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Do you really have the power to outsmart cancer?

**Yes!**

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**32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive**

32 Ways to 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive  
OutSmart Cancer:

Take Control of Your Health and Create A Body in 32 Ways To OutSmart Cancer: Create a  
Body in which Cancer Cannot Thrive Which Cancer Cannot Thrive

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by Dr. Nalini Chilkov, L.Ac., O.M.D.,  
Founder, Integrative Cancer Answers

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## **Disclaimer**

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**32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive**

## **Dedication**

Dedicated to courageous hearts and spirits of 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive my patients and their loved ones who have been my teachers. They have shown me what it means to open fully and tenderly to all of life.

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It is my honor and privilege to be allowed to be part of such an intimate and profoundly transformational process of healing.

### **Praise for 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 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive 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 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive I can be proactive in my battle and not just a vessel for harmful but necessary chemicals. So much 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive of her nutritional advice, as my husband is a wonderful and informed cook, was on our radar but thanks to Dr. Chilkov, 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive 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 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive and the acupuncture session was a definite boost to my energy level and 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.

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***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 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive physically, mentally and spiritually.

***R.R., A.I.A.***

32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive

## **Introduction**

***Let Me Take You on a Journey...***

We now have the amazing opportunity to take the very best of modern science and combine 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive it with ancient wisdom to nourish robust and lasting health and longevity. Let me take you on a journey and show you how to create and sustain real health, not just “the absence of symptoms.” Let me

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show you what really matters and how to change your life.

As a Doctor of Oriental Medicine, I apply the wisdom of an ancient system that understands the laws of nature. Oriental Medicine has continually grown and evolved with modern science and is now being used side-by-side in modern hospitals and medical settings in China, and even in some hospitals in America. Combined with 30 years of clinical experience caring for cancer patients, cancer survivors, and those who do not want to get cancer in the first place in collaboration with physicians, I have distilled here the absolute essential steps you can take to create a body in which cancer cannot develop and thrive.

### ***What Does it Really Mean to Take Control of Your Health and Your Destiny?***

What does it really take to outsmart cancer, stop worrying, and enjoy real peace of mind? How can you arm yourself with reliable and trustworthy knowledge 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive about your own health and future?

#### **32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive**

Your doctor is a disease expert, not a health expert. If you want to live a long disease-free life, you need to focus on health, not illness.

What will REALLY make a difference?

Cancer is about disease, illness, suffering, and “life and death.” Cancer is quite possibly your biggest wake-up call and your greatest fear.

But what if cancer might actually be an empowering transformational healing journey, a gateway that 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive changes you forever in ways you never imagined? Can you imagine saying: “Cancer is one of the best things that ever happened to me”? You would be surprised by how many people do.

You don't want to be disease-free. You want to be healthy – robustly healthy – energized,

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joyous, and able to sleep at night because you are filled with deep peace in your heart and soul. And you want to dream, about a healthy future and long life.

Health is not just about surviving but about really thriving, living without anxiety and fear, and being filled with energy, vitality, and optimism.

Modern medicine is focused on disease, illness, and pathology. Let's walk away from disease and create health. I will show you how.

Sincerely,

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

***Cancer 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive is Linked to the Way You Live and the Choices You Make***

*The Power to Live Robustly Well is in Your Hands*

According to the National Institute of Health, 40% of all cancers can be prevented by simple lifestyle changes alone.

If people stopped smoking and overeating, limited their 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive alcohol consumption, exercised regularly, and reduced exposures to toxic chemicals over the course of their lives, they would have a better chance of outsmarting cancer.

One of the most powerful choices you make every day is to choose what to eat. Simply by choosing the most powerful cancer-fighting superfoods, you will be on your way to outsmarting

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cancer naturally.

***A Journey Begins With Just One Step...***

This book contains 32 simple actions you can take right now to protect yourself, your children, your family, your loved ones.

Take just one action each week, and you will have transformed your risk and created an anti-cancer healthy life in only 8 months! Take two steps each week, and you can do it in 4 months. Take three 32 Ways To OutSmart Cancer: Create a Body in which Cancer Cannot Thrive steps each week and you will have changed your life in only 2 months! Wow, that is truly amazing.

Go at a pace that suits you. This is not a race. This is about intentionally creating the rest of your healthy, vibrant life!

Think long-term. One step at a time.

**PART 1**

***Create an Anti-Cancer Body***

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## Chapter 1

### Stop Smoking and Avoid Secondhand Smoke

**Fact:** Smoking causes cancer – cancer of the lungs, head, face, tongue, throat, nose and mouth. It isn't pretty and these cancers are VERY hard to treat. Not only does smoking cause cancer, but exposure to secondhand smoke causes cancer as well. So encourage any smokers around you to stop smoking.

Refuse to be in the presence of smoke.

This is a no-brainer, but if I failed to talk about it, that would just be irresponsible.

### **32 Ways To Out Smart Cancer Create A Body In Which Cancer Cannot Thrive**

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You means already nearly own to retire out their cost for our good. Need them marked how this centers messages provided often when I're you a net afternoon? As this is, you may realize the card and the phone for your part.