

Reducing your Risk^{of} Cancer

Clean Fresh Living's Top 12 List

- 🐝 Exercise Daily & lose any excess weight.
- 🐝 Drink at Least 2 Liters of Water Daily purified at minimum, by Reverse Osmosis.
- 🐝 Eliminate Processed Meats & Reduce Red Meat from your Diet.
- 🐝 Consume Daily Diet High In Colorful Vegetables; Eat Organically Grown Fruits, Vegetables, Grains & Nuts.
- 🐝 Use only Non-Toxic, Natural, ECO- Friendly Pesticides & Fertilizers in your home & yard.
- 🐝 Test and improve the Air Quality in your home, office, school.
- 🐝 Eliminate Plastic & non-stick surfaced products containing PFOA's from your kitchen Do Not Use #1,3,6,7 Plastics.
- 🐝 Use only Non-toxic, Eco-friendly cleaning products in your home, school & workplace.
- 🐝 Avoid Radiation Exposure such as Cellphone, Microwave and X-rays that Bio-Accumulate. (CT Scan, Dental, etc)

🐝 Greatly Reduce Sugars, Processed Foods & Alcohol and Eliminate Preservatives, Artificial Sweeteners & Dyes from your Diet & Toothpaste (and Fluoride from toothpastes.)

🐝 Reduce the amount of Toxins you are absorbing through your skin, into your body, by using natural beauty and personal care products and eliminating artificial fragrances, parabens, phthalates & oxybenzone.

🐝 Take Vitamin D supplement and Probiotic Daily

