



Did You Know?

did you know?



- Lung cancer is the biggest cancer killer in the **world** – causing more deaths than breast and prostate cancer put together.
- Every 30 seconds, someone, somewhere in the world dies of lung cancer.
- 40% of smokers who start smoking in their early teens and continue to smoke will not live to claim their pension.
- Only 1 in every 10 people with lung cancer are alive 5 years after diagnosis.
- Recent studies indicate that women are more susceptible to developing lung cancer than men. Women smokers are twice as likely to develop lung cancer as male smokers. Even among non-smokers women's risk of developing lung cancer is higher than men.
- Women also have a more difficult time overcoming nicotine addiction than men.

www.lungcancercoalition.org

Fight toxins with wheatgrass

There are far more toxins in the modern world than our bodies can deal with.

Today we have to live with pollution, waste, chemicals (in water) and additives (in food), which all damage our immune system. We can't go back to the good old days, but we can fight toxins with the natural power of Wheat Grass.

The chlorophyll in the Wheat Grass is a powerful antioxidant that neutralises toxins in the body by purifying blood and cleansing the cells. The chlorophyll regenerates the liver, which is the primary detoxification organ. So by taking Wheat Grass everyday, you'll actually be detoxifying your body, effortlessly!

www.wheatgrassuk.com



Is organic food better for you?

Plants contain some 5,000–10,000 naturally occurring compounds (known as phytonutrients) that are often involved in protecting the plant from pests and diseases.

Because organic crops are not artificially protected with pesticides they tend to produce more naturally occurring phytonutrients, many of which are now known to have protective (antioxidant) properties. Some are proving useful in the prevention and treatment of cancer.

www.soilassociation.org

More than 5 million children living today will die prematurely because of a decision they will make as adolescents ...

the decision to use tobacco and smoke cigarettes.

Cancer is a major cause of morbidity in the United Kingdom (UK). Each year more than a quarter of a million people are newly diagnosed with cancer. Overall it is estimated that more than one in three people will develop some form of cancer during their lifetime.

www.cancerresearchuk.org
www.cancerhelp.org.uk