

# INTEGRATIVE CANCER ANSWERS™

NOURISH HEALTH  
CREATE A BODY WHERE CANCER CANNOT THRIVE

## **DAILY FOUNDATION FIVE ESSENTIAL NUTRIENTS**

Integrative Therapeutics ProThrivers Wellness Multi 1/2x/day 60

Designs for Health 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

## **IN TREATMENT SUCCESS KIT**

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Integrative Therapeutics ProThrivers Wellness Multi 1/2x/day 60

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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**

Health Concerns Marrow Plus 3/3x/day 270 caps

## **AFTER TREATMENT RECOVERY SUCCESS KIT**

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Integrative Therapeutics ProThrivers Wellness Multi 1/2x/day 60

Designs for Health 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**

Designs for Health Detox Anti Ox 1/3x/day. 90 caps

Blue Poppy Shi Quan Da Bu Tang 2/2x/day 120 caps

Designs for Health Hepatatone Plus 2/2x/day

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# INTEGRATIVE **CANCER ANSWERS**™

## **LIVE LONG AND LIVE WELL SUCCESS KIT**

### **DAILY FOUNDATION FIVE ESSENTIAL NUTRIENTS**

Integrative Therapeutics ProThrivers Wellness Multi 1/2x/day 60

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**

Blue Poppy Shi Quan Da Bu Tang 2/2x/day

ITI Prothrivers Wellness Flavonoid Complex 2/2x/day

Designs for Health Broccoprotect 60 caps 1 2x/day

### **NOURISHING SHAKES**

#### **Basic Daily Shake (VEGAN-Dairy Free-Soy Free)**

Designs for Health Organic PurePea Plus Protein+Greens. 2 scoops= 16 grams protein

Flax Seed Meal. 2 tablespoons. (several brands available)

Barlean's FortiFlax

Raw Organics Brand Flax Seed Meal and Chia Seeds

Omega Nutrition Cold Milled Flaxseed

Health from the Sun FiProFlax Milled Flaxseed

#### **Replenishing Daily Super Shake (soy free)**

Designs for Health KTO 360 Protein Powder 2 scoops 16 grams protein  
(or Designs for Health ORGANIC PURE PEA PROTEIN 2 scoops 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)

Designs for Health PaleoGreens unflavored 1 heaping teaspoon

Designs for Health PaleoFiber Unflavored 1-2 heaping teaspoons

# INTEGRATIVE CANCER ANSWERS™

**Shake Suggestions** recommend mixing with carageenan free, unsweetened coconut milk (So Delicious or Pacific Brand) or hemp milk (available through Wellevate)

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