

Preventions for the following diseases:

- a. Cancer- all types  
<http://www.cancer.gov/cancertopics/pdq/prevention/overview/patient/page1>
- b. Diabetes  
<http://www.diabetes.org/diabetes-basics/prevention/>
- c. Heart disease  
<http://www.nlm.nih.gov/medlineplus/heartdiseasesprevention.html>
- d. Osteoporosis  
<http://www.mayoclinic.com/health/osteoporosis/DS00128/DSECTION=prevention>
- e. Alzheimer's disease  
[http://www.alz.org/research/science/alzheimers\\_prevention\\_and\\_risk.asp](http://www.alz.org/research/science/alzheimers_prevention_and_risk.asp)
- f. Stroke  
<http://www.stroke.org/site/PageServer?pagename=prevent>
- g. Auto immune diseases  
<http://www.healthscout.com/ency/68/487/main.html#TreatmentofAutoimmuneDiseasesandDisorders>
- h. High blood pressure  
<http://www.webmd.com/hypertension-high-blood-pressure/guide/preventing-high-blood-pressure>