How To Maximize Your Immune System To Fight Cancer Transcript

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Cancer and Immune System Basics

Hello I'm Dr. Michael Karlfeldt cancer essentially is a breakdown in your immune system. So that's why it's so important to make sure that you maximize your immune system activity.

with, you know, whatever means that you can, How do you how do you know where your immune system is at? That. That's a very good question there.

Testing Immune Function

number of labs that you can run. Obviously, a regular CBC will tell you a lot, but if you want to dig a little deeper, there is, say, a lab that I like is called lymphocyte map with, Cyrex, a company Cyrex And, I really like that one because it really gives you a, a good detailed view where all the different immune system components are at.

So, boosting your immune system is key. And also not just boosting, but making sure. And that we give it the tools so that it can modulate.

Gut Health and Inflammation

You know, sometimes we want to calm down inflammation and sometimes we want to activate inflammation. And, in regards to then when we're dealing with cancer, obviously, as I mentioned, that it's a breakdown in your immune system function.

Then as a next step as we're battling cancer, then we bring in things like chemo, radiation as surgery, which will then suppress your immune system even more, which gives you then the, the need for, you know, supporting your immune system even more.

So what can you do to boost your immune system? well, we obviously one place to start at is your gut. You know, of course we know that lung, your gut lining.

yeah, about 70 to 80% of your immune system. So, if you're eating food that's inflammatory to your gut lining, then that will then put a lot of stress on your immune system, and then it will not be able to police your bloodstream to go after cancer cells very efficiently.

so you want to make sure that you have an anti-inflammatory diet. also, it can be good then to check to see if you have certain food sensitivities. You know, common ones include things like gluten, dairy, corn, eggs can also be be that, so those are common ones to, to address.

Clearing Gut Infections and Repairing the Lining

And, and what you can do is essentially, do an anti-inflammatory diet where you then avoid all those foods, you avoid sugar, you avoid anything that that supports or that brings about inflammation and bring in things that are anti-inflammatory, like vegetables, berries.

Yeah. Good quality fats, good quality fruits. You know, all of these things are very anti-inflammatory in nature. And, and that way we can then support in your gut health and then also then, you can do these, different tests, you know, things like GI map or, you know, there's certain labs you can run to check and see.

What does my gut biome look like? How healthy is it? you may want to do, like a parasite cleanse. You may want to do a candidate cleanse to clear out a lot of these, infectious agents that have accumulated in your intestinal tract

that, you know, from there, just living in the gut.

They they eat and they poop, meaning that they grab your nutrients from the food that you're eating, and then they process that. And as a metabolic waste, they secrete chemicals that are very inflammatory in nature and very irritating.

Then to intestinal lining, which can then, you know, promote and more inflammation and suppress the immune system even more so, addressing those things can be really important as well.

And then in addition to then addressing those, and once we've cleared a lot of that out, we want to then start to build up the lining of the intestinal tract, you know, to bring in nutrients that are very beneficial.

So good quality oils, good quality, you know, like al glutamine becomes really important.

Nutrients and Supplements for Immune Support

And you have the different butyrate, that give energy then to the intestinal lining to, you know, for repair, bring in good probiotics. and depending on, and there are many different kinds out there.

So don't hyper focus on just one, you know, bring in a spectrum of the different probiotics and then also assess, you know what? How am I digesting my food?

Obviously, if you are continually getting heartburn and you're on some acid blocker, then we want to take steps to to mitigate that, because that will then interfere with your ability to absorb nutrients.

And then also, a lot of the food that you're eating will then be undigested. acid enters into the intestinal tract. And then as it is undigested, you know, if it's that protein, it will start to purify and create inflammation.

It's if it's fats, it tends to go rancid. If it's, you know, carbohydrates or sugars and it tends to ferment. And that puts a lot of stress on your intestinal lining.

And then put stress, on your, on your immune system. So considering all of these, you know, building your immune system, you know, building up your intestinal tract becomes really, really important as you're then supporting your immune system.

and then you have other tools that are really important. you can then bring in, you know, the different like vitamin C, vitamin D, vitamin A, you know, zinc, vitamin E, you know, all of these are really good for the immune system.

Selenium. you have a number of different herbs out there that you can use, you know, echinacea stragglers. the different mushrooms, beta glucans, transfer factors, you know, so there are a lot of amazing tools out there that, that can really build up your immune system.

And, you know, like on Cabal Pro, you know, as great cancer antivirals that help to boost immune system or immune pro, if you're, ability to produce white blood cells, this is a little challenged.

can be really, really beneficial as well. So, there's so many tools out there, but as you are then, battling cancer, maybe, you know, stepping into the traditional oncology world, it is very it's even more important that you take, extra measures, you know, to, to bring in tools to fortify your immune system.