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INTRODUCTION : #1 50 Ways To

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grains have been linked with a decreased risk of colon or rectal cancer eat less red meat beef pork or lamb and processed meats hot dogs and some luncheon meats which have been linked with an increased risk of colorectal cancer 50 ways to prevent colon cancer aug 25 2020 posted by barbara cartland media publishing text id 8313332d

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studies to lower the risk of colon cancer 50 Ways To Prevent Colon Cancer Pdf age 50 are one of the best ways to prevent colorectal cancer is by finding and removing polyps before they turn cancerous get screened once every 10 years up to age 75 if youre at average risk for the

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experts agree that the most effective way to prevent colon cancer is through regular screening for normal adults with no risk factors screening should begin at age 50 go for regular screen tests if youre 50 or have a family history of polyps cancer or ibd avoid red meat or processed meat load up on fibrous and colorful veggies and antioxidant

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age 50 are one of the best ways to prevent colorectal cancer is by finding and removing polyps before they turn cancerous get screened once every 10 years up to age 75 if youre at average risk for the disease more eat lots of vegetables fruits and whole grains diets that include lots of vegetables fruits

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