



# OUTSMART CANCER® SYSTEM

Dr. Nalini Chilkov, L.Ac., OMD

*Founder, OutSmart Cancer® System*

Pronunciation: Nalini Chilkov (NAH lee nee CHILL-cove)

Best Selling Author, 32 Ways to OutSmart Cancer:  
Create a Body Where Cancer Cannot Thrive

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## Praise for Dr. Nalini's OutSmart Cancer® System

Finally, someone who is looking at the whole and long term picture; not just deploying nuclear bombs in my body and waiting to see the results.

Now I feel like I can be pro-active in my battle and not just a vessel for harmful but necessary chemicals. So much of her nutritional advice, as my husband is a wonderful and informed cook, was on our radar, but thanks to Dr. Chilkov, we now have the needed impetus to clean up those last nasty eating choices.

Her encouragement to use this illness to create life changing habits was empowering and the comfort of knowing that she will be in my corner for a long time to come is a huge emotional boost. Even the process of sorting through the plethora of vitamin/supplement bottles feels liberating and the acupuncture session was a definite boost to my energy level & well being.

I cannot thank you enough for your all knowing kindness. With extreme gratitude for giving a life changing gift, I am not sure where to begin to thank you. My meeting with Dr. Chilkov was the most needed of medicines.

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**J.C., Cancer Patient**

Dr. Chilkov has dedicated herself to the art and science of Traditional Oriental Medicine, Naturopathy, Herbology, Homeopathy, and Nutrition as well as being rooted in a comprehensive knowledge of Western Medicine.

She brings together the diverse traditions of Eastern and Western Medicine in a way that truly exemplifies the postmodern evolution of Complementary Medicine. She is the quintessential family practitioner focusing on the Whole Person, including body, mind and spirit. Her years of personal spiritual practice makes her uniquely qualified to address the complex physical, mental and emotional issues that we are confronting in these unprecedented times. She is always on the top of my list of qualified practitioners that I refer to.

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**Danise Lehrer, L.Ac., O.M.D., H.M.D., MSW**

Dr. Chilkov is a unique practitioner who combines her extensive knowledge in Western Medicine with her expertise in Oriental Medicine. As a patient and colleague of Dr. Chilkov's, I can state firsthand that she is one of the most well versed and experienced doctors integrating Western and Eastern Medicine. She is an extremely thorough diagnostician and can be trusted with any healthcare need.

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**Dr. Tracy Ng, L.Ac., O.M.D.**

In 25 years of professional service, there are very few health practitioners one comes across who display excellent and reliable clinical skills combined with caring, compassion and a truly noble humanity. Dr. Chilkov embodies all the finest qualities one could wish for in their physician.

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**Dr. Robert Norrett, D.C.**

Dr. Chilkov is one of the most professional, skilled and knowledgeable practitioners I know. I love and respect her, and as a medical doctor, send all of my patients to her for holistic treatments and acupuncture.

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**Dr. Dolores Kent, M.D.**

You have treated me as a whole person, not just a list of ailments, and given me tools to add to the quality of my life in so many more ways than any doctor I have known. Thank you for helping me get well both physically, mentally and spiritually.

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**Richard Ramer, A.I.A.**

Her skill has helped me to heal physically. More importantly, her compassion and patience helped me to grow and develop as a human being. Rarely in life do you meet someone who wondrously heals and teaches. In so doing, they expand and change your life. Nalini is one of those rare people.

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**Michael Barr, Director Of Marketing, 21st Century Funds**

Nalini is a force of healing and commitment in the world today. Her work and practice inspire many. Her way is inclusive. Her heart is true.

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**Dr. Joan Halifax, Ph.D.**

Dr. Chilkov is one of those rare clinicians who bring together a medical background with the healing arts of Acupuncture, herbal medicine, and nutrition. Deeply involved in the well-being of her patients and dedicated to the path of service, she combines the wisdom of an attentive and compassionate heart.

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**Dr. Concetta F. Alfano, Ph.D.**

Dr. Chilkov has a comprehensive understanding of both Eastern and Western medicine. She offers Oriental Medicine that truly “complements” necessary modern medical treatments and also offers natural alternatives to medical protocols with known side effects. Compassion and clarity are the two words I would use to describe her approach.

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**Dr. Catherine Veritas, D.C.**

Dr. Nalini Chilkov is a treasure! There are few doctors who take the time to listen, truly care about the whole person and body, and are concerned with treatment for the mind/body/spirit.

Looking at the body as an integrated system, Dr. Chilkov has a keen sense of treatment needs and is able to balance the body harmoniously. With a devotion to continued research and education, she is able to use her broad spectrum of knowledge for many different types of “dis-eases” or conditions. Her continual assessment of the body combined with extraordinary intuition sets forth a path towards healing and well body energy. Dr. Chilkov tailors her care towards individual needs with amazing precision, leading the way to a new definition of wellness. Her compassion and giving heart are a blessing to us all!

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**L.M. Hoffman, CPT, PES, CES, LES, FIL**

When I approached Dr. Chilkov for treating my chronic disease I found two invaluable and rare ingredients while under her care: knowledge and grace. Thank you.

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**V.M., Patient**

If you are in crisis, or are frustrated and frightened by the limitations of the Western medical model, or perhaps simply looking to build long-term health, a visit to Dr. Chilkov is a must. Dr. Chilkov is the only person I trust to look at my medical circumstances from all angles. She incorporates her extensive knowledge of both Eastern & Western Medicine in her treatment approach, always considering her patient’s individual physiology and genetics instead of trying to fit them into a statistical pool. She is also one of the rare few who looks carefully at the impact our modern environment has on a person’s health and implements detoxifying treatments to reduce the exposures and stresses to help prevent future disease.

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**Cora Olson, Film Producer**

I trust Nalini to hold our lives in her hands with compassion and dedication.

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**Deena Metzger, Author**

Dr. Chilkov is my primary care practitioner. She draws on her depth of knowledge of both Eastern and Western medical practices to treat her patients with thoughtfulness and compassion. Never satisfied with a simple answer, Dr. Chilkov looks for the root of problems at the cellular level and works with patients to create realistic, long-term goals for health.

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**Jennifer Dubin, Film Producer**

Dr. Chilkov has been my care provider for over 10 years. In that time she has listened compassionately and treated me with knowledge and patience. In fact, she has changed my life for the better and taught me how to care for and protect my well-being. I'm grateful for her expertise and for her treatment.

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**Alice West, Television and Film Producer**

Dr. Chilkov's services provide a rare combination of up-to-date Western scientific rigor as well as extensive knowledge of and experience in Alternative and Natural Health Care. Her thorough study of Herbs, Nutritional Supplements, Chinese Medicine, Homeopathy and other healing modalities as well as her personal practice of Tibetan Buddhism all enter into the consideration, education, care and treatment she brings to each patient. My thanks for all you have brought to my health and well-being!

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**Amanda Foulger, Faculty of Foundation for Shamanic Studies**

I have referred patients to and worked with Dr. Nalini Chilkov for several years. I have found her to be knowledgeable, compassionate, and very helpful in teaching people general and specific techniques to gain and maintain a state of health most of us are searching for. Her work is outstanding.

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**Charles McElroy, M.D., Internal Medicine**

I have referred patients to and worked with Dr. Nalini Chilkov for several years. I have found her to be knowledgeable, compassionate, and very helpful in teaching people general and specific techniques to gain and maintain a state of health most of us are searching for. Her work is outstanding.

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**Charles McElroy, M.D., Internal Medicine**

Dr. Chilkov's wealth of knowledge and experience, in both Western and Oriental Medicine, and her motivation to continue researching new treatments and direction give me such confidence in my path of wellness. She is the center of my physical healing and has been instrumental in helping me maintain focus and perspective while dealing with my health challenges. She is both patient and assertive. She knows when I need a gentle push. She is a wonderful healer, a gift and a blessing in my life. I don't know where I would be without her.

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**Richard Ford, Music Editor**

The medical world is polarized; providers of medical care are often limited to a particular modality or point of view. Dr. Chilkov is a truly holistic practitioner. She has extensive knowledge of both Western and Oriental Medicine, and a deep awareness of the psychological and spiritual dimensions of healing. Her professionalism, breadth of experience and insight into the mind/body connection are a rare and valuable combination.

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**Connie Josefs, Writer**

Nalini interprets the heart of healing into an aesthetic whole in which foreground and background merge and in which every facet holds importance.

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**Emilie Conrad, Visionary and Founder of Continuum**

I have always been impressed with Dr. Chilkov's focus and drive. She is in the present when it comes to her work; truly listening to the hearts of the people who need her, those who require more than Western Medicine can provide. Compassion is her true nature; wisdom and focus is her drive; eloquence and grace is her heart.

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**Emeline Rodelas, Creative Artist**