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We have a tendency to take pleasure in the luxury and lifestyle that you have at this time, you have nearly anything that you'll need and all the things that you want to have. However, you should consider that there are still things that you have to do and recognize to maintain and keep your body strong and healthy.

In this article the author has a shortlist of the primary risk factors that's been a main reason for diseases particularly, cancer.

â€¢ Cigar - â€œGovernment Warning Cigarette Smoking is Dangerous to your Healthâ€•. We quite often s this statement in many of our cigarette boxes, and we are all aware that it's true. Hazardous to your health because it brings about lung cancer not just to you as a direct and main smoker, but to the second hand up to third hand cigarette smoking victims. Cigarettes are responsible for 87% cases of lung cancer. Cigars do not only affect the lungs, it also has an effect on the kidneys, pancreas, cervix, stomach, as well as the blood.

â€¢ Physical activities - your body needs physical activities. The right diet and having sufficient sleep is not enough you need to exert effort to move your body. Such activities include walking at least 30 minutes a day, 5 days a week. Aerobics, Yoga and simply walking are forms of exercise which you may do in order to reduce the risk of cancer. Why do you think it is important? Obviously, for the reason that you are consuming food every day, and these things you eat creates fat in your body that if you cannot control, may lead to heart attack and other types of cancer. Obesity is also one factor that you need to keep your eye on. It is essential that as much as you work, you have to ensure you are eating right and exercise to balance your life activities.

â€¢ The environmental factors - our generation these days has created many types of materials, chemicals and the likes which can cause cancer along with other serious diseases. Environment activities such as daily pollution subjection, which we can easily get from vehicles, are one of the factors affecting your body and may lead to serious diseases. Asbestos is a type of chemical which is found from many housing and industrial buildings; this component can cause a number of medical conditions for instance mesothelioma. Research has shown that those people who find themselves exposed to high amounts of this material are at high risk of cancer. Another chemical, like Benzene, is also present in many chemicals like gasoline, and can be also obtained from smoking and pollution.

You will find a lot of factors that causes cancer - sun exposure, unsafe personal activities and genetics are also part of these prevalent factors. Our generation has all the technologies - every lifestyle has evolved from simple to magnificent, without even understanding that it may cause harm to their health. The author is not telling that you are unlucky to be lavish and you can buy everything that bring you pleasure, even so, such things occasionally turns into a factor to be at risk to many diseases.

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Paula J. Jimenez - About Author:

Over the last nine years, New Hope Medical Center, a a Cancer Treatment Center, has used very effective non invasive Cancer Therapies to thousands of patients. Offering a Alternative Cancer Treatments with a personal approach to each person based on their body makeup, New Hope Medical Center treats Cancer differently, but definitely better.

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