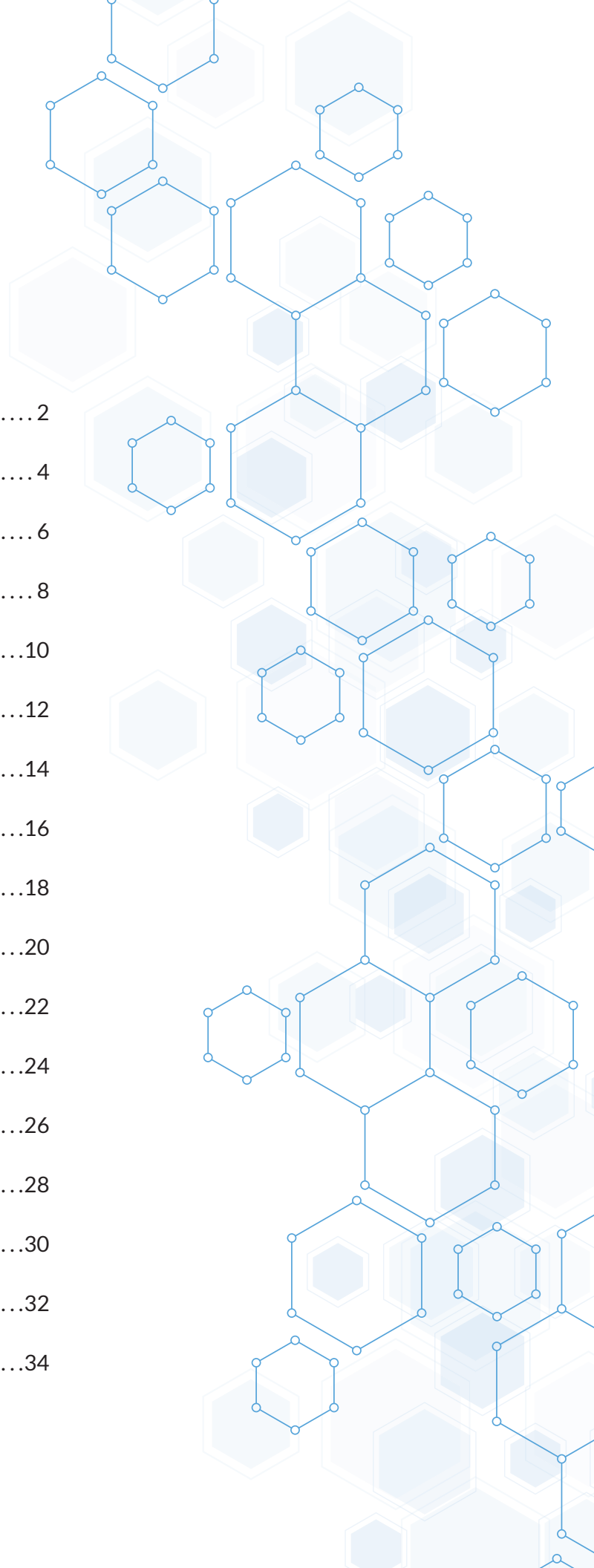
Armed with this important information about how to protect yourself against these 17 cancer-causing toxins in this comprehensive guide as well as the breakthrough cancer-fighters revealed in [The Answer to Cancer](#), you have the most powerful weapons available today to help you prevent, treat, and conquer cancer. So you never have to live in fear of cancer again. Because you have real answers.

To your long, healthy life,
Dr. Patrick Gentempo

17 CANCER CAUSING TOXINS IN YOUR DAILY ROUTINE

The Answer To Cancer

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1) GRILLED MEAT

Barbecues are a national pastime. You know summer is here when you can smell the sweet scent of charcoal in the air. And while a cookout with family and friends can be fun, it may also bring along some hidden dangers. You know that the food you choose to eat is important, but the way you prepare it can be just as crucial to keeping cancer at bay.

In 2019, the American Institute for Cancer Research (AICR) released a warning that grilled foods can increase the production of cancerous chemicals. According to the report, grilling meat of any kind at high temperatures can create potent cancer-causing substances. That's primarily due to chemicals called heterocyclic amines, or HCAs.

HCAs are created when you grill meat, poultry, or even fish. Another nasty chemical associated with grilled food is polycyclic aromatic hydrocarbon (PAHs). According to the National Cancer Institute:

“PAHs are formed when fat and juices from meat grilled directly over a heated surface or open fire drip onto the surface or fire, causing flames and smoke. The smoke contains PAHs that then adhere to the surface of the meat.”

And while this sounds like bad news for your next backyard barbecue, there are several ways to reduce your risk.

#1: Avoid processed meats.

Studies have shown that processed meats like hot dogs and sausages can increase your cancer risk by up to 9%. Consider replacing these cancer-causing foods with poultry, fish, or organic red meat.

#2: Bring out the veggies.

Vegetables don't create HCAs when grilled, so you can rest assured that adding some color to your cookout is a great way to combat cancer. Plus, there are lots of veggies that can help prevent cancer all on their own!

#3: Turn down the heat.

HCAs and PAHs are both created at high temperatures. You can reduce their production by keeping the heat low. You can also pre-cook your food to minimize the exposure to PAH-causing smoke.

#4: Marinate before you grill.

Studies have shown that marinating your meats before you grill reduces the production of HCAs. You can use vinegar, lemon juice, or healthy oils to create delicious flavors and prevent carcinogens all at the same time.

<https://www.aicr.org/news/cancer-experts-issue-warning-on-grilling-safety/>

<https://www.cancer.gov/about-cancer/causes-prevention/risk/diet/cooked-meats-fact-sheet>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2769029/>



2) SUNSCREEN

We all know that it's important to lather on some sunscreen before spending time at the pool, beach, or park. But did you know that there are toxic chemicals in most major sunscreen brands that can be absorbed into your bloodstream?

A study published in May 2019 found that these chemicals enter the bloodstream in massive amounts after just one day. Four common chemicals (avobenzone, oxybenzone, ecamsule, and octocrylene) were found to exceed FDA safety limits in subjects' blood after just one day of use.

Your skin is the largest organ on your body, and these chemicals can get into your bloodstream and lead to skin cancer – the most common type of cancer in the United States. Fortunately, there are some things you can do to protect yourself and your family.

#1: Skip the sunscreen.

If you want to avoid the cancer-causing chemicals found in that bottle of manufactured sunscreen, consider using clothing to protect yourself. A wide-brimmed hat, long sleeves, and pants can keep the sun off your back without the toxins.

#2: Limit time in the sun.

Sunlight is a great source of vitamin D, and most people should be getting between 10,000 and 20,000 IU every day. This means that about 20 minutes in direct sunlight 3 times a week will be plenty. Those with darker skin can increase that time to 30-40 minutes.

#3: Use supplements that combat skin cancer.

There are plenty of compounds found in nature that are proven to help fight skin cancer. Phenolic compounds (like flavonols, lignins, and stilbenes), green tea, and cruciferous vegetables are all powerful agents that protect against melanoma and other skin cancers.

<https://jamanetwork.com/journals/jama/fullarticle/2733085>

<https://academic.oup.com/jnci/article/97/3/161/2544132>



3) AREA RUGS & CARPETS

Almost every single home features some kind of carpet or area rug. But did you know that most carpets contain toxic chemicals that thrash our immune systems and lead to cancer?

In order to strengthen the fibers, prevent staining, and extend the life of the product, most rugs are treated with these cancer-causing chemicals:

Triclosan - An antibacterial that can disrupt thyroid function and has been linked to developmental problems in fetuses and children.

Formaldehyde - A chemical that helps reduce stains but is recognized as a carcinogen by the CDC and WHO.

Permethrin - A pesticide and known neurotoxin designed to attack the central nervous system.

Polybrominated Diphenyl Ethers (PBDEs) - Extremely common flame retardants that have been associated with thyroid disruption, infertility, and developmental damage in children.

These chemicals are especially dangerous for children and pets, who spend nearly all of their time down on the floor. But you DO have options.

#1: Lay down an organic play mat for your children to crawl on.

#2: Consider replacing your current carpet with untreated, organic carpeting.

<https://www.ceh.org/latest/press-releases/new-report-finds-toxic-substances-in-every-major-us-carpet-tested/>



4) LEATHER FURNITURE

When it comes to leather furniture, there are two separate issues. The first is that much of the leather used in furniture production is made using a process called chrome tanning. This process can result in something called leather dust.

Researchers have determined that there is sufficient evidence that this dust increases the risk of several types of cancer.

Like carpets, furniture is often treated with cancer-causing chemicals as fire-retardants and stain-repellents. This can be especially dangerous because the chemicals get into the air and settle as dust all around your home.

There are ways to protect your family from these chemicals, but remember that older furniture is significantly more likely to contain these harsh chemicals.

#1: Ask about the production methods.

Vegetable tannins are another common tanning method that eliminates the risk of chromium toxicity. You can also ask if there are any added dyes, which can also contain carcinogenic chemicals.

#2: Replace older furniture.

Due to laws from the 1970s, almost all older furniture is loaded with flame-retardant chemicals that we now know to be dangerous. If at all possible, try to replace furniture more than 20 years old.

#3: Clean often.

Whatever chemicals you do have in your furniture will inevitably end up mixing with dust and settling around your home – especially the floors. Vacuuming regularly, wiping down surfaces, and airing out your cushions can go a long way in reducing the risk of toxicity.

<https://www.ncbi.nlm.nih.gov/books/NBK304381/>

<https://time.com/4462892/couch-cancer-flame-retardants/>

<https://www.medicalnewstoday.com/articles/324511>



5) CLEANING PRODUCTS WITH BLEACH OR AMMONIA

Although it's important to keep your home clean and free of bacteria, many of the household cleaning products with which you've become familiar may actually be doing more harm than good. Fragranced consumer products in the form of soaps, cleaners, air fresheners, hand sanitizers, laundry detergents, and personal care products are widespread in society.

Studies have repeatedly shown that the synthetic fragrances and other toxic chemicals included in these products are causing a range of health problems for humans. They're also harming wildlife and contributing to environmental pollution.

Concerned advocates have tested 2,500 cleaning products and found that nearly 75% of them contain ingredients that can cause respiratory problems while 25% contain carcinogens.

There are plenty of natural, organic, and DIY cleaning products that are tough on dirt but safe for your family. Baking soda and vinegar are great examples of safe, powerful cleaning agents.

The next time you're at the store, check the ingredients list so you don't unintentionally spray your home with toxic agents. Here are some of the chemicals that you'll want to avoid at all costs:

#1: Stabilizers

These are intended to help stabilize the formula for longer shelf life. Chemicals like ethylene oxide and polyalkylene oxide have been linked to eye, skin, and lung irritation, as well as rashes and dermatitis.

#2: Bleach

Either separately or included in a detergent formula, bleach is a known skin, eye, and lung irritant. Worse, when it combines with waste water, toxic organic compounds are formed that are known to cause respiratory problems and damage to the kidneys and liver.

#3: 1,4-Dioxane

This chemical is the by-product of sodium lauryl sulfate. It has been linked to respiratory problems, allergies, hormone disruption, kidney disease, nervous system disorders, brain toxicity, liver disease, and immune system impairment.

#4: Synthetic Fragrances

Most fragrances contain a mixture of several dozen to several hundred chemicals, most of which have not been evaluated for their safety. The combination of the chemicals used can be carcinogenic if inhaled or worn close to the skin.

#5: Sodium Lauryl Sulfate

SLS comes with a long list of health concerns including organ toxicity, developmental and reproductive problems, neurotoxicity, and cancer.

#6: Benzene

Benzene is known to cause cancer, based on evidence from studies in both people and lab animals. The link between benzene and cancer has largely focused on leukemia and other cancers of blood cells.

#7: Petroleum Distillates

These are known to cause cancer, lung damage, asthma and respiratory issues, skin irritation, and reproductive damage.

<https://www.ewg.org/guides/substances/4384-PETROLEUMDISTILLATES>

<https://www.cancer.org/cancer/cancer-causes/benzene.html>



6) GRANITE COUNTERTOPS

Did you know that your granite countertops may be introducing toxic radioactive gas into your home? Natural stone can contain trace amounts of radioactive elements like uranium and radium. As these elements decay, they produce radon gas.

Radon is a colorless, odorless, radioactive gas that has been linked to lung cancer and other respiratory issues. There are many other potential sources of radon, including the soil beneath your home.

Radon gas generally tends to dissipate when there is proper ventilation, but can be toxic in even small amounts in an unventilated area. It tends to accumulate most rapidly in basements and crawl spaces.

This can be especially dangerous in the winter, when doors and windows can remain closed for months at a time. But there are ways to identify and mitigate these risks.

#1: Schedule a radon test.

There are several tests that can be performed to determine the source of radon in your home, but these require specialized equipment and can be expensive. An alternative method is to simply test the entire home for radon.

#2: Install a mitigation system.

If your home does have high radon levels, there may be very little you can do to eliminate it. What you can do is install a mitigation system that provides constant ventilation and drastically reduces the buildup of radon in your home.

New York State Health Department research scientist Michael Kitto, PhD, says only a small fraction of the granite samples he has tested have emitted radon at levels that were over those considered safe. But he added that a few of his samples showed levels that were high enough to alarm him. Best to test your own home to measure the radon that may be present.

<https://www.cancer.org/cancer/cancer-causes/radiation-exposure/radon.html>

<https://www.radon.com/granite/>

<https://www.epa.gov/radiation/granite-countertops-and-radiation>

<https://www.advantaclean.com/blog/2018/march/5-causes-of-radon-in-your-home/>



7) PESTICIDES

Pesticides are a broad class of substances used to control, kill, or repel certain plants and animals categorized as pests. Unfortunately they also contain carcinogenic compounds that increase the risk of getting cancer.

The residues left over from these compounds are everywhere. There are at least 70 widely used pesticides in use that are classified as probable or possible human carcinogens.

Pesticide residue is found in homes, schools, hospitals, workplaces, and the food supply of both people and animals. Studies have shown that prolonged exposure can lead to conditions such as lung, kidney, prostate, multiple myeloma and non-Hodgkin's lymphoma.

Children appear to be in the greatest danger, and not so coincidentally, childhood cancers are on the rise. Studies have found that children from homes that have a higher use of pesticides (including insecticides and herbicides) have a higher rate of cancer – especially leukemia and lymphoma.

These two cancers are rare, except in children repeatedly exposed to these chemicals at home. So, what can we do?

#1: Switch to natural alternatives.

The temptation to use pesticides in our homes, yards, and gardens can be tempting – it's such an easy fix! But in order to protect your family, you'll need to turn to natural, alternative methods of handling pests.

#2: Buy organic.

Many of the foods we eat today are soaked in carcinogenic chemicals before they make it to our tables. Shop locally for produce grown without toxic pesticides.

#3: Prevent infestations.

The best way to avoid pesticide use is to prevent pests from getting into your home in the first place. Be sure to repair any cracks or gaps around windows, doors, pipes, and faucets. Be sure to clean up thoroughly after meals and snacks.

#4: Grow local plants and produce.

Plants that are indigenous to your location are much better suited to survive the local weather and pest population than exotic plants from other areas.

<https://www.epa.gov/pesticide-science-and-assessing-pesticide-risks>

<https://www.niehs.nih.gov/health/topics/agents/pesticides/>

https://www.nlm.nih.gov/pubs/techbull/ja19/brief/ja19_sis_closure.html

<https://www.cnn.com/2015/09/14/health/pesticide-exposure-childhood-cancer/>



8) NONSTICK COOKWARE

Teflon, non-stick cookware is wildly popular these days. So much so that it can actually be a challenge to find pans that aren't coated with the stuff. And while they can make flipping pancakes a whole lot easier, they may also be killing you.

Polytetrafluorethylene, or PTFE, is Teflon's main component. Perfluorooctanoic acid (PFOA) is another man-made chemical used in the process of making Teflon.

In studies, it was found that cookware manufactured before 2015 was linked to various cancers (including prostate and breast cancers) as well as contributing to decreased fertility and formation of liver tumors. As people tend to use this cookware every day, it was deemed dangerous and unacceptable.

Cookware manufacturers stopped using perfluorooctanoic acid in 2015. If you're unsure of what year your nonstick pan was made, it may be best to replace your pots and pans as soon as possible. Fortunately, there are other choices when it comes to cookware.

#1: Cast Iron

These pans are extremely durable and can be seasoned over time to create unique flavor profiles.

#2: Stainless Steel

These have a sleek look and no risk of leaching chemicals. They're also perfect for induction stoves, which are becoming increasingly common.

#3: Ceramic

This is probably your best bet if you want something that is still somewhat non-stick. Remember to use healthy fats and oils to help your eggs and other dishes slide right off the pan.

<https://www.cancer.org/cancer/cancer-causes/teflon-and-perfluorooctanoic-acid-pfoa.html>

<https://www.scientificamerican.com/article/are-nonstick-pans-safe/>

<https://www.ncbi.nlm.nih.gov/pubmed/28913736>



9) WOOD DUST

When we work with wood, the dust particles can vary widely in size and make their way into our eyes, ears, mouth, and nose. And that can cause some serious health problems.

Studies have found time and again that people whose work constantly involves wood and exposure to wood dust, had a higher risk of developing nasal cavity and paranasal sinus cancer.

Due to overwhelming evidence, wood dust is now classified as a Group 1 carcinogen, which means it's a known substance that can cause cancer. In detail, wood dust can be a collection of various substances from softwood or hardwood trees.

Inhaling wood dust may even cause lung cancer. Sawdust is linked to nasopharyngeal carcinoma but lung cancer is the more common risk for jobs that involve woodwork. So, what can we do?

#1: Minimize your exposure.

The less exposure you have to sawdust, the better. For those with existing health concerns like cardiovascular disease or asthma, this is especially important.

#2: Gear up.

If you know that you'll be working with or near sawdust, take the appropriate precautions. A pair of safety goggles, mask or respirator, and earplugs can help keep you safe – especially if you'll be working for a prolonged period of time.

#3: Practice good hygiene.

Regularly clean the floors and surfaces using methods that prevent dust and wood particles from being reintroduced to the air. Some examples include wet mops, rags, and using vacuum products with HEPA filters.

<https://www.cancer.gov/about-cancer/causes-prevention/risk/substances/wood-dust>

<https://www.verywellhealth.com/wood-dust-and-lung-cancer-whos-at-risk-3971878>

https://www.ccohs.ca/oshanswers/chemicals/wood_dust.html



10) SOOT

Soot sounds so harmless and yet it's anything but. It's actually a collection of micro-particles that include carbon and incomplete combustions of wood, oil, coal and others. Soot can be dust and various soils, chemicals, metals and acids. It's so small that a typical particle is just 1/30th of a human hair and is smaller than mold and dust.

Soot is formed when organic materials aren't completely burned, e.g., fuel, wood, household refuse and plastics, etc. It's a fine black powder and contains many known carcinogens such as chromium, cadmium and arsenic.

Unfortunately, it's easy to inhale soot as it's so small and usually airborne. Moreover, it can be absorbed through the skin. People who sweep chimneys, horticulturists, building demolition personnel, brick masons and heating unit service employees are the ones at risk for exposure.

You may be exposed to soot without even realizing it. Most of us regularly inhale emissions from engine exhaust, furnaces, fireplaces, and more. But there are ways to minimize your risk.

#1: Gear up.

The best way to protect against soot is to wear the appropriate clothing and safety equipment. Make sure to cover your eyes and skin, and wear a mask while working or cleaning. When doing household chores, use a vacuum with a HEPA filter to gather up the fine particles.

#2: Hire professionals.

For jobs like chimney and furnace cleaning, consider hiring a professional who knows the risks and has the right gear and techniques for the job.

#3: In case of fire.

Following a fire, special methods to clean the air such as thermal fogging and air scrubbing are necessary before returning to the home.

<https://www.cancer.gov/about-cancer/causes-prevention/risk/substances/soot>

<http://blog.cashins.com/blog-0/bid/191511/Industrial-Hygiene-What-is-Soot-and-Why-is-it-Dangerous>



11) BARGAIN WOOD FURNITURE

Affordable furniture from many of the popular big box stores can be a convenient and inexpensive way to decorate your home. But that cheap wood or particle board may be a trojan horse for toxins entering your home.

Formaldehyde has a characteristic strong smell and is flammable. It's commonly used in wood furniture for preservation purposes; over time, the chemical is released in particle board pantries, bookshelves and more.

Formaldehyde is also used to make resin adhesives for composite wood products such as plywood, fiberboard, and more. It can also be found in coating, lacquer, and paint.

The IARC classifies formaldehyde as a known carcinogen. In studies, it was found that the chemical increases one's risk of acquiring leukemia and nasopharyngeal cancer. Workers who are in constant contact with wood furniture are more likely to get cancer, according to research.

It's worth noting that formaldehyde turns into gas at room temperature. Exhaust from various sources such as gas, wood-burning stoves, vehicles, and cigarettes contain formaldehyde.

Households that have wood furniture such as kitchen cabinets, beds, bookshelves, desks and others may be exposing themselves to formaldehyde fumes. It can also be found in drapes, glue, leather goods, pesticides, cosmetics, plastic products, paint and others.

Research has discovered that workers like embalmers and industrial employees have a higher chance of developing nasopharynx, nasal cavity cancers, and paranasal sinus cancers.

So, what do we do?

#1: Stay away from cheap furniture.

Wood furniture may hold a certain charm and appeal, but if you're worried about formaldehyde exposure then it may be better to get stainless steel variations. High-quality wood furniture is also less likely to contain these kinds of chemicals.

#2: Check the labels.

Most furniture these days will have a sticker or tag to identify the formaldehyde risk. Check to see if the furniture you're buying is ULEF (ultra low emitting formaldehyde) or NAF (no added formaldehyde).

#3: Improve ventilation.

To prevent the dangerous gas from lingering, air out your house regularly by opening the windows and turning on a fan. This moves out stale and toxic air and replaces it with fresh air.

<http://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-informed-decisions/be-safe-at-work/formaldehyde-and-cancer/?region=on>

<https://branchbasics.com/blog/23-sources-of-formaldehyde-to-remove/>

<https://www.p65warnings.ca.gov/fact-sheets/formaldehyde-furniture-products>



12) AIR POLLUTION

Air pollution has been linked with many adverse effects such as stillbirth, respiratory disease, obesity, lowered IQ and stunted cognitive development, and cancer. A recent report by the World Health Organization says that air pollution is responsible for killing an estimated 600,000 children each year.

While this is a growing and global problem, children are the most vulnerable among us. The report estimates that more than 25% of deaths in children under five are directly or indirectly related to environmental risks.

Household air pollution is caused primarily by polluting fuels for cooking and heating, smoking, and other household toxins. According to the study, poverty can compound the effects of air pollution due to limited access to information, treatment, and other health care resources.

Dirty cooking fuels, like charcoal, are estimated to cause over 3.5 million premature deaths every year. In fact, air pollution is now responsible for more deaths each year than tobacco.

While we can't immediately change the global quality of ambient air, we can make changes in our homes and lifestyles to create less pollution.

#1: Check your home.

Schedule regular HVAC inspections to ensure that your home is properly ventilated. This is especially important for forced air heating, stovetops and ovens, and dryers.

#2: Reduce your footprint.

Consider ways to reduce your carbon footprint, like walking or biking to work, utilizing public transportation, and investing in clean energy sources.

#3: Stay informed.

Keep up to date on the air quality forecasts in your area. Try to schedule outdoor activities when pollution levels are lowest and avoid extended time near heavy traffic.

<https://www.theguardian.com/environment/2013/oct/17/air-pollution-causes-cancer-world-health-organisation-who>

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/air-pollution-radon-gas-and-cancer/how-can-air-pollution-cause-cancer>

<https://www.danielsantiques.com/?blog=need-know-formaldehyde-furniture>

<https://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-informed-decisions/know-your-environment/7-ways-to-reduce-your-exposure-to-air-pollution-indoors/?region=bc>



13) AIR FRESHENERS

Air fresheners work in a pinch when we want clean or nice-smelling rooms and homes. Unfortunately, the wrong products not only have the potential to make you ill, but they could have carcinogens as well.

Recent studies have shown air fresheners to contain industrial chemicals that could warp one's DNA. Gels, plug-ins and chemical-based sprays are found to contain hazardous substances that could contribute to tumor formation, lung damage, hormonal interference and long-term health issues such as asthma.

Chief among offenders are electric air fresheners that release formaldehyde into the atmosphere. Known symptoms for formaldehyde exposure include dizziness, wheezing, coughing and nose, eye and throat irritation.

There are ways to keep your house smelling fresh and inviting without the risk of cancer-causing chemicals.

#1: Open the windows.

You can save money by opening your windows and allowing fresh air to come in and circulate around the house.

#2: Create your own natural cleaner.

To eliminate odors, you can mix four cups of water and four teaspoons of baking soda in a spray bottle.

#3: Use a DIY air freshener.

You can create a natural air freshener by adding your favorite essential oils into distilled water, then putting it into a spray bottle or diffuser.

#4: Let nature clean the air for you.

Houseplants such as Dwarf Date Palm, Rubber Plant, Bamboo Palm, Lady Palm, and Areca Palm are excellent at cleaning the air and will be a lovely addition to your living areas.

<https://www.dailymail.co.uk/femail/article-3220306/Why-air-fresheners-scented-candles-wreck-health-cause-cancerous-DNA-mutations-asthma.html>

<https://www.cheatsheet.com/health-fitness/cancer-from-chemicals-household-products-that-are-known-carcinogens.html/>

<https://www.considerable.com/home/cleaning-organizing/are-air-fresheners-bad-for-you/>

<https://www.scientificamerican.com/article/nontoxic-air-fresheners/>

INTRODUCTION

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Meanwhile the costs of healthcare continue skyrocketing even higher – pushing more and more individuals and entire families into crippling debt and poverty. But it doesn't have to continue.

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To your long, healthy life,
Dr. Patrick Gentempo



14) FACIAL MOISTURIZERS AND COSMETICS

Pressed powders, shampoos, moisturizers, lipstick, and toothpastes are created to make your skin smoother, give your hair more volume, make your teeth whiter, and more... But are these products safe?

Unfortunately, most beauty and hygiene products are loaded with harmful toxins that can cause cancer or other health complications. Let's take a look at some of the most common toxins so that you know what to avoid in the future.

#1: Parabens

Many products like aerosol deodorants, face creams, hair products, and toothpaste contain chemicals called parabens. Parabens mimic human estrogen, which can be a big problem – especially for ladies. In one study conducted at the University of Reading in the United Kingdom, 99% of study participants with breast cancer had paraben accumulation in their tumors.

Even women who didn't regularly use products known to contain parabens presented with parabens in their tumor tissue. The word "paraben" is sometimes combined with methyl, propyl, isobutyl, or ethyl, so keep an eye out and avoid products containing those ingredients.

#2: Triclosan

Toothpaste, body wash, and deodorant are using antimicrobial chemicals such as triclosan to prevent bacterial growth. However, not only is standard soap and water just as effective, triclosan is considered an endocrine disruptor. Use of products containing this chemical can lead to reproductive issues, thyroid malfunction, and cancer.

#3: Formaldehyde

Hair color, relaxers, straighteners, shampoos, conditioners, and hair extension glue contain a host of toxic chemicals. One of the worst is formaldehyde, which we discussed earlier. Formaldehyde may also be found in sunless tanning lotions and hair removal products.

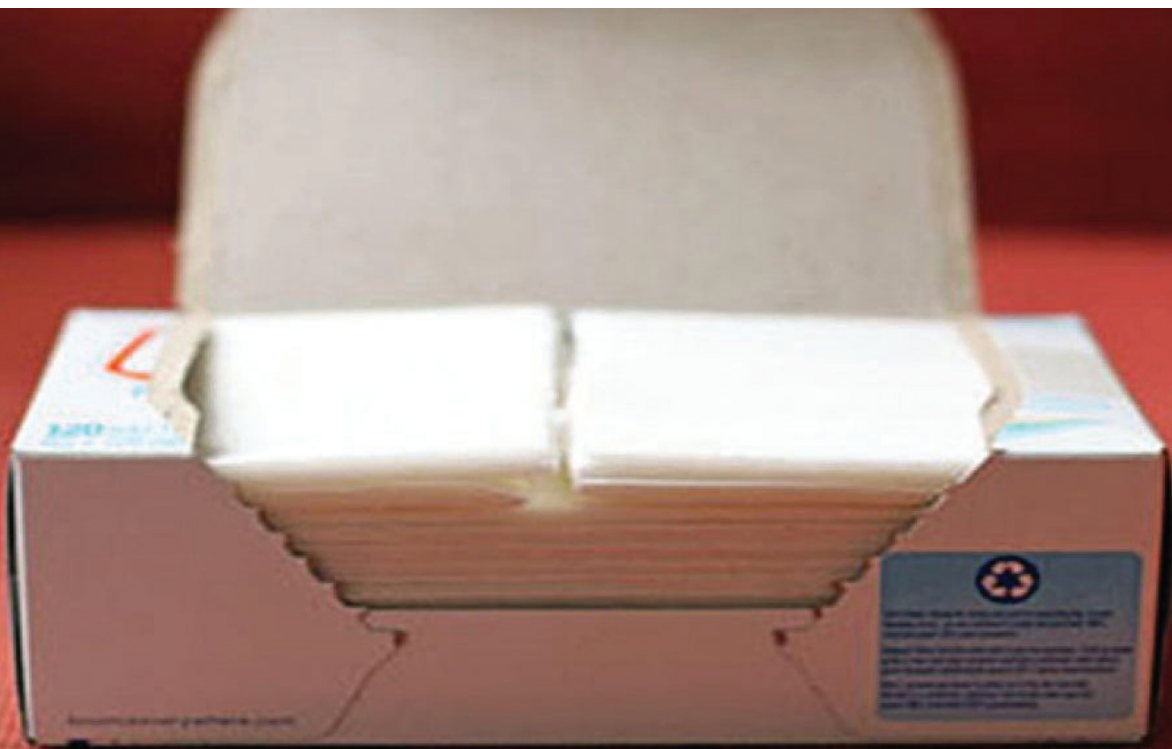
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5618656/>

<https://www.ncbi.nlm.nih.gov/pubmed/23508773>

<https://www.cheatsheet.com/health-fitness/cancer-from-chemicals-household-products-that-are-known-carcinogens.html/>

<https://www.ewg.org/californiacosmetics/parabens>

<https://www.becausehealth.org/6-natural-alternatives-to-regular-lotion-2636948678.html>



15) DRYER SHEETS

Dryer sheets, otherwise known as fabric softener sheets, make your clothes smell nicer. The same product that softens fiber however, could pose health risks through toxins that can be absorbed by your skin.

A large study checked 25 different household dryer sheets for hazardous chemicals. Roughly 50 percent of them were found to have at least one carcinogen in the form of air pollutants.

Apartment Therapy, a lifestyle and interior design community blog, has stated that fabric softener sheets have QACS, or quaternary ammonium compounds which exacerbate asthma and irritate the skin. Moreover, QACS are believed to increase risk of reproductive problems and cancer.

In a survey, it's been found that dryer sheets contain more than a hundred VOCs, or volatile organic compounds, some of which are known hazards and toxins by federal laws. Surprisingly, some of these sheets were labeled 'organic', 'natural' and 'green' but had the same amount of hazardous materials as the regular ones.

Fortunately, there are alternatives that you can use to minimize static cling and leave your clothes feeling soft and smelling fresh.

#1: Baking Soda

Instead of the usual fabric softener, why not try baking soda as you complete a wash cycle? Sprinkle a quarter cup of baking soda into the machine to soften and freshen up your fabrics.

#2: Wool Dryer Balls

They can be bought at grocery stores and are reusable.

#3: Aluminum Foil

Get a strip of foil and crumple to the size of a baseball. Then, throw it into the dryer and your clothes come out nice and soft. Plus, aluminum removes static and is reusable.

#4: Make Your Own Dryer Sheets

Make your own dryer sheets by mixing your favorite essential oil with apple cider vinegar in a wash cloth.

<https://nypost.com/2019/04/29/are-dryer-sheets-bad-for-your-health-and-laundry/>

<https://www.cheatsheet.com/health-fitness/cancer-from-chemicals-household-products-that-are-known-carcinogens.html/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3018511/>

<https://www.cleancult.com/blog/substitutes-for-dryer-sheets/>



16) PET FLEA COLLARS

As it turns out, pet flea collars are dangerous in a number of ways. The Environmental Protection Agency has found that two ingredients used in flea collars are known carcinogens - tetrachlorvinphos and propoxur. It's said that they can cause brain damage and cancer. Even more worrying is the fact that chemicals in dog and cat flea collars can affect both the pet and the owner.

The NDRC, or Natural Resources Defense Council reports that the chemicals these collars leave are dangerously high, sometimes going up to a thousand times more than what's acceptable.

Children are more susceptible to the toxins as their metabolic and neurological systems are still growing. TCVP, or tetrachlorvinphos is hazardous to the nervous system and a known pesticide. It's also classified by the EPA as a possible human carcinogen. Propoxur is also an insecticide that's a known carcinogen.

Research bodies have stated that exposure to both pesticides can result in pervasive disorders that could delay a child's motor development. What's more, it's believed that Propoxur and TCVP could cause attention deficit disorder and hyperactivity in children.

To be honest, flea collars are seriously outdated. There are plenty of safe, natural ways to prevent a flea infestation without poisoning your furry friend.

#1: Wash your dog.

Many pet owners don't wash their animals often enough. This can make a huge difference when it comes to pests.

#2: Wash your dog's bed.

Pay attention to your dog or cat's bedding and clean it regularly. Vacuum, sweep and wash the area as well as the bed so it won't become infested with ticks and fleas.

#3: Utilize anti-pest essential oils.

There are plenty of oils found in nature that are safe for pets and humans and will get rid of fleas and other pests. Rosemary, tea tree, peppermint, eucalyptus, and citronella are just a few of our favorites. Add a few drops in a spray bottle and occasionally spritz your dog with it.

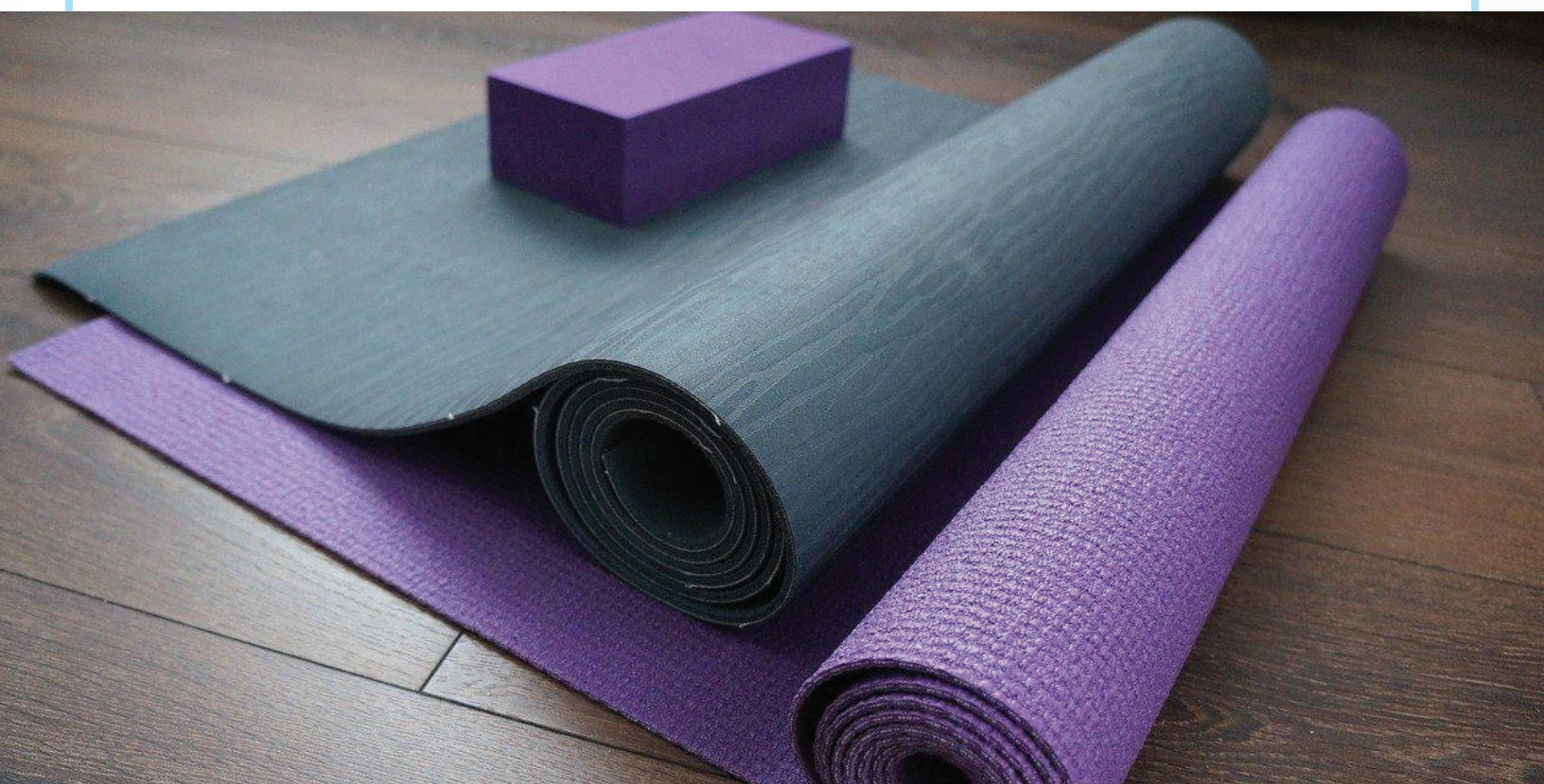
#4: Make your own flea and tick repellent.

All you need is 4 cups of water, 6 cups of apple cider vinegar and sea salt to create your own, all-natural anti-tick and flea spray.

<https://www.ohmidog.com/2009/04/24/flea-collars-found-hazardous-to-pets-people/>

<https://www.cheatsheet.com/health-fitness/cancer-from-chemicals-household-products-that-are-known-carcinogens.html/>

<https://keepthetailwagging.com/flea-and-tick-collars/>



17) YOGA MATS

Yoga mats are generally seen as a symbol of health and balance. But the mats you'll find at the store or your local studio may be loaded with toxins. Most mats are made of polyvinyl chloride (PVC), which is toxic and dangerous from both a health and an environmental standpoint. Vinyl chlorate – a product used to make PVC – is a known carcinogen according to the WHO.

Brand new yoga mats even give off gas that can be inhaled. When thrown away, the substance can leach into the ground and remain an environmental hazard for decades. Despite the intentions behind your yoga practice, the odds are that your mat is absolutely terrible for you and the environment. But there are lots of alternative materials that you can use.

#1: Hemp

#2: Cork

#3: Recycled Rubber

#4: Cloth

#5: Repurposed Wetsuits

#6: Soft Earth (for outdoor yoga)

<https://www.urbanwellnessmag.com/blog/2017/10/05/safe-alternatives-for-toxic-yoga-mat>

<https://ireadlabelsforyou.com/pvc-yoga-mats-safe-or-toxic/>

<https://www.more.com/lifestyle/exercise-health/down-dogging-it-your-yoga-mat-harmful-your-health/>

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