Nonsmokers With Healthy Lifestyles Cut Death Rate In Half.

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Because most people are non-smokers or former smokers, a study of non-smoking individuals was performed to see how they fared in relation to cancer and other disorders. A fourteen year follow-up of almost 112,000 participants in a cancer prevention study showed that those individuals who followed the American Cancer Society guidelines for weight management, diet and exercise had a reduced risk of cancer, cardiovascular disease and death from other causes. Not only do these findings support the importance of diet and exercise; they emphasize the enormous benefits of staying away from cigarettes and other tobacco products.

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