

Dr. Celina's top 10 holistic practices that can decrease the risk of cancer and support overall health in the body during recovery. Each are backed by focusing on promoting cellular health, reducing inflammation, and creating an environment where cancer cells are less likely to thrive:

1. Ear Seed Therapy (Auriculotherapy)

- Stimulating acupressure points on the ear with ear seeds can help reduce stress, support detoxification, and improve overall health. This can boost the immune system, lower inflammation linked to cancer risk, and even ease chemotherapy symptoms.

2. Grounding/Earthing

- Walking barefoot on grass, soil, or sand helps reduce inflammation and oxidative stress, improves sleep, and lowers chronic pain, supporting a strong immune system to fight abnormal cell growth.

3. Proper Hydration with Alkaline/Antioxidant Water

- Staying hydrated with alkaline water helps maintain a balanced pH in the body. Cancer cells tend to thrive in acidic environments. Additionally, antioxidant-rich water helps combat oxidative stress caused by free radicals, which can damage DNA and lead to cancer.

4. Nutrient-Dense, Anti-Inflammatory Diet

- A diet rich in organic vegetables, fruits (like berries), whole grains, nuts, seeds, and healthy fats (omega-3s) supports immune function, reduces inflammation, and provides antioxidants to protect cells from damage. Avoiding processed foods and refined sugars also deprives cancer cells of their preferred energy source.

5. Red Light Therapy

- Red light therapy boosts mitochondrial function, aids cell repair, reduces inflammation, and improves blood flow, helping prevent cancer-related mutations and supporting the immune system.



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6. Regular Detoxification (Liver and Lymphatic Support)

- The liver filters toxins and carcinogens. Detox practices like dry brushing, saunas, Epsom salt baths, and liver-supporting herbs (milk thistle, dandelion) help, along with keeping the lymphatic system active to prevent toxic buildup.

7. Daily Movement (Yoga, Tai Chi, Qigong)

- Exercise boosts circulation, reduces inflammation, balances hormones, and strengthens the immune system, helping protect against cancer. Increased oxygen levels from activity prevent cancer-friendly low-oxygen environments.

8. Cultivate a Positive Mindset and Emotional Healing

- Chronic stress and unresolved trauma weaken immunity and increase inflammation. Practices like EFT, therapy, meditation, or journaling help release emotional blocks. A positive mindset boosts resilience and balances stress.

9. Connection and Purpose

- Foster strong social connections, engage in meaningful activities, or practice gratitude. Emotional well-being directly impacts immune function and the body's ability to maintain cellular balance.

10. Listening to Frequency Healing Music

- Sound therapy, or frequency healing, uses sound vibrations to influence the body's cells and processes. Based on vibrational medicine, it aligns with the idea that everything, including our bodies, has a natural frequency. This may help reduce cancer risk.

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