Join Dr. Eric Rost to learn about the environmental causes of cancer. There are known causal agents and correlation studies that show links between chemicals found in air, food and water. Toxins in the environment include pesticides, herbicides, plastics, cleaning products, engine emissions, smoke, radon, etc. By limiting your exposure to these toxins, you can reduce your risk of some types of cancer.

Dr. Rost will make recommendations on the top ten things you can do to protect yourself as well as the top ten foods that prevent cancer. Examples of preventative measures you can take might include things like washing fruits and vegetables, buying organic, stop microwaving your food in plastic containers, getting rid of those BPA plastic water bottles, using cleaning products without certain chemicals, and following instructions and safety tips to avoid or reduce contact with harmful substances such as pesticides, used engine oil, solvents and other chemicals. Learn more and protect yourself and your family.