

INTEGRATIVE CANCER ANSWERS™

NOURISH Health

Create A Body Where Cancer Cannot Thrive

***Dr. Nalini's* DAILY FOUNDATION FIVE ESSENTIAL NUTRIENTS**

<https://us.fullscript.com/protocols/chilkov-dr-nalini-s-daily-foundation-five-essential-nutrients>

Designs for Health Twice Daily Multi (copper free/iron free) 2 caps 2x/day 60 caps

Designs for Health Omegavil Ultra with D3, K1, K2. 2/2x/day 120 caps

Klaire Therbiotic Complete 1/2x/day 60 caps

Pure Encapsulations Calcium Mag Citrate 80 mg 180 caps 3/2x/day

Clinical Synergy Mycoceutics Total Body Support 120 caps 2/2x/day

***Dr. Nalini's* JUST DIAGNOSED Success Kit**

<https://us.fullscript.com/protocols/chilkov-dr-nalini-s-just-diagnosed-success-kit>

DAILY FOUNDATION FIVE ESSENTIAL NUTRIENTS

Designs for Health Twice Daily Multi (copper free/iron free) 2 caps 2x/day 60 caps

Designs for Health Omegavil Ultra with D3, K1, K2. 2/2x/day 120 caps

Klaire Therbiotic Complete 1/2x/day 60 caps

Pure Encapsulations Calcium Mag Citrate 80 mg 180 caps 3/2x/day

Clinical Synergy Mycoceutics Total Body Support 120 caps 2/2x/day

PLUS Support for Stress Resilience and Vital Energy

Designs for Health Adrenotone 1 cap 3x/day (with meals) 90 caps

***Dr. Nalini's* IN TREATMENT Success Kit**

<https://us.fullscript.com/protocols/chilkov-dr-nalini-s-in-treatment-success-kit>

DAILY FOUNDATION FIVE ESSENTIAL NUTRIENTS

Designs for Health Twice Daily Multi (copper free/iron free) 2 caps 2x/day 60 caps

Designs for Health Omegavil Ultra with D3, K1, K2. 2/2x/day 120 caps

Klaire Therbiotic Complete 1/2x/day 60 caps

Pure Encapsulations Calcium Mag Citrate 80 mg 180 caps 3/2x/day

Clinical Synergy Mycoceutics Total Body Support 120 caps 2/2x/day

PLUS Support for Nourishing the Blood

Vital Nutrients Astragalus Root 1-2 caps 3x/day 60 caps

INTEGRATIVE CANCER ANSWERS™

Dr.Nalini's AFTER TREATMENT RECOVERY Success Kit

<https://us.fullscript.com/protocols/chilkov-dr-nalini-s-after-treatment-recovery-success-kit>

DAILY FOUNDATION FIVE ESSENTIAL NUTRIENTS

Designs for Health Twice Daily Multi (copper free/iron free) 2 caps 2x/day 60 caps

Designs for Health Omegavil Ultra with D3, K1, K2. 2/2x/day. 120 caps

Klaire Therbiotic Complete 1/2x/day 60 caps

Pure Encapsulations Calcium Mag Citrate 80 mg 180 caps 3/2x/day

Clinical Synergy Mycoceutics Total Body Support 120 caps 2/2x/day

PLUS Support for Detoxification and Restoration of Vital Energy

Natura Health Cell Guardian 3 caps daily 2 breakfast and 1 at dinner

TCM ZONE All Inclusive Great Tonifying Formula 100 caps 4 caps 2x/day

Dr.Nalini's LIVE LONG AND LIVE WELL Success Kit

<https://us.fullscript.com/protocols/chilkov-dr-nalini-s-live-long-and-live-well-success-kit>

DAILY FOUNDATION FIVE ESSENTIAL NUTRIENTS

Designs for Health Twice Daily Multi (copper free/iron free) 2 caps 2x/day 60 caps

Omegavil Ultra with D3, K1, K2. 2/2x/day. 120

Klaire Therbiotic Complete 1/2x/day 60 caps

Pure Encapsulations Calcium Mag Citrate 80 mg 180 caps 3/2x/day

Clinical Synergy Mycoceutics Total Body Support 120c 2/2x/day

PLUS Support for Vital Energy, Enhanced Immunity, Cell Protection & Detoxification

TCM ZONE All Inclusive Great Tonifying Formula 100 caps 4 caps 2x/day

Natura Health Botanical Treasures 3 caps 2x/day 180 caps

Natura Health Cell Guardian 3 caps daily 90 caps

Dr. Nalini's ADRENAL STRESS & IMMUNE SUPPORT Kit

<https://us.fullscript.com/protocols/chilkov-dr-nalin-s-adrenal-stress-immune-support-kit>

Designs for Health Adrenotone 2/3x/day. 180 caps

Metagenics ImmuCore 1/3x/day 90 caps

PLUS

ONE HOUR BEFORE BEDTIME

Integrative Therapeutics Cortisol Manager 2 caps

INTEGRATIVE CANCER ANSWERS™

Dr. Nalini's NOURISHING SHAKES

Dr. Nalini's BASIC DAILY SHAKE VEGAN-Dairy Free-Soy Free 20 grams protein

<https://us.fullscript.com/protocols/chilkov-dr-nalini-s-basic-daily-protein-shake-vegan-dairy-free-soy-free-gluten-free>

Metagenics Perfect Protein (Pea and Rice) Chocolate or Vanilla 2 scoops

Raw Organics Brand Flax Seed Meal and Chia Seeds. 1 tablespoon

DaVinci Spectra Greens. 1 scoop

Dr. Nalini's REPLENISHING RESTORATIVE DAILY SUPER SHAKE 31 grams protein

<https://us.fullscript.com/protocols/chilkov-dr-nalini-s-replenishing-restorative-super-shake>

Designs for Health KTO 360 2 scoops 16grams protein (contains collagen and grass fed butter)

OR

Metagenics Perfect Protein (Pea and Rice) Chocolate or Vanilla 2 scoops (VEGAN-Dairy Free) 20 grams protein(

Designs for Health Whole Body Collagen 1 scoop 11 grams protein. (optional)

Designs for Health KTO C8 Medium Chain Triglycerides 1 tablespoon (optional)

Designs for Health Carnitine Tartrate Powder 1/4 teaspoon. (optional)

Da Vinci Spectra Greens 1 scoop

Designs for Health PaleoFiber Unflavored 1-2 heaping teaspoons

Shake Suggestions recommend mixing with carageenan free, unsweetened coconut milk (So Delicious or Pacific Brand) or unsweetened hemp milk .

Can also be mixed with filtered water or green tea

Make it as thick or thin as you like.

Can be sipped over a few hours, you do not have to drink it all at once

Optional: organic berries (fresh or frozen), fresh spinach, parsley, mint, vanilla, cinnamon, cardamom, green tea leaves, fresh ginger root (with peel), try adding 1/2 organic lemon with peel & seeds, organic chia seeds, organic hemp seeds, avocado, almond butter

Learn More-READ Dr. Nalini's Book

32 Ways to OutSmart Cancer

How to Create A Body Where Cancer Cannot thrive

<https://www.amazon.com/32-Ways-OutSmart-Cancer-Create-ebook/dp/B00L6H96HY>

