

# HOW TO PREVENT CANCER BEFORE IT STARTS

This book sends an urgent wake-up call ... Some may be challenged by the passion of this book, but no one can dispute the grounds on which it rests.

— Dr. Devra Davis, from the Foreword

*Cancer: 101 Solutions to a Preventable Epidemic* delivers on the promise of its title.

It is a well-researched and comprehensive analysis of today's cancer epidemic.

Its practical recommendations are illustrated by encouraging examples of successful initiatives that will surely inspire readers to action.

— Ruth Grier, former Minister of Environment and Minister of Health, Ontario

**IF YOU DON'T** have cancer right now, you know someone who does. Cancer has mutated from someone else's illness to a rapacious epidemic that has landed on our own doorstep.

We all know how lifestyle, diet and smoking can contribute to our cancer risk, but we risk being lulled into a false sense of security if we believe that butting out and avoiding trans fats will keep us safe. If it's so simple, why are so many otherwise healthy people developing cancer?

We are ignoring the biggest villain of all — the environmental poisons that have invaded our workplaces, homes and food sources. *Cancer: 101 Solutions to a Preventable Epidemic* offers solid evidence that many cancers are preventable, since their causes lie with the contamination of our bodies by pollution from the air we breathe, the products we use, the water we drink, and the food we eat.

The book shows what individuals and families can do to reduce their risk of cancer, and then moves on to solutions for community activists, healthcare workers, labor unions, cities, businesses, governments and developing nations. The book ends with ten global solutions.

*Cancer: 101 Solutions to a Preventable Epidemic* abolishes the notion that controlling this terrible disease is out of our hands. It is vital reading for anyone whose life has been touched by cancer.

In my 40 years of activism, I have rarely seen a book filled with so much valuable information that focuses on solutions and not just the difficult problems that confront us. Bravo for *Cancer: 101 Solutions to a Preventable Epidemic*.

With it, there are no more excuses for not taking action.

— Dorothy Goldin Rosenberg, Executive Producer, *Toxic Trespas*,  
a film about children's health and the environment

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**GUY DAUNCEY** founded the Solutions Project and is author of *Stormy Weather: 101 Solutions to Global Climate Change*. **LIZ ARMSTRONG** is a photographer and environmental-health activist and author of *Everyday Carcinogens*. **ANNE WORDSWORTH** is an environmental researcher and writer, and a former producer for CBC's *Health Show*.

# CANCER: 101 SOLUTIONS TO A PREVENTABLE EPIDEMIC



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