

What If You Could Lower Your Cancer Risk by 61%? A Study Says You Can — and It's Shockingly Simple

By Robert Ferguson

Robert's Note:

As you read this article and discover how to reduce your risk of cancer by 61%, feel free to reach out. You can [email me directly at Robert@dietfreelife.com](mailto:Robert@dietfreelife.com) or [schedule a free consultation](#) to learn how to get tested and supplement properly based on your individual needs.

Or, if someone shared this article with you, connect with them — they're part of a growing movement dedicated to better health through knowledge and action.

I truly hope you find this article helpful and inspiring.

More young people today are being diagnosed with cancer than ever before. It's a growing crisis that touches nearly every family — and yet, there's a powerful solution backed by science that most people have never heard about.

In fact, a major **randomized, placebo-controlled clinical trial** showed that a specific combination of daily habits can reduce cancer risk by an incredible **61%**.

Here's the most surprising part: **you probably haven't seen this reported in the news.** Why hasn't this made headlines? That's another story.

But what matters right now is this:

I'm going to share this study with you — and more importantly, show you how to apply the findings in your own life using **three simple steps** that can be done from home.

The DO-HEALTH Study: What You Should Know

This powerful study, known as **DO-HEALTH**, was conducted across five European countries and followed **2,157 adults aged 70 and older** over a three-year period. The goal? To see whether adding small daily habits could improve health and prevent disease — including cancer.

Participants were randomly divided into groups and given one or more of the following interventions:

- **Vitamin D3 (2,000 IU per day)**
- **Omega-3 fatty acids (1 gram per day)**
- **Simple home-based strength exercises**

Some participants received one or two interventions, others received all three, and a control group received none (placebo).

The Results That Shocked the Research World

Those who consistently followed **all three interventions** experienced a **61% lower risk of developing invasive cancer** compared to the placebo group.

Let that sink in. A 61% reduction — without medication, without expensive treatments, and without side effects. Just natural, science-backed habits that most people can start doing right now.

Even more impressive? These same participants also had:

- Lower rates of frailty
- Fewer infections
- Improved muscle strength
- Slower biological aging (as measured by epigenetic clocks)

Why You Haven't Heard About This

You would think a discovery like this would make headlines everywhere. But despite the incredible results, **this study has remained largely under the radar**.

Mainstream media hasn't picked it up. Most doctors aren't talking about it. And many people continue to believe cancer prevention is entirely out of their hands.

That's why I'm sharing this with you. Because **you deserve to know**.

But Here's the Thing: Most People Are Deficient

Most adults today — even those who live in sunny areas or eat what they think is a healthy diet — are **low in both vitamin D and omega-3s**.

And you can't fix what you don't measure.

That's where **test-based nutrition** comes in.

With a simple, at-home blood test, you can:

- Check your **vitamin D levels**
- Find out your **omega-3 percentage**
- Measure your **omega-6 to omega-3 ratio**
- See how balanced your body truly is

Once you know your levels, you can take action — the right way, with the right supplements, foods, and lifestyle choices — **based on your personal biology.**

Ready to Learn More?

If you're ready to take your health seriously and want a simple, science-backed plan to lower your cancer risk, here's what to do next:



Email me at robert@dietfreelife.com



[Schedule a free consultation](#)



Talk to the person who shared this article with you — they're part of a growing community committed to better health through knowledge and action.

I'll personally send you the article and help you understand what steps you can take starting today.

Let's test — not guess.

Let's take action — because your health is worth it.

References

1. Bischoff-Ferrari, H. A., Vellas, B., Rizzoli, R., Kressig, R. W., Bauer, J., Bruyère, O., ... & Dawson-Hughes, B. (2022). *Combined vitamin D, omega-3 fatty acids, and a simple home strength exercise program may reduce cancer risk among active older adults: A randomized clinical trial*. *Frontiers in Aging*, 3, 874021.
<https://doi.org/10.3389/fragi.2022.874021>
2. Bischoff-Ferrari, H. A., Dawson-Hughes, B., Orav, E. J., Staehelin, H. B., Theiler, R., Stahelin, H. B., ... & Egli, A. (2020). *DO-HEALTH: Effect of vitamin D, omega-3s, and a strength-training exercise program on health outcomes in older adults: A randomized clinical trial*. *Journal of the American Medical Association (JAMA)*.
<https://clinicaltrials.gov/ct2/show/NCT01745263>

Robert Ferguson is a California- and Florida-based single father of two daughters, nutritionist, researcher, best-selling author, speaker, podcast and television host, health advisor, NAACP Image Award Nominee, creator of the **Diet Free Life** methodology, and **Chief Nutrition Officer for iCoura Health**. He also serves on the **Presidential Task Force on Obesity** for the National Medical Association and the **Health and Product Advisory Board** for Zinzino, Inc.