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Genetics Aren't to Blame: What People THINK Causes Cancer, Vs. What REALLY Causes Cancer

By Leigh Erin Connealy, MD

Despite what most people have heard, cancer is only about 5-10 percent genetic, which means the hereditary potential is relatively low. If that's the case, what determines who develops this disease? Over the years, research has shown that lifestyle choices, environmental exposures, and other external factors play a much greater part in cancer risk than previously believed.

I often tell patients, "Each decision you make is a healthcare decision." Every single day, every waking hour, you are presented with choices that can either make or break your health. From what foods you ingest to how much you exercise to sunlight exposure to the hours you sleep each night, it all matters. Making the right choices can lead to either vitality or ill health. The good news is you have the power to choose.

It's All About the Terrain

I know I sound like a broken record, but I say this repeatedly for a reason: It's true! To protect the body from cancer and other chronic diseases, it's essential to heal the terrain. Let's say you have been diagnosed with cancer. Even if you kill off the actual cancer cells, if you don't change the environment these malignant cells were growing and thriving in, the chance for recurrence is almost inevitable. The reality is that cancer cells *can* revert to normal cells, and tumor growth *can* be restrained. Your body wants to heal and be healthy. You just need to give it the support it needs to work its magic.

Take Control: The Everyday Choices That Can Stop Cancer Before It Starts

It should empower you to know that your daily choices can significantly contribute to your cancer risk. Outlined below are key areas you can focus on—starting now—that can have a measurable and positive impact on your vitality and longevity.

Nutrition

I do not typically give blanket nutritional recommendations, since every person is unique and has different circumstances. However, in over 30 years of practicing medicine, I have found that many ([Continue HERE.](#))



Dr. Leigh Erin Connealy, M.D., author of the Cancer Revolution, is a globally recognized leader in integrative and functional medicine and the founder of the Center for New Medicine and Cancer Center for Healing—North America's largest integrative clinic. Learn more [HERE](#).

Guest Article, by Leigh Erin Connealy was originally published in "What Doctors Don't Tell You" magazine."

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Ahvie Herskowitz, MD
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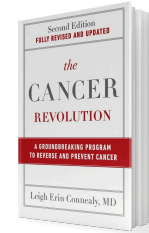
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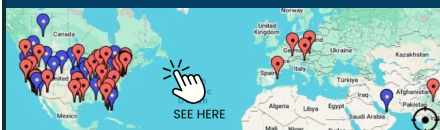


Leigh Erin Connealy, MD

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