



BE PHONE SMART

Cell phones emit radiation, which may up your odds of developing a brain tumor. Although the research is controversial, I take that risk seriously—and recommend that everyone use a headset.”

—JOHN TEW, M.D., clinical director, University of Cincinnati Neuroscience Institute

CLEAN GREEN

“We tested more than 20 cleaning products and found they released up to seven carcinogens not listed on the label. Among the worst offenders were air fresheners and bathroom cleaners. I make

PASS ON PLASTIC

“I never microwave anything in a plastic container. Phthalates and bisphenol A (BPA), which can leach into food when plastics are heated, mimics hormones and may increase the risk of certain cancers, including breast and ovarian. Use a microwave-safe ceramic or glass bowl instead.”

—JEFFREY MORRISON, M.D., founder, The Morrison Center

my own cleaners from baking soda and vinegar.”

—REBECCA SUTTON, Ph.D., senior scientist, Environmental Working Group



Stash a ceramic bowl at your desk so you can nuke your lunch safely



TOP CANCER-FIGHTING FOOD

EAT BERRIES

“All types of this fruit contain a phytochemical ellagic acid, which has been shown to slow tumor growth and help eliminate carcinogenic substances from the body.”

—DAVID SERVAN-SCHREIBER



VICTORINOX SWISS ARMY

EQUIPMENT YOU CAN USE. TO FIND A CURE.

Victorinox is determined to help find a cure for breast cancer. So we're taking our Alliance Sport—a classically designed timepiece—and our Classic SD—a great everyday tool for your keychain—and giving part of the proceeds of each to Susan G. Komen for the Cure.® Victorinox Swiss Army. Your companion for life. On the road.

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From August 1, 2009, to December 31, 2010, Victorinox Swiss Army will donate \$1 from the sale of every pink translucent Classic SD with ribbon and 10% of the retail price of every Alliance Sport with pink ribbon to Susan G. Komen for the Cure®, with a minimum guaranteed donation of \$62,500.

