



INTEGRATIVE ONCOLOGY
Professional
Training Program

CLINICIAN
GUIDES

Top 10 Foundation Supplements

PLUS THERAPEUTIC SUPER SHAKE

CREATE AN ENVIRONMENT WHERE CANCER CANNOT THRIVE



American Institute of
Integrative Oncology
RESEARCH & EDUCATION

FOUNDER, DR. NALINI CHILKOV

Top 10 Foundation Supplements

PROMOTE A MICROENVIRONMENT THAT IS NOT SUPPORTIVE OF THE DEVELOPMENT, PROLIFERATION, PROGRESSION OR METASTASIS OF TUMOR CELLS

ADVANCED FORMULATION MULTI-VITAMIN ONE DOSE 2-3X/DAY

- Copper Free, Iron Free
- Activated forms of B vitamins (mitochondrial health)
- Methylated forms of B12 and folate
- Most absorbable forms
- Fully reacted true mineral chelates
- Glucose control nutrients (B's, Cr, vanadium)
- Cytochrome p450 supportive nutrients (B's Zn Mb Mn)

SUPPORTS:

- Normal and essential functions
- Insures intake of micronutrients difficult to obtain in daily diet

TIPS:

- Copper, iron and boron may act as growth factors for cancer cells
- Boron-free if ER+ due to estrogenic effects
- Use iron only where need is clinically indicated
- **Caution:** Mixed carotenoids preferred over beta carotene, which is associated with increased risk in some cancers
- **Caution:** Alpha tocopherol associated with some cancers, look for delta gamma tocopherols

BETA GLUCAN & POLYSACCHARIDE RICH MEDICINAL MUSHROOMS

500-2000 MG 2-3X/DAY

- Cordyceps, Coriolus (Turkey Tail)
- Ganoderma (Reishi)
- Poria
- Lentinus (Shitake)
- Maitake
- Chaga

SUPPORTS:

- Immune Modulation
- Production of Natural Killer Cells
- Inflammation Control
- Tumor Cell Signaling
- Promotion of Apoptosis

TIPS:

- Look for products made from cold water processed mycelia and spores for best clinical efficacy
- **Caution** with patients with co-morbid autoimmune syndromes

PROBIOTICS

1 SERVING 1-2X/DAY

SUPPORTS:

- Normal intestinal microbiome that contributes to enhanced inflammation control
- Biotransformation of toxins
- Hormone metabolism
- Mood regulation
- Neurotransmitter balance
- Gastro-intestinal function
- Immune modulation
- Infection control
- Body composition

TIPS:

- Look for products including L.Acidophilus, L.Rhamnosus, Bifidobacterium, plus naturally occurring bacteriophages
- Dairy-free products are available for lactose sensitive patients

BIO-AVAILABLE CURCUMIN

1000-6,000 MG/DAY

SUPPORTS:

- Inflammation control (NFkb, COX1, 2, LOX 5)
- Promotion of apoptosis
- Enhanced DNA protection
- Normal antioxidant function and immune modulation
- Normal expression of oncogenes and tumor suppressor genes
- Normal coagulation function (fibrin, thrombin formation)
- Increased NK cell activity
- GI protection and healing
- Enhanced neuro, cardiovascular and liver protection
- Enhanced bile flow and solubility
- Chelation of iron and copper
- Antimicrobial activity against select viral and bacterial agents

TIPS:

- **Caution** with patients on anticoagulant medications due to inhibition of thrombin and fibrin formation
- May inhibit growth of Lactobacillus spp. Recommend supplementation with probiotics



OMEGA 3 FATTY ACIDS

2,000-6000MG/DAY

SUPPORTS:

- Normal inflammation control
- Control of hyper-coagulation
- Cell adhesion molecules
- Cell membrane functions
- Enhanced apoptosis
- Reduction of bone metastasis
- Receptor binding & signaling
- Neuronal and neurologic functions
- Mood regulation
- Biosynthesis of membranes

TIPS:

- Use highly bio-available triglyceride form
- **Caution** with patients on anticoagulant therapies due to inhibition of platelet aggregation
- **Caution:** higher doses may be associated with prostate cancer risk

GREEN TEA-EGCG

500-3,000 MG/DAY

SUPPORTS:

- Antioxidant activity
- DNA protection
- Inflammation control
- Improved fat metabolism
- Bone resorption
- Energy expenditure
- Neuroprotection
- Glucuronidation detoxification pathway
- Promotion of apoptosis
- Inhibition of angiogenesis and metastasis

TIPS:

- Green Tea and EGCG are contraindicated for use with Velcade (bortezomib)

VITAMIN D3

2,000-10,000 IU/DAY

SUPPORTS:

- Immune modulation
- Bone metabolism
- Calcium metabolism
- Tumor cell signaling
- Mood regulation

TIPS:

- Add Vitamin K with doses >2000 iu per day to normalize calcium metabolism
- Vitamin K is contraindicated concurrent use for patients on Coumadin therapy

SULPHORAPHANES & GLUCOSINOLATES

500-1500MG/DAY

Sulfur rich compounds found in Brassica spp. (eg DIM, I3C, Broccoraphanin)

SUPPORTS:

- Induction of phase 2 liver detoxification enzymes
- Enhanced antioxidant protection
- Normal inhibition of tumor cell growth factors
- Enhanced apoptosis
- Enhanced DNA protection
- Enhanced detoxification of estrogen metabolites
- Enhanced aromatase conversion of estrogens
- Enhanced inhibition of angiogenesis and metastasis

HIGHLY ABSORBABLE MINERALS

MAGNESIUM MALATE OR GLYCINATE

300-600MG/DAY

CALCIUM MALATE OR CITRATE

500-1,000 MG/DAY

ZINC PICOLINATE

15-30 MG 2-3X/DAY

SUPPORTS:

- Enhanced mitochondrial function
- Optimized bone health
- Cardiovascular protection
- Normal GI function
- Competition with proangiogenic copper activity

TRANS-RESVERATROL

500-3,000MG/DAY

SUPPORTS:

- Inflammation control
- Enhanced DNA protection
- Expression of SIRT1
- Enhanced antioxidant function
- Normalized expression of oncogenes and tumor suppressor genes
- Promotion of apoptosis
- Enhanced cardiovascular protection
- Enhanced neuroprotection
- Enhanced inhibition of aromatase enzymes



Therapeutic Super Shake

HIGH PROTEIN / LOW GLYCEMIC

BENEFITS:

- Insurance policy for high daily protein needs
- High density of phytochemicals, antioxidants and fiber
- Non-insulinogenic stable glycemic control
- Sustained energy
- Preservation of muscle mass
- High level of patient compliance
- Fast, easy, and cost-effective
- Excellent medium for addition of therapeutic nutraceuticals, botanicals and phytochemicals in powder or liquid forms

FOUNDATION NUTRIENT DENSE THERAPEUTIC SHAKE

(1-2 SHAKES PER DAY)

1. PROTEIN

20-40 grams protein from non-heat Treated, undenatured whey powder (dairy) or pure pea or rice protein powder (vegan and dairy free)

2. FIBER

Fiber powder with both soluble and insoluble fibers or high lignin flaxseed meal

3. PHYTOCHEMICALS & ANTIOXIDANTS

1 heaping teaspoon concentrated greens and/or reds powders

4. CARNITINE TARTRATE POWDER (1,000-3,000MG L-CARNITINE AMINO ACID)

Promote preservation of muscle mass and support mitochondrial function

5. MIX WITH

Low allergenic non-dairy liquid, such as unsweetened coconut, almond, flax or cashew milk, coconut water, or filtered water

TIPS:

- Vary amount of liquid to achieve desired thickness of shake
- Take with digestive and proteolytic enzyme capsules to enhance digestion, absorption and utilization of nutrients ingested in liquid form

OPTIONAL SHAKE ADDITIONS:

- Organic fresh or frozen berries or mango
- Fresh organic greens: spinach, kale, parsley
- Medium Chain Triglycerides
- Milk thistle powder
- Maca powder
- Green tea
- Resveratrol
- Coriolus, Ganoderma, Cordyceps, Maitake, Poria powders
- Chia seeds
- Unsweetened almond/cashew butter (no peanut butter)
- Avocado
- Omega 3 Fish Oil
- Omega 7 Sea Buckthorn Oil
- Omega 3-6-9 High Lignan Flax Oil
- Phosphatidyl Choline
- Phosphatidyl Serine
- Goat Yoghurt or Kefir
- Raw coconut cream
- Fresh mint leaves, lavender leaves and flowers
- Ginger, nutmeg, turmeric, cinnamon, cardamom
- No sugar extracts: vanilla, almond, orange, hazelnut
- Lemon, lime or orange zest
- Raw cacao nibs

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