

Hello Functional Medicine Discussion Group members:

Our next meeting will be Thursday April 20 at 6:30 and the topic will be **The Deadly Link Between Insulin Resistance, Obesity, Carcinogenesis and Metastatic Progression; Nutraceutical and Phytochemical Interventions** with Dr. Nalini Chilkov. This is going to be an incredible meeting as Nalini is an incredible presenter and one of the most knowledgeable people on the plant on cancer and nutrition and she lectures world wide on the topic. She is the author of the best selling book *32 Ways to OutSmart Cancer: How to Create A Body Where Cancer Cannot Thrive*. We will meet in the conference room at the Ocean Park library at 2601 Main Street (Ocean Park and Main Street) since our usual location on 6<sup>th</sup> Street was not available. **Please let me know as soon as possible if you will be able to attend** by sending me an email with **RSVP Cancer** in the subject line. Please come a little early if possible, so we can start as close as possible to 6:30. As usual, Metagenics will be providing some healthy food.

Please join our closed Facebook page, Functional Medicine Discussion Group of Santa Monica. Also check out my weekly podcast, Rational Wellness, on Itunes or Youtube.

Dr. Chilkov provided us with the following outline of her presentation that she has planned for our meeting:

### **Learning Objectives**

Understand mechanisms related to increased rates of cancer and cancer mortality associated with obesity and insulin resistance.

Understand the mechanisms related to insulinemia and hyperglycemia that promote carcinogenesis, proliferation and metastatic progression

Understand how increased inflammation and increased oxidative stress associated with obesity and insulin resistance promote carcinogenesis, proliferation, and metastatic progression

Understand how to use specific nutraceuticals and phytochemicals and apply dietary and lifestyle interventions to support the reduction of cancer incidence and cancer mortality associated with obesity and insulin resistance.

### **Summary-Description**

Obesity and Insulin Resistance are recognized as major risk factors for a worsened prognosis for cancer incidence, progression, recurrence and mortality. This presentation will provide an overview of the mechanisms contributing to increased rates of carcinogenesis and metastatic progression associated with obesity and insulin resistance. We will review the use of specific nutraceutical, phytochemical and dietary and lifestyle interventions to reduce cancer incidence and cancer mortality resulting from obesity and insulin resistance by altering the tumor cell microenvironment and epigenetic signaling.

Increased levels of HgA1c are associated with the increased risk of various forms of cancer, including coclorectal, gastric, pancreatic, and breast, and liver cancer, among others.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4007234/>

Metabolic Syndrome is also associated with increased risk of various forms of cancer.

<https://www.karger.com/Article/FullText/443743>

Among the other amazing anticancer and other health promoting benefits of Curcumin from turmeric are that it inhibits the activity of GLUT1, a transporter of glucose.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5006061/>

Let me know if you want more reading as I can share additional articles with you on the topic. I'll see you there!