Six Ways to Boost Your Immune System, Destroy Cancer Cells and Fight Infections Naturally

How to Increase Natural Killer Cells

by Dr. Nalini Chilkov, L.Ac., O.M.D

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Cancer Survivors and Thrivers Praise
Dr. Nalini and Integrative Cancer Answers

Last year I almost died of advanced cancer. Nobody should have to go through what I experienced - My doctors are amazed. After only two weeks of starting my nutritional supplements, herbal medicines, morning smoothie and cancer fighting diet, my health and vitality doubled and in three months, I’m feeling close to 100% - Dr. Nalini Chilkov is my secret weapon for perfect health – she’s practical, pragmatic and brilliant.

*Mike Koenigs*
*Advanced Colorectal Cancer*
*Best Selling Author and Speaker*

Finally, someone who is looking at the whole and long term picture; not just deploying nuclear bombs in my body and waiting to see the results. Now I feel like I can be proactive in my battle and not just a vessel for harmful but necessary chemicals. So much of her nutritional advice, as my husband is a wonderful and informed cook, was on our radar but thanks to Dr. Chilkov, we now have the needed impetus to clean up those last nasty eating choices. Her encouragement to use this illness to create life changing habits was empowering and the comfort of knowing that she will be in my corner for a long time to come is a huge emotional boost. Even the process of sorting through the plethora of vitamin/supplement bottles feels liberating and the acupuncture session was a definite boost to my energy level & well being. I cannot thank you enough for your all knowing kindness. With extreme gratitude for giving a life changing gift. I am not sure where to begin to thank you. My meeting with Dr. Chilkov was the most needed of medicines.

*J.C., Cancer Patient*

Her skill has helped me to heal physically. More importantly, her compassion and patience helped me to grow and develop as a human being. Rarely in life do you meet someone who wondrously heals and teaches. In so doing, they expand and change your life. Nalini is one of those rare people.

*M.B., 21st Century Funds*

You have treated me as a whole person, not just a list of ailments, and given me tools to add to the quality of my life in so many more ways than any doctor I have known. Thank you for helping me get well both physically, mentally and spiritually.

*R.R., A.I.A.*
Dr. Chilkov is an invaluable resource for creating a plan for health in the midst of the challenges and complexities of cancer diagnosis, cancer treatment and recovery and investing in the health side of the equation.

**Dr. Mark Hyman, M.D.**  
*Five New York Times Best Sellers*  
*UltraWellness, UltraMind, UltraMetabolism, The Blood Sugar Solution*  
*Founder, The UltraWellness Center*

Dr. Nalini Chilkov is my number one resource for cutting edge cancer info. She is on the leading edge of Integrative Cancer Care. I have sent my closest friends to her.  

**JJ Virgin, CNS, CHFS**  
*Celebrity Nutrition and Fitness Expert*  
*Best Selling Author, The Virgin Diet*

When it comes to Integrative Cancer Care, Nalini Chilkov is my go to person.  

**Dr. Frank Lipman MD**  
*Holistic Physician*  
*Best Selling Author, Total Renewal*

Dr. Chilkov’s programs are masterful. You will feel empowered by her toolbox of natural medicines, as well as diet and lifestyle guidelines that are at the root of cancer prevention, cancer recovery and a long and healthy life.  

**Dr. Sara Gottfried, M.D.,**  
*New York Times Best Selling Author, The Hormone Cure*
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Boost Your Natural Immunity to Cancer and Infections by Stimulating Your Own Natural Killer Cells

Natural Killer Cells are aptly named as true warriors of our own innate immune system.

Nature has provided us with our own always ready army of white blood cells to help us fight infections and target cancer cells.

NK cells, a special type of white blood cells, are responsible for immune system surveillance. They are always patrolling the body on a "search and destroy" mission.
What Do Natural Killer Cells Do?

Natural Killer cells act fast!

**They kill viruses and cancer cells quickly**... unlike other parts of our immune system that take time, up to several days, to get mobilized.

Natural Killer cells **kill cells that are infected with viruses and some bacteria,** such as MRSA (Multi Drug Resistant Staph a), which do not respond to antibiotic drugs.

Natural Killer cells **reject and destroy cancer cells found in malignant tumors.**

Natural Killer cells **alert and regulate the rest of the immune system to mobilize against abnormal cells** through cell to cell communication signaling.
Here’s how they fight off the enemy:

• They can secrete a substance called perforin that blows holes in the target cell membrane, causing it to burst.

• They can punch a few holes in the target cell membrane, and insert a natural protein with anticancer effects produced by the body in response to the presence of toxic substances, such as bacterial toxins. This process causes the target cell to die slowly.

• These incredible cells can also secrete substances called granzymes. Granzymes are enzymes that cut up a cell’s DNA (genetic material) and cause the cell to die.

Natural Killer Cells Reduce Cancer Recurrence

One of the key characteristics of cancer cells is that they can become immortal. Cancer cells have figured out how to survive. Cancer cells typically do not go through the natural cell life cycle and natural death process called apoptosis and thus keep growing and growing. Natural Killer cells function to arrest unregulated cancer cell growth and cause the cancer cell to die, stopping the spread of cancer.

One common side effect of cancer chemotherapy is the destruction of bone marrow function which leads to abnormally low numbers of white blood cells, including Natural Killer cells. Boosting Natural Killer cells after chemotherapy is vitally important to prevent cancer recurrence and infections.

Studies have shown that cancer patients with a low activity of Natural Killer cells have shorter remissions, greater tumor burdens, and an increased risk for lymph node metastasis. It is also not uncommon for the activity of Natural Killer cells to decrease just prior to a recurrence in a patient’s cancer. It may be possible to lower a cancer patient’s risk for recurrence by maintaining a high Natural Killer cell activity level.
Six Natural Ways to Boost Your Immunity

1. **Imperial Herbs of Chinese Medicine**
   - ✓ Astragalus Root - Huang Qi
   - ✓ Reishi Mushroom - Ling Zhi
   - ✓ Shiitake Mushroom - Hua Gu
   - ✓ Turkey Tail Mushroom - Yun Zhi
   - ✓ Chinese Caterpillar Fungus - Dong Chong Xia Cao

2. **Ancient Traditional Chinese Herbal Tonic**
   - ✓ Ginseng and Astragalus Formula - Bu Zhong Yi Qi Tang

3. **Vitamins**
   - ✓ Vitamin E
   - ✓ Vitamin C
   - ✓ Vitamin A and Beta Carotene

4. **Exercise**

5. **Sleep**

6. **Relaxation**
   - ✓ Massage
   - ✓ Meditation
   - ✓ Relaxation
Imperial Herbs of Chinese Medicine for Boosting Immunity

These herbal medicines revered in Asia for their health promoting effects are rich in polysaccharides, vitamins, minerals, proteins, carbohydrates and fats. Constituents of these natural medicines strengthen the immune system, support anti-inflammatory functions, and fight disease causing organisms.

These tonic herbs are traditionally used to assist the immune system to destroy bacteria and viruses. They contain constituents that have anti-cancer and anti-tumor effects that may help extend the life of patients with some cancers when used with chemotherapy.

The Top Five Chinese Medicinal Immune Herbs Are:

1. Astragalus Root (Astragalus membranaceus) - Huang Qi
2. Reishi Mushroom (Ganoderma lucidum) - Ling Zhi
3. Shitake Mushroom (Lentinus edodes) - Hua Gu
4. Turkey Tail Mushroom (Coriolus versicolor) - Yun Zhi
5. Chinese caterpillar fungus (Cordyceps sinensis) - Dong Chong Xia Cao
Ancient Traditional Chinese Herbal Tonic: Ginseng Astragalus Formula

Bu Zhong Yi Qi Tang in Chinese Traditional Medicine, also known as Ginseng and Astragalus Formula, has been shown in numerous studies to increase Natural Killer cell numbers and activity.

It has been suggested in China and Japan that the elderly and any other immune compromised persons use Bu Zhong Yi Qi Tang on a daily basis to improve resistance to infections, and reduce incidence and growth of cancers.

These herbs may be taken as teas, powders, capsules, or added to your food, such as cooking them into soups.
Vitamins Increase Natural Killer Cells

**Vitamin E**

Vitamin E is an *important antioxidant and immune booster*.

✓ It stimulates the production and increases the activity of Natural Killer cells and B cells (those that seek out and destroy bacteria and cancer cells)

✓ It may also reverse the decline in immune response commonly seen in aging.

Supplementation with only 200 IU per day has been shown to markedly decrease the incidence of infections in the elderly.

*Sources:* nuts, seeds, vegetable oils and whole grains.

**Vitamin C**

Vitamin C *tops the list of immune boosters for many reasons.*

It increases the production of infection-fighting white blood cells and antibodies and increases the levels of interferon (this is the antibody that coats cell surfaces thus restricting the entry of viruses into the cells), our body’s own antiviral response system.
Dr. Nalini’s favorite is the **Stellar C**.

**Vitamin A and Beta Carotene**

Vitamin A and Beta Carotene **boost the immune system in a number of ways.**

They increase the number of infection-fighting Natural Killer cells and helper T-cells that protect the respiratory system from infections.

**Sources:**

Vitamin A from animals: calf liver, milk and eggs.

Beta Carotene (pre-vitamin A from plants): sweet potatoes, carrots, kale, spinach, turnip greens, winter squash, collard greens, cilantro and fresh thyme.
Exercise Increases Natural Killer Cells

Moderate exercise increases both the number of Natural Killer cells, and the activity of Natural Killer cells, increasing your immune system’s capacity to fight viral infections and cancer.

Some researchers call these “exercise activated cells”.

Take a walk, do some yoga or tai chi, go for a hike, or take a bike ride on a regular basis to keep your immunity robust.

Please note that intense and prolonged exercise can actually lower immunity.

Some integrative oncologists such as Keith Block, M.D. actually have their patients receive chemotherapy in his office while walking on a treadmill to boost immunity during treatment!

Don’t be a sedentary couch potato if you want to have a strong, disease-fighting immune system!
Inadequate Sleep Decreases Natural Killer Cells

Just one night of poor sleep impairs normal immune function, while a good night’s sleep increases your resistance to infections and the ability to fight cancer.

Prioritize your health by getting a full night’s rest in a quiet and restorative environment.
Relaxation, Massage, and Meditation
Boost Immunity and Increase Natural Killer Cells

Massage

Deep relaxation produces profound chemical changes in levels of stress hormones such as cortisol, and neurotransmitters such as dopamine and serotonin, leading to an increase in cancer-fighting Natural Killer cells.

Natural Killer cells increase following massage therapy for this very reason.

Meditate

The lowering of the stress hormone cortisol through relaxation or meditation leads to an increase in immune capacity and Natural Killer cells.

Take some time everyday away from life’s stressors to relax deeply and boost your immunity.
What Else Can You Do to Enhance Your Immune System?

✓ Treat any underlying infections
✓ Drink lots of fresh pure water
✓ Keep your stress levels under control
✓ Avoid smoking
✓ Avoid drinking alcohol
✓ Avoid excessive intake of caffeine from tea, coffee and soft drinks
✓ Limit intake of refined grains and sugars
✓ Avoid artificial sweeteners, colorings and flavorings
✓ Avoid refined carbohydrates, white sugar, white flour, glucose, sucrose and corn syrup
✓ Limit exposure to environmental pollutants
✓ Eat a diet rich in fresh, unprocessed whole foods, nuts, seeds, fresh vegetables and fruits, and healthy fats
✓ Cook with herbs and spices that supply natural antioxidants and support anti-inflammatory functions such as ginger, garlic, turmeric, oregano, rosemary and thyme
✓ Eat a rainbow of colors everyday, including 6-12 servings of deeply pigmented fruits, and vegetables
✓ Include fermented foods such as yoghurt, kefir, miso, sauerkraut and kim chi in your diet as a source of natural probiotics for supporting healthy intestinal ecology and function
✓ Take a high quality multivitamin and mineral supplement to ensure that you have an adequate supply of the nutrients needed for the body every day
About Integrative Cancer Answers

We believe that cancer is a preventable disease.

We believe that every cancer patient deserves to live a vital life well beyond cancer.

If you are living with the stress, overwhelm and anxiety of cancer, suffering from the effects of difficult treatments, worried about cancer returning in the future or about getting cancer in the first place, Integrative Cancer Answers is designed for you.

Our mission is to empower people whose lives have been touched by cancer to get well, stay well, and live well informed by science-based, safe and natural solutions.

We want to teach you how to transform your body into an environment where cancer cannot thrive.

We are committed to clearing up the confusion and providing you with safe, natural, easy to implement resources that will allow you to outsmart cancer, take control of your health, and enjoy real peace of mind, confident that you have access to the same time tested programs Dr. Chilkov has used for 30 years with thousands of people just like you to get well, stay well and enjoy a long, vibrant and healthy life.

Integrative Cancer Answers, founded by Dr. Nalini Chilkov, L.Ac., O.M.D. is committed to showing you how to create a body and an environment in which cancer cannot thrive.
Our approach is informed by the best and most current modern science and research, functional complementary medicine, and rooted in the wisdom of natural healing traditions.

If you’re looking for answers about what to do next, you’ve landed in the right place.

Our signature Outsmart Cancer Programs are the distilled “at home” version of over 30 years of Dr. Nalini’s experience and success in supporting people just like you through the cancer journey, from diagnosis and treatment through recovery and life beyond cancer.

Our programs work with your body’s own inherent natural healing mechanisms to build your capacity to fight and become resistant to cancer, avoiding getting cancer in the future, or in the first place.

You Can Count on Integrative Cancer Answers:

✓ To create a new framework for healthy living, wholeness, and longevity
✓ To create a holistic healthy environment that nourishes and promotes your body’s own healing resources
✓ To tend to the whole person inclusive of body, mind, emotions and spirit
✓ To be your #1 Trusted Source for reliable information on Complementary Integrative Cancer support
✓ To foster a community of collaboration, caring and support in which all medical and healing systems join forces to find better solutions to outsmart cancer
✓ To Stay Abreast of Advances and Provide You With Current, Leading Edge Information from around the world so that you can make well informed choices with confidence and peace of mind
✓ To Create Easy to Implement Step by Step Programs so that you can thrive
About Dr. Nalini Chilkov

Dr. Nalini is a leading edge authority on integrative cancer care, immune enhancement, optimal nutrition and wellness medicine.

Dr. Nalini’s OutSmart Cancer Programs are recognized as the most comprehensive, science based, safe, natural programs for supporting cancer patients, cancer survivors and those who do not want to get cancer to Get Well, Stay Well and Live Well Beyond Cancer.

Create a Body Where Cancer Cannot Thrive.

For over thirty years, Dr. Nalini has helped thousands of people, many with serious and chronic illnesses, achieve and maintain extraordinary health and longevity. She is sought out by award-winning Hollywood celebrities and insiders.

One of the original Huffington Post Healthy Living bloggers.

Best Selling Author of 32 Ways To OutSmart Cancer.

Read Dr. Nalini’s #1 Best Seller:

32 Ways to OutSmart Cancer Book

32 Ways to OutSmart Cancer Kindle Version

Recognized as a ‘Go To Health Care Provider’ in Susanne Sommer’s book, Doctors Who Are Curing Cancer and How to Prevent Getting It in the First Place.
Dr. Nalini’s Personal Story | My WHY

Both of my parents have had more than one episode of cancer ... and are alive and well today.

I have realized that most people diagnosed with cancer simply do not have access to the kind of reliable and trustworthy information and expertise that has been of benefit to the cancer patients in my clinic who are seeking safe and natural Integrative Alternative Cancer Support as a path to being cancer free and symptom free.

Over twenty years ago, my mother was diagnosed with cancer, a type of lymphoma. After radiation treatment she was diagnosed with skin cancer at two different times. Ten years later, my father was diagnosed with prostate cancer. Five years later he had a recurrence. Five years after that he has a brain tumor as a side of effect of the very treatment that was supposed to manage his prostate cancer.

This is how I became interested in CANCER PREVENTION. I knew that I carried genes inherited from my parents, both of whom have had more than one episode of cancer.

I knew that I was also vulnerable to developing cancer. So, I started on a journey to study how cancer develops, what makes an individual susceptible and at high risk for getting cancer. My goal is to NEVER be a cancer patient.

What could I do about lowering my risk of getting cancer in the first place? What could I do about preventing both of my parents from having another recurrence? What are the traits and characteristics of a cancer prone person? How do you change risk into resistance and long term health?

With a degree in Cell Biology and as a Doctor of Oriental Medicine, as a clinician, scientist, nutritionist and herbalist, I have been able to take all of my diverse training and the wisdom and experience of years and years of supporting cancer patients and really make a difference.
I have supported cancer patients collaboratively in conjunction with their oncologist to get through surgery, chemotherapy, radiation therapy and hormone therapy. I have helped them deal with terrible side effects, all with natural drug free therapies, and remain cancer free while improving their quality of life after treatment.

This is not EITHER - OR but BOTH - AND.
Use conventional oncology when indicated but also have a plan for managing health for the long term.

I am truly happy to say that all of my efforts, studies and research have paid off. Both of my parents are in their 80’s and are alive and well, and cancer free. They move a bit slower, but they both live active lives and have clear minds and a zest for life.

My dad still has mostly black hair, with just a little gray. He even goes into his office most weekdays, because he is not ready to retire!

I have been in private practice for thirty years now. Over the last twenty years I have specialized in Integrative Alternative Cancer Support, collaborating with patients and their doctors to give each person a truly comprehensive approach to achieving HEALTH after a cancer diagnosis.

Dr. Nalini Chilkov, L.Ac., O.M.D.
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For more inspiration, tips and resources for creating vibrant health and longevity, visit

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Now that you’ve read the ‘6 Ways to Boost Your Immune System’, it’s time to take the next step!

Get your OUTSMART CANCER QUICK START GUIDE

Get Answers to The Two Most Common and Most Pressing Questions

Go deeper into the material you’ve just learned.

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Mindfulness-Based Stress Reduction in Relation to Quality of Life, Mood, Symptoms of Stress, and Immune Parameters in Breast and Prostate Cancer
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