

# Surprisingly simple ways to prevent disease

Five new studies support simple steps to prevent illness and improve overall health. The American Journal of Medicine reports the following based on multiple studies in several countries:

- Eating fresh fish regularly may reduce your risk of colorectal cancer.
- Still trying to stop smoking? Try acupuncture and hypnosis. Several studies found smokers had good success.
- Have your teeth cleaned regularly. Scaling removes harmful bacteria. You can reduce your risk for heart attack and stroke.
- Talk to your doctor about weight loss. People who were moderately obese, followed a diet plan from their doctors (not a weight loss clinic), and stuck with it at least 12 weeks, lost over 10% of their body weight.
- Low-dose aspirin, for people who can take it, offers preventive cancer benefits along with heart healthy help.

