

Holistic Measures towards the Prevention of Cancer

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Abstract—Cancer is a general term used to refer to a condition where body's cell begin to a condition to grow and reproduce in an uncontrollable manner. These cells can then invade and destroy healthy tissue including multiple organs. Cancer leads to benign and malignant metastasis. A holistic approach towards cancer by incorporating daily measures is much advised. Some of the preventions are Oxygen Therapy, nutrition, detoxification of the body, lifestyle changes and positive attitude.

Holistic approach like yoga and exercise are much needed for the body to increase the oxygen content to decrease the metastasis of other organs. Nutrition plays a very vital role in defending cancer. Eating plenty of fruits and vegetables, including beans, is linked with a lower risk of lung, oral, esophageal, stomach and colon cancer. Foods like garlic, lemon, broccoli sprouts and raw vegetables aid detoxification. An another holistic approach for the prevention of cancer is changing your lifestyle which includes being physically active, mentally relaxed by proper sleep which results in keeping your bones strong and heart healthy. In our review, we emphasize the above methods should be incorporated in our daily lives to prevent cancer. Patients undergo psychological stress during the treatment for cancer so a positive attitude and the necessity to increase their will power is important.