



**THE 5 KEYS TO  
UNLOCK YOUR  
INNER STRENGTH  
TO WARD OFF  
CANCER**



# #1 DIET

According to the **American Institute for Cancer Research** No single food can protect you against cancer by itself.



Research has shown that a diet filled with a variety of vegetables, fruits, whole grains, beans and other plant foods **helps lower risk for many cancers.** In laboratory studies, many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects.



## Food and Drinks to Avoid

Alcohol, Processed Meat (Sausage, Ham, Bacon, Hot Dogs, Salami, Red Meat (Beef, Pork, Lamb) Sugar-Sweetened Drinks.



# # 2 EXERCISE

No matter your age or fitness level, these activities are some of the best exercises you can do and will help you get in shape and lower your risk for disease: These are five exercises recommended by Harvard Medical School

1. **Swimming**
2. **Tai chi**
3. **Strength training**
4. **Walking**
5. **Kegel exercises**



Many of the things we do for fun (and work) count as exercise. Raking the yard counts as physical activity. So does ballroom dancing and playing with your kids or grandkids. As long as you're doing some form of aerobic exercise for at least 30 minutes a day, and you include two days of strength training a week, you can consider yourself an "active" person.



# # 3 ATTITUDE

Attitude is everything in life, and everything when it comes to cancer. Let me explain. Let's all agree we are all going to die sometime — no one escapes death. It doesn't matter if you're the richest person in the world or the poorest, you are going to die sometime. When you accept that simple fact, you take away cancer's most powerful weapon against you: stress and fear. There have been numerous medical studies on the placebo effect. People who thought they were getting medication but were in fact given a placebo fared in some cases just as well if not better than the people who were receiving the medication. That just shows you how powerful our minds are. I believe that what the mind can believe, the body can achieve. I know that may sound trite, but this is what I believe. One of the most powerful things we have as a human being is the power to choose. We can choose to be happy, or we can choose to be sad — the choice is ours. The most powerful force we have, of course, is the power of prayer and the power of believing in God. I can only tell you how much this has changed my life, and I certainly think it would help change your life if you're not a believer. Another thing I do every day is keep a gratitude journal. Every day I write down my weight, my heart rate and what I'm grateful for that day. I have been doing this since the pandemic hit, which is well over 600 days. I find it very helpful and calming.



# # 4 ORAL CARE

Oral care is one of the most overlooked areas of cancer. It is very important that you have a healthy mouth and gum system as cancer has been known to be caused by bad oral care. We show you a way to help boost your oral care and make it strong defense against cancer.



## How can I protect my oral health?

To protect your oral health, practice good oral hygiene daily.

- Brush your teeth at least twice a day for two minutes each time. Use a soft-bristled brush and toothpaste.
- Floss daily.
- Use mouthwash to remove food particles left after brushing and flossing.
- Eat a healthy diet and limit sugary food and drinks.
- Replace your toothbrush every three to four months, or sooner if bristles are splayed or worn.
- Schedule regular dental checkups and cleanings.
- Avoid tobacco use.

Why I brush my teeth with believe toothpaste, this toothpaste contains one unique ingredient, Black Seed Oil. **Black seed oil**, also called **black cumin oil**, comes from the **black cumin** (*Nigella sativa*) plant and has been used for thousands of years in traditional medicine. Numerous studies reveal that **black seed** may be able to **help fight** and prevent all different kinds of **cancer**, including breast, prostate and brain.



# # 5 BELIEVE

Believe is one of the most powerful things you can do for yourself to stay positive and believe that you are cancer free.



When you believe in yourself anything is possible. That is why we named our new all-natural toothpaste believe. The name is simple and it reinforces every morning and evening the power of believing. Believe toothpaste is all natural Cruelty Free, Vegan, Gluten free, Halal, Kosher and Bio-Preferred.

## **WHEN YOU BRUSH WITH BELIEVE YOU WILL BE HELPING IN THE FIGHT AGAINST CANCER**

Believe Oral Care donates 100% of their profits from the sale of Believe Products to support cancer research and cancer charities. So please join our revolution and help stamp out cancer our lifetime.



# HELP FIGHT CANCER

Now for the very first time you can help fight cancer just by brushing your teeth. Sounds crazy, but the bottom line is you will be helping to eradicate cancer when you brush your teeth with believe because 100% of all the profits from the sale will go towards to helping cancer research and cancer charities.

I can't think of a better way to start my day by brushing my teeth with believe toothpaste. You brush your teeth in the morning and the evening, so why not brush your teeth with believe toothpaste and reinforce that belief inside you that you are strong and can fight off cancer.

Believe toothpaste comes in two all natural flavors, one is mint and the other one is vanilla. Parents tell us that our vanilla flavor is a huge hit with their children. They tell us it tastes like candy even though there's no sugar in the toothpaste. I personally like this toothpaste and if you never tried it, give it a go. Both toothpastes contain the amazing Black Seed Oil ingredient with its powerful cancer fighting properties.

Thank you for taking the time to download and read this document. I invite you to join and support cancer research and charities by brushing your teeth everyday with believe toothpaste.

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