

# Dr. Nalini Chilkov: The Cancer Conversation PODCAST SHOWNOTES & TRANSCRIPTS

## SHOWNOTES

Dr. Nalini Chilkov, L.Ac.O.M.D. combines her diverse training in Traditional Oriental Medicine, Modern Biomedicine and Cell Biology with 30 years in private practice. Dr. Chilkov primarily serves patients with cancer and complex, chronic illnesses alongside her Optimal Health and Wellness practice. She is a respected expert in Collaborative Integrative Cancer Care known both for her meticulous attention to detail and individualized treatment plans as well as her warmth and compassion. Dr. Chilkov is a seasoned clinician and an innovator building bridges between modern and traditional healing paradigms, partnering with physicians to provide best outcomes for patients. She has been a lecturer at the School of Medicine at UCLA and UC Irvine in California as well as many schools of Traditional Oriental and Naturopathic Medicine over her long career.

### **Sugar and Insulin: The Cancer Factory**

There is more cancer occurring now than ever before, largely due to the toxic environment many of us find ourselves in. Some people are more susceptible to cancer due to genetics. People with high blood sugar, insulin resistance or diabetes have a 40% higher chance of getting cancer. Cancer cells preferentially use sugar as their fuel--the more sugar the more they grow and proliferate. Insulin drives tumor growth as well. Hemoglobin A1C, and high insulin levels will indicate problems that may eventually lead to cancer as well as other health issues.

### **Proactivity: Creating a Body where Cancer Cannot Thrive**

Think about the soil in a garden, that we cultivate with nutrients to grow healthy plants. Creating a healthy environment for our bodies can be an environment where cancer cannot thrive. Tips for creating this environment includes removing foods that have a high sugar impact, less starchy vegetables, and foods that keep the body satiated and strong. Choose a lifestyle and foods that turn cancer promoter genes off and cancer preventer genes.

### **Tests that can help you screen for early indications of Cancer Friendly Environment**

A CRP (C reactive proteins) test is a common test your doctor can order that measures the amount of inflammation in your body. Also, looking at your clotting factors in your blood may also indicate early signs, so that is a good screening test. Make sure you are getting plenty of antioxidants. Lastly, look closely at your the ratios of your fatty acids in your blood to see if you are creating this environment where cancer can or cannot thrive.

### **Kitchen and Refrigerator Medicine**

Cabbage, kale and broccoli are all high in sulforaphanes helps detoxify estrogen and stop the development of cancer at many stages. Onion and garlic are high in sulfur that prevent against heart diseases and cancer. Berries or foods with dark pigments has a plant chemical that enters into the nucleus of our cells to turn off

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cancer genes. Additionally, spices like turmeric interacts with over 100 genes that cause cancer -- there is no drug that does that.

## Success Story

Recurrence of ovarian cancer in a patient, and she began making up her will thinking that there was no way she could be cured. After applying Dr Nalini Chilkov's ideas she brought her tumor markers from 2000 to 5 and is in remission.

## Listener Question

Allison Meyer

*How can I really impact body-fat percentage, also, what are some ways I can deal with gut issues?*

- To really make sure you're not tofi (thin outside, fat inside) is to do high impact training (burst training) *as well as* resistance training in addition to the diet changes you've already instituted.
- On your comment about heating the shake mix, be careful about using the microwave. You can have a delicious hot chocolate, but using the microwave can change the molecular structure of the food, so opt for the stove and a saucepan.
- With the gut curiosities, use [Digestive Enzymes](#), [Microbiome Balance](#) and [Leaky Gut](#) support. That's a trifecta that will soothe and heal your gut.

## TRANSCRIPT

JJ: Hi, it's JJ Virgin and welcome to the JJ Virgin Lifestyle Show where I talk nutrition, exercise, mindset and lifestyle with some of the coolest people in the world, and I give you tips that you can put into fast action to up level you health so that you can go out there and live that big life you're meant to live. Today's show is all about cancer and especially the link between sugar and cancer. I have an amazing guest for you, someone I've known for years gosh, I'm thinking now at least ten years, maybe longer. I was sitting in her just five years ago and I said, "You know, Dr. Nalini, you actually make cancer not scary."

She's doing some of the most innovative breakthrough work in cancer and both how to help you if you have it, to turn it around and to not have it reoccur. More importantly, some of the things she's going to share with you today is how to never get there in the first place. When you hear her talk about the statistics and what is going with the cancer rates in this country and actually worldwide, it is just alarming. I will save that for her when she comes on. Let me tell you a little about Dr. Nalini Chilkov. She's the founder of [integrativecanceranswers.com](#) and the author of the number one

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best-selling book, 32 Ways to Outsmart Cancer: How to Create a Body in Which Cancer Cannot Thrive. Her outsmart cancer programs are recognized as the most comprehensive, science-based, safe natural programs for supporting cancer patients, cancer survivors and those most importantly, who do not want to get cancer in the first place to take control of their health and their destiny so that they can get well, stay well and live well beyond cancer.

I will tell you anytime, I get the call or an email about someone who's just gotten diagnosed, the first person that I send them to is always Dr. Nalini. She's been doing this for over thirty years. She's helped thousands of people many with serious and chronic illnesses achieve and maintain extraordinary health and longevity, and she's sort out my Hollywood celebrities and insiders. She's appeared as a health expert on MBC TV and has been recognized by WebMD and Dr. Oz as one of the top ten online influencers on breast cancer. She has a practice in Santa Monica, California and again, she is my go to expert on all things related to cancer and has an innovative approach that is amazingly successful. With that let's do it. Dr. Nalini Chilkov, welcome to the show. I am so excited to have you here with us today.

Dr. Nalini: Thank you so much JJ, delighted to be here.

JJ: I know that everyone is going to be really interested in what you have to say because I've done other interviews with you and we just get bombarded so I'm going to dive right in, because this is such an important topic. The first place I'd like to start is it just seems like there's so much more cancer today than there used to be. Is it just that I'm looking for it? Is it that we now know how to diagnose it or is it there's really that much more cancer going on? What's going on?

Dr. Nalini: There really is more cancer going on in the United States. The stats similar in Europe, one in two men and one in three women will be diagnosed with cancer in their lifetime and so that means yes, there's a lot more cancer. That's largely due to the toxic environment that we all find ourselves in. All of the chemicals we're exposed to, we're really not biologically designed to detoxify and so our DNA gets damaged, and that's the beginning of cancer.

JJ: There's some people that are going to be more susceptible to cancer than other people?

Dr. Nalini: Absolutely, think about that canary in the mine. There are people who have genetics that are really inefficient and are unable to thrive in the environment we are all living in and so those people with more vulnerable genetics, have a perfect storm between toxic exposures

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or stressors in the environment or even high blood sugar for sustained periods of time, and the development of diabetes or insulin resistance and the development of cancer.

JJ: Someone with people we've been talking a lot about high blood sugar on this shows of course, but we haven't talked about it in relationship to cancer. Someone with high blood sugar or high insulin or they're pre-diabetic or they're even like they're now full blown diabetic, should they be more worried about getting cancer? Are they at a higher risk of say getting cancer again, a recurrence?

Dr. Nalini: If you have high blood sugar or high insulin, so you could be pre-diabetic or diabetic, you have a 40% increase chance of getting cancer in the first place and if you've already had cancer and you're a diabetic, or a pre-diabetic, say you have metabolic syndrome or insulin resistance, you have a 50% higher chance of getting a recurrence of cancer if you've already had cancer in the first place.

JJ: Wow, before you ever get there of course, there's a big connection between your diet I'm sure and cancer. Let's back up to sugar because that's my hot button and I know I brought you on to one of our live casts to talk about sugar and cancer. The phones and the chat rolls were just lighting up. Let's talk about sugar and cancer and the link between them, how does that work?

Dr. Nalini: There's two doorways through which this physiology drive the growth of cancer. Number, cancer cells preferentially use sugar as their fuel. Healthy normal cells do not and so cancer cells convert to little sugar factories so the more sugar they have available, the more they can grow and proliferate, so that's one doorway, the sugar doorway. The second doorway is the insulin doorway and insulin actually is more of a culprit and a driver of tumor growth than sugar is because on the outside of cancer cells, there's a lot more insulin receptors than there are on healthy cells. As your insulin goes up, say you're pre-diabetic or you have metabolic syndrome or you have type two diabetes, you'll not only have high blood sugar but you'll have high blood insulin, and that insulin literally grows cancer cells.

JJ: I'm going to throw a curve ball at you, as far as looking at fast in influence then, what would you say is a risky number for people to look at because I'm seeing people coming in with their labs and they've got high insulin and no one's talking it.

Dr. Nalini: The high insulin kind of comes later so the cut off ten for a fasting insulin in conventional medicine. I'd rather see it around six but a better measure is hemoglobin a1c because that tells you that you're

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becoming insulin resistant, and that will show up before you see elevated fasting insulin.

JJ: Okay, we're going to look at fast in blood sugar, hemoglobin a1c which tell everyone what hemoglobin a1c is looking at.

Dr. Nalini: It's a protein to which sugar attaches in the blood, and so if the normal physiology after you eat a meal, your blood sugar will go up because you just ate a meal, and then it's the job of insulin to open the door into the cell and allow that blood sugar to get out of the blood, into the cell and be able to be used as fuel. If that doesn't happen then that extra sticky blood that's the sugar in your blood has to attach somewhere and one of the places it attaches is to this protein and that's what hemoglobin a1c. It's more accurate over the long term where you blood sugar has been living than a fasting glucose, fasting blood sugar just tells you that day when you got your blood drawn.

JJ: Perfect, important when you're going to your doctors, make sure you're also getting hemoglobin a1c because I've heard some doctors say, "Oh, well, your fast in blood sugar looks fine, you don't need to." To really get the complete picture, you're going to want to look at that hemoglobin a1c.

Dr. Nalini: Yes, and also remember that the normals are the normals of an unhealthy population when you're looking at lab values, so you actually want to know where healthy is, not where the statistical normal of a unhealthy population is. Your doctor might tell you it's fine, for example I like to see hemoglobin a1cs between 5.2 and 5.5, but most physicians will say, "Oh, it's okay if it's all the way up to 5.9." But then you're just on the edge of diabetes.

JJ: You don't have to worry till six to go onto medications. It's like, "Okay." You talk a lot, and I think this is so important because we tend to be a reactive society and this is definitely a case where you need to be massively proactive, you talk about create a body in which cancer cannot thrive. What do you mean by that? How do you do that?

Dr. Nalini: Think about the soil in a garden. If we build that soil up and make sure it's full of nutrients and it isn't full of irritants to the plants, we're going to grow beautiful healthy plants and beautiful fruits and flowers. Similarly, the environment around your cells, kind of like the terrain or the soil around your cells will influence whether you have healthy cells or cells that tap into disease such as cancer. That environment is as you say, it's information. It's giving signals for what genes get turned off and on all the time. That environment,

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that body where cancer cannot thrive is going to be an environment that is not supportive of the development, growth and progression of cancer cells.

JJ: I know that we've kind of hinted around it, but that obviously lowering your sugar and your sugar impact would be key, what are some tips around that that you give to your patients?

Dr. Nalini: I wish I had written the Sugar Impact Diet and called it the Cancer Impact Diet because it really ... If your community follows the Sugar Impact Diet the way your guidelines are, that's really the same guidelines where you want to remove concentrated sweets, so you want your diet to be relatively low in foods that trigger insulin and raise insulin and blood sugar. You want to take out a lot of the grains and sugars and sweets and have a diet more emphasizing healthy proteins, healthy fats and colorful vegetables that grow above the ground, the less starchy vegetables. That's pretty close to the guidelines you gave your community I think.

JJ: Yeah, so interesting when you look at what low-sugar impact diet is, it's an anti-cancer diet, it's an anti-diabetic diet, it's an anti-heart disease diet.

Dr. Nalini: Yes, yes.

JJ: It's an anti-dementia diet.

Dr. Nalini: Yes, it's an anti-inflammatory diet so the things that cause health come together in one way so you have to look at yourself as an individual and say, "What are my unique risk factors?" Then you tweak those general guidelines and individualize them to the person.

JJ: Let's talk about that, about some of the individual things that could put someone at risk for cancer and what specifically they can do. What test could they look at? What could they be doing for these things? I know you talk a lot about these things in your book the 32 ways to outsmart cancer, which is definitely one that everybody wants to have. Again, I'm going to emphasize here, this is not about being reactive, you just had the stats, one in three women, one in two men. This is one of those ones I've always felt like if we treat ourselves as if we're at high risk for cancer, heart disease, diabetes and just live that way, then we won't end up that way.

Dr. Nalini: Yes, what we're actually doing is choosing a lifestyle and choosing foods and herbs and nutrients that actually turn cancer promoter genes off and turn cancer suppressor genes on. You've asked about tests, we want to really see if we're managing our inflammation properly and so some inexpensive tests that any physician could

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order might be C reactive protein, CRP, that's a nice measure to see in general where your inflammation is. Patients who are prone to cancer have much higher levels of DRP. Also you might see that your blood is getting thick and sticky, and we look at two values, fibrinogen activity and D-dimer and these are blood clotting measures.

These will often go up in cardiovascular heart disease as well as diabetes and pre-diabetes but these might be the earliest sign of cancer, that you have increased clotting in your blood, so that's a good screen. Also, we want to make sure that we have plenty of antioxidants and the ability to scavenge free radicals which are lone electrons which pity our DNA like rust gets pitted. We want to make sure you can look at oxidative stress measures in your blood. Also, you can look at your fatty acid ratios between your omega 3 and omega 6, to see if you're actually accomplishing an environment that's anti-inflammatory by your food choices. Those are some tests that are widely available that really tell us a lot about the term or environment.

JJ: Those are fantastic because they're widely available and they're relatively inexpensive so easy ones to see. I did not know that about looking at those two tests as an early indicator, the blood clotting as an early indicator. Wow. What about some of your favorite foods, nutrients, what are some of your favorite things? You talked about turning off and turning on genes, so to turn off the cancer genes, what are some of your favorites?

Dr. Nalini: Let's talk about kitchen medicine and refrigerator medicine. Anything in the cabbage family that's high in sulphorofins this is a group of plant chemicals that stops the development of cancer at many, many stages, helps you detoxify estrogen and clear it from your body and also accesses super antioxidant. In that cabbage family, kale and broccoli and broccoli and broccoli sprouts are the most concentrated in those nutrients. Also the onion and garlic family is very, very high in sulfur and other plant chemicals that are protective against cardiovascular disease, heart disease, diabetes and cancer, so you want to eat plenty of garlic and leeks and onions your diet.

Also berries, anything that has really deep, plant pigments, any food that has a lot of color. We could talk about berries, we could talk about tomatoes or [pessilins 00:15:24] or [pomer 00:15:25] groundnuts, anything really deep has a plant chemical in it that will actually enter into the nucleus of your cells and talk to your genes and turn cancer genes off. It is very powerful just to eat a lot of color.

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- JJ: It's so great too because again, I think we so often especially since I work in weight loss, people tend to look more at the macro-nutrient effects, is this raising insulin? Is this lowering insulin? Can I burn fat? Instead of looking at why we're actually eating things and how powerful some of these plants are.
- Dr. Nalini: Plant food is amazing. You can ever go to your spice shelf, right? I think a lot of people know that turmeric, that bright yellow golden powder that we use in curries is very powerful against cancer. It actually interacts with over 100 genes related to cancer, there is no drug like that.
- JJ: Wow, I know, isn't it crazy when you start to look at some of the plants and some of the herbs and you will see what they do, you're like, "Gosh, if this was a drug, it would be super-expensive," and you know ...
- Dr. Nalini: Yeah.
- JJ: This is definitely the place to start and I still remember sitting in your office when you were sharing so much of this information with me thinking that really with you on the team, like as the leader of the team, there'd be no reason to be afraid of all these because cancer is such a big scary word and we tend to operate out of fear instead of being proactive about it, which I just love. I'd love to leave with one success story for you to share so people can see what's possible here.
- Dr. Nalini: Actually, I just got off the phone today with a patient who had a recurrence of ovarian cancer and she was actually putting her will together because she really didn't think there was any treatment that would work on her. One of her problems was she was just looking to oncologists to help her with her cancer and she didn't have a health model. You also need a plan for your health and to create this environment where cancer can't thrive. I hadn't talked to her in several months. Her tumor markers, when she was first diagnosed were almost 2000, they were 1900 and something. Today, her tumor markers are five so she's in remission.
- JJ: Wow, and what's normal for a tumor marker for someone who ...?
- Dr. Nalini: Four, this would be ca125 which is a tumor marker for ovarian cancer. Anything under 35 is considered in remission or cancer free.
- JJ: She was at 2000 and came down to five.
- Dr. Nalini: Mm-hmm (affirmative), today she's at five, yeah.



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JJ: The big goal again is to start now and again, I got to emphasize that this book here, 32 ways to outsmart cancer, it's just fantastic, everyone wants to grab that. I'm going to guide you all to [integrativecanceranswers.com](http://integrativecanceranswers.com) because Dr. Nalini has spent, and I can attest to this, so much time putting together amazing resources for you. There is incredible resource information there so you want to go to [integrativecanceranswers.com](http://integrativecanceranswers.com) and I want to thank you again Dr. Nalini Chilkov for joining me today, you're so awesome.

Dr. Nalini: Thanks for inviting me.

JJ: Hugely appreciate. After the break, I'm going to be answering a listener's question so stay with me.

Speaker 3: You already know starting your day of with the right breakfast sets the metabolic tone for your day. Now, the perfect and easiest way to do this is with the JJ Virgin's all in one [audio 00:18:58] inspired protein shake. This convenient, nutrient enriched protein enhanced milk comes in two delicious flavors, vanilla and chocolate, and is a huge time saver. Ensuring your body has restored fat as fuel, create steady sustained energy and cuts your hunger in sugar cravings. Visit [jjvirgin.com/products](http://jjvirgin.com/products) today and experience the easy way to lose more weight and keep it off. Visit [jjvirgin.com/products](http://jjvirgin.com/products) and start your day with a healthy shake.

JJ: Welcome back. This is the time where I answer a listener's question and today's question is wrapped into an amazing success story. I'm a let Alison tell you herself.

Speaker 4: Hi JJ, this is Alison Meyer. I am so grateful that you took all your passion for health and created The Virgin Diet. There is nothing else like it. My success story is I went through your program and I found out six of the seven foods are my triggers, no surprise. Your program helped me be my own research scientist and that has been invaluable. I've told clients for years, your body is a chemistry set and I've always known that but I just didn't have the tools. When you said that I knew my tribe. Vision for my health is to end my suffering with my gut issues. I've had it since I was five years old. I look at pictures when I was little and my stomach is distended and it's not that I was a chubby kid, it was because I was bloated since I was five.

My main sticking point now is body fat percentage but I realize I have to be patient and keep doing the program. My favorite shake recipe, this is hysterical because it's so simple. It's not really even a recipe, it's basically a cup of coconut milk, two scoops of the chocolate. Mix it up and I microwave it for my dinner at night,

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because I used to drink hot tea and stevia 00:20:54 and I always wanted a cookie or a gram cracker and I didn't feel status fine unless I had that. Now, that I switched to your protein shake and the coconut milk, I'm totally satisfied and I feel so much better. That's been my secret weapon.

If I could have a little private conversation with you, I'd give you a huge hug and a thank you. I'd ask more questions about gut issues, what tests to take, supplements, something a little more tailor made, dig a little deeper just for my own individual health because I realize we're all individuals. Lastly, I'd ask you how I could help you and your vision and keep reaching out and help other people. I tell everybody like I said, I give your books out. I'm your biggest fan and cheerleader. I think the work you're doing is ground-breaking and great and I'm so glad that you're out there. Thank you so much for this opportunity to share with you and I just think you are awesome. Thanks so much. Bye.

JJ: Alison, I love the fact that you get how important it is to be your own personal health detective. One of the ways that you can change your body fat percentage. Initially, your diet makes the shift, changing what's at the end of your fork and really becoming clued into what foods work for you and what food don't, what you're intolerant to and how much you need to lower your sugar impact. The next level to really make sure that you don't become tofi, thin outside, fat inside, is by making sure that you're doing both high intensity interval training or burst our training and resistance training. I talk about this in both of my online programs, in the Virgin Diet online program and in the sugar solution online program. Make sure you're adding that in too.

I like people to start with their diet, focus on dialing that in and customizing it to your personal biochemistry lab, and then working into exercising next start with burst training and then add in resistance training.

Now, I have to just jump on something that you talked about because you talked about microwaving your shake and I just have to take a step back and love using shake mix for other stuff. You can make amazing hot chocolate with my [JJ Virgin Shake](#) and some coconut milk or so delicious almond milk, so that is a great thing, but let's skip out on the microwave, because it change the molecular structure of the food. Make is franken food and we don't want that.

We do not want to make a good thing bad, so, instead, heat up your coconut milk or your so delicious coconut milk, almond milk,

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cashew milk, hit that on up and then take it off the heat, whisk on in the protein powder and you are good to go.

You talked about GI issues and what you would ask me if you were with me. What I would tell you is if you do want to have something tailor made for you, that's where you work with a functional medicine doc and do some stool testing, I like one called the GI effects stool test on DNA testing, or do organic acid testing, both of these things can help a bunch with helping you identify what's going on in your gut microbiome.

Just some basic things. I have a product called [Microbiome Balance](#), that's a bacteria fudge which helps eat up the bad stuff in your gut which actually can make you extract more calories from the food you eat, and store that as fat and supports the beneficial bacteria in the gut. I would say that that's one that everyone benefits from, one to two a day. [Digestive Enzymes](#) are another one, 30, 35 years old or under any stress, I think digestive enzymes are definitely something you want to incorporate into your diet. I don't take them with my shakes because those are easy to digest, but I use my digestive enzymes, I take two with my other meals.

One of the things I love so much about them is that they're going to help you break down protein which is what a lot of us have challenges with as we age due to stress, and due to not taking enough time with our meals issue, or too many fluids with meals. They help you break down protein, but these enzymes are specifically created to help you not break down your carbs quickly, and that something that you want to watch. It helps you block or not, break down your carbs, which is fantastic because for a lot of people if you take enzymes, it speed up carbohydrate digestion, you just raise your blood sugar more. You don't want to do that.

That's what I would suggest, if you're looking on working on your gut using Digestive Enzymes, using the Microbiome Balance and then using something called [Leaky Gut](#) support. You can throw that into your shake so it's great, you won't even notice it, actually they're really pleasing like black pitch test, great to throw in the shake. What's nice about this is all these things are both gut soothing and gut healing, so that's my tri-factor for helping you with GI issues. Again, I always like to say test on gas, so if you've done the Virgin Diet, incorporate next in the Sugar Impact Diet and do those products and if you're still having issues, go to your functional nurse and doctor and have them take a look further with some good functional testing.

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All right, if you'd like to a submit, just to go [jjvirgn.com/ask](http://jjvirgn.com/ask) and you can leave a voice mail for me. I can't wait to hear from you. One more was I'd love to hear from you, I would hugely appreciate if you could jump on Stitcher or iTunes and leave a review for, it helps a bunch. Be sure to subscribe and share the show with your friends.

This is JJ Virgin signing off and **reminding you that you are worthy.**

**Dare to live a life that matters.**

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