

Title:

Colon Cancer: Risks and Prevention

Word Count:

770

Summary:

Cancer: it's not a word that anyone really wants to hear. While not necessarily a death sentence

Keywords:

good health, remove toxins, colon health, healthy, internal organs, healthy living, infections

Article Body:

Cancer: it's not a word that anyone really wants to hear. While not necessarily a death sentence

Colon cancer - the third most common cancer - results in the second highest number of cancer deaths

Long before someone develops full blown colon cancer and notices symptoms like unexplained weight loss

Ideally, if you were to develop colon cancer, and it would be caught before the tumor grew through the wall

To ensure early detection - in addition to screenings - it's important to understand the risks of developing

1. Age: as you get older, the risk of developing colon cancer increases;

2. History of cancer: if you have had other cancers, your risk increases; similarly, if you have a family

3. A history of other colon problems including Crohn's disease;

4. Diet: many people don't eat foods that are particularly healthy ~ or don't eat enough of the healthy

5. Smoking and alcohol: there's been a great deal of focus on what smoking and excessive consumption

6. Lack of physical activity: exercise not only improves an overall sense of well-being but also helps

When you know what can contribute to the risk of developing colon cancer, you'll find that there are

Likewise, when you are more aware of things that can be toxic within the body ~ whether in your diet

Using a colon cleanser to rid the body of toxins, it can break down the unhealthy foods that tend to

Colon cleansing, therefore, is not just about ensuring that your body is properly eliminating waste

Not all colon cancers are preventable and it's important to recognize that. However, that does not

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