


**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](http://anticancerlifestyle.org)



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