

## **How to Increase Your Odds of Getting Cancer and Other Major Illnesses**

1. Smoke something by mouth. Removes element oxygen from system & adds carbon a free radical toxin.
2. Remove Variety from your diet. Decreases the building materials available to build or protect the body with.
3. Decrease clean water consumption. Drink less than half your body weight in ounces. Drink water that has flavors, sugars, preservatives, carbonation, tea, fluoride, chloride, in it; unfiltered.
- 4.