

# DR. NALINI CHILKOV, L.AC., O.M.D.



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## CURRICULUM VITAE HIGHLIGHTS

### PROFESSIONAL & CLINICAL

#### **Founder & CEO, American Institute of Integrative Oncology Research and Education, 2015-Present**

Education for frontline healthcare providers to deliver the health side of the cancer treatment equation

#### **Founder & CEO, Integrative Cancer Answers, 2012-Present**

Create a Body Where Cancer Cannot Thrive

#### **Chilkov Clinic, Founder and Director, 1979-Present**

Complementary Collaborative Medicine, Integrative Cancer Care and support integrating Traditional Oriental Medicine and acupuncture, botanical medicine, homeopathic medicine, orthomolecular nutrition, biomedicine, lifestyle and stress management, meditation and the development of self-care skills.

#### **Medical Advisory Board: Breast Cancer Pathways Research Project, 2022**

#### **Scientific Advisory Board, Fran Drescher's Cancer Schmancer Foundation, 2013-2020**

#### **Scientific Advisory Board, Mederi Foundation, 2009-2020**

Clinical research, educational programs and primary healthcare for patients with cancer and chronic illnesses

#### **Founding Huffington Post Healthy Living Author-Blogger, Cancer Expert, 2009-2015**

#### **#1 Best Selling Author: 32 Ways to OutSmart Cancer: Create a Body Where Cancer Cannot Thrive, 2013**

### PROFESSIONAL LICENSES & CERTIFICATES

*Diplomate/Acupuncture, National Center for the Certification of Acupuncturists, 1986-present*

*Fellow, Institute for Functional Medicine, Gig Harbor, Washington, 2000*

*Certification in Chinese Herbology, National Center for the Certification of Acupuncturists, 1994*

*Licensed Acupuncturist, State of Hawaii, 1990*

*Licensed Acupuncturist, Doctor of Oriental Medicine, State of California, 1986*

*Fellow, American Society of Acupuncturists, 1986*

*Teaching Credential, State of California, Nutrition & Health Occupations, 1985/Currently inactive*



**OUTSMART CANCER<sup>®</sup>**  
**SYSTEM**  
Dr. Nalini Chilkov, L.Ac., OMD



**American Institute of**  
**Integrative Oncology**  
RESEARCH & EDUCATION

## **RECOGNITION & HONORS**

**Medical Advisory Board: *Breast Cancer Pathways Research Project***, 2022

**Woman of Strength Award for Clinical Excellence**, Get In Touch Breast Cancer Foundation, 2014

**TEDMED San Francisco**, 2014 Delegate

**Top 10 Online Influencers for Breast Cancer**, ShareCare.com, founded by WebMD & Dr. Mehmet Oz, 2012

**Recommended Health Care Provider Expert, *Knockout: Interviews with Doctors Who Are Curing Cancer and How to Prevent Getting It in the First Place***, Suzanne Somers, 2009

**Scientific Advisory Board, *Mederi Foundation***, Donald Yance, Founder

**Scientific Advisory Board, *Cancer Schmancer Foundation***, Fran Drescher, Founder

**Advisory Board, *Integrative Cancer Medicine Magazine***, Cyndy Tercha, ed.

**Fulbright Award**, University of California at Santa Barbara

## **PROFESSIONAL MEDICAL - CLINICAL PRESENTATIONS**

***Cognitive Impairment and Accelerated Brain Aging: The Insult of Cancer and Cancer Treatments on the Brain***,  
IOWG Grand Rounds Webinar, 2024

***Cancer Therapy Induced Myelosuppression: The Role Of Modern Chinese Herbal Medicine in Protecting and Restoring Bone Marrow Function***,  
Oncology Association of Naturopathic Physicians Webinar, 2024

***The Relationship between Cancer and Cardiovascular Disease***,  
***California Naturopathic Doctors Association Webinar***, 2024

***The Estrobolome: The Link Between Intestinal Microbiota, Estrogen Metabolism and Estrogenic Cancers***,  
International Congress on Naturopathic Medicine, Barcelona, Spain 2024

***Cognitive Impairment and Accelerated Brain Aging: The Insult of Cancer and Cancer Treatments on the Brain***,  
Best Answers for Cancer Conference, West Palm Beach, FL 2024

***Impacting Cancer with LifeStyle Medicine***,  
International Congress of Lifestyle Medicine, Valle de Bravo, Mexico 2023

***Expert Clinical Consultant***,  
Oncology Programs, Sanoviv Medical Institute, Mexico, 2023

***Integrative Oncology and the Essential Role of the Primary Care Clinician***,  
Institute of Functional Medicine Annual International Conference, Orlando, FL 2023

***Six Keys to Healthy Aging: Immunosenescence, Immune Resilience, and Immune Restoration***  
National Association of Nutrition Professionals - HEALcon Annual Conference, Bellevue, WA 2023  
Integrative Practitioner - Digital Summit on Immune Health, 2022

***Integrative Cancer Care: Managing the Sides Effects of Cancer Treatment***,  
Institute of Functional Medicine Annual International Conference, Orlando, FL 2023  
Professional Clinical Training Series, Designs for Health Inc., Miami, San Francisco, Los Angeles, Houston, New York City, 2015-2016  
Professional Clinical Training, Invivo Clinical, London, UK, 2015  
The Integrated Health Conference, Integrated Health International, San Diego, CA, 2015  
National Association of Nutrition Professionals Conference, Tucson, AZ, 2014

***Resolving Cancer Related Fatigue***  
Academy of Integrative Health & Medicine, Cleveland Chapter, 2022

***Making Cancer Personal: Selected Biomarkers That Guide the Use of Natural Compounds***,  
Parsley Health, 2022  
Ontario Association of Naturopathic Doctors Annual Convention, Toronto, ON 2018  
Academy of Integrative Health and Medicine Annual Conference, CA 2018

***Making Cancer Personal: Selected Biomarkers That Guide the Use of Natural Compounds***,  
Parsley Health, 2022  
Ontario Association of Naturopathic Doctors Annual Convention, Toronto, ON 2018  
Academy of Integrative Health and Medicine Annual Conference, CA 2018

***Cognitive Impairment and Brain Aging in Cancer Survivors***  
Emerson Ecologics, 2022  
American Association of Environmental Medicine Annual Conference, Park City, UT 2017

***Integrative Management of Adverse Effects of Cancer and Cancer Treatments,***

The Institute of Functional Medicine - Nutrabiomics 2021, Colombia

***Enhancing and Restoring Immunity As We Age: Immunosenescence, Immune Resilience and Immune Restoration,*** Fullscript, 2021

***Co-management in Cancer Care,*** OptimalRx, 2021

***Assessing the Cancer Terrain - What Common and Uncommon Blood Tests Reveal About Cancer Risk,***

Emerson Ecologics, 2021

National Association of Nutrition Professionals Annual Conference, CA, 2020

***The Estrobolome: The Influence of the Microbiome Upon Estrogen Metabolism and Estrogen Driven Cancers,***

Emerson Ecologics, 2021

Ontario Association of Naturopathic Doctors Annual Conference, Toronto, ON 2018

California Naturopathic Doctors Association, Merging Medicine 19, Torrance, CA, 2017

The Integrative Women's Health Summit, London, U.K., 2016

***Healthy Aging: Care and Feeding of Mitochondria,*** Fullscript, 2020

***Influencing Cancer-Related Cognitive Impairment,*** Anti Cancer Revolution, 2020

***Integrated Approach to Immunity,*** Food & Spirit Group - Dr. Deanna Minich, 2020

***COVID 19 and Cancer - ImmunoNutrition for our Most Vulnerable Patients,*** Oncology Nutrition Institute, 2020

***Food and the Physiology of Cancer: What Practitioners and Patients Need to Know,*** Emerson Ecologics, 2020

The Answer to Cancer Master Class, 2020

Ontario Association of Naturopathic Doctors Annual Convention, Toronto, ON 2019

California Naturopathic Doctors Association, 2019.

Health Masters LIVE, Professional Education Series, 2019

Functional Medicine Discussion Group Lecture, Dr. Ben Weitz, D.C., Santa Monica, CA, 2019

Holistic Primary Care, Workshop for Frontline Clinicians 2018

***Onco-Inflammation: Targeting Tumor Promoting Inflammation with Selected Nutraceuticals and Phytochemicals,*** Fullscript, 2019

International Congress of Naturopathic Medicine, London, U.K., 2017

***Mitochondrial Metabolism, Ketogenic Diets, Fasting and Cancer,*** Designs for Health, 2019

***Managing Cancer Related Fatigue: The Most Common and Persistent Complaint of Cancer Survivors:***

Ontario Association of Naturopathic Doctors, 2019

***How to Support Patients through Cancer Care:*** Health Masters LIVE, Professional Education Webinar Series, 2019

***Integrative Wellness for Long-Term Survivorship:*** Pure Encapsulations, 2018

***Therapeutic Diets that Influence Cancer Metabolism,*** National Association of Nutrition Professionals Annual Conference, CA, 2018

***The Deadly Link Between Cancer, Glucose, Obesity and Insulin,*** Annie Appleseed CAM for Cancer Conference, FL 2018

***Cancer Related Cognitive Impairment & Cancer Related Fatigue,*** California Naturopathic Doctors Association, Professional Training Online Seminar Series, 2018

***Cognitive Impairment and Brain Aging in Cancer Survivors:*** American Association of Environmental Medicine Annual Conference, Park City, UT 2017

***Increased Rates of Cancer & Cancer Mortality Associated with Obesity & Insulin Resistance: Nutraceutical & Botanical Interventions,***

Functional Medicine Discussion Group Lecture, Dr. Ben Weitz, D.C., Santa Monica, CA, 2017

***The Role of Biomarkers in Cancer Risk Reduction, Clinical And Scientific Insights (CASI) in Functional and Lifestyle Medicine Symposium,***

San Francisco, CA, 2017

Professional Clinical Training Series, Designs for Health Inc., New York City, Houston, Fort Lauderdale, Los Angeles, CA, 2017

***Making Cancer Personal, Clinical And Scientific Insights (CASI) in Functional and Lifestyle Medicine Symposium,*** San Francisco, CA, 2017

***The Evolution of Cancer Care,*** Functional Forum, Los Angeles, CA, 2017

***Increased Rates of Cancer and Cancer Mortality Associated with Obesity and Insulin Resistance,*** 24th Annual World Congress on Anti-

Aging Medicine, Las Vegas, NV, 2016

***Can the Rich Tradition of Chinese Medicine Influence the Ecology of Cancer?,*** Institute of Nutritional Endocrinology Nutritional

Endocrinology Practitioner Training Advanced Clinical Resource, 2016

***Integrative Cancer Care: The Important Role of Frontline Clinicians,*** Kalish Institute Masterclass, 2016

- The Onco-obesity Epidemic: The Deadly Link Between Cancer, Obesity, Glucose and Insulin***, The Integrative Women's Health Summit, London, U.K., 2016
- Selected Acupuncture Points and Phytochemicals from the Chinese Materia Medica that Influence the Development of Cancer, Diabetes, Obesity and Longevity***, College of Naturopathic Doctors of Alberta Conference, Banff, Alberta, 2016
- Integrative Cancer Care: Increased Rates of Cancer and Cancer Mortality associated with Obesity and Insulin Resistance***, National Association of Nutrition Professionals Conference, Long Beach, CA, 2016
- Clinical and Prognostic Significance of Coagulation Assays in Management and Identification of Cancer***, OncANP 5th Annual Naturopathic Oncology Conference, Phoenix, AZ, 2016
- Cancer Prevention: Selected Predictive Biomarkers***, TAP Integrative Feature, Dr. Lise Alschuler, ND, 2016
- Real Cancer Prevention: Nutrigenomic and Epigenetic Factors***, Thorne Research Lecture, Santa Monica, CA, 2016
- Integrative Medicine Panel***, Fran Drescher's Women's Health Summit, Los Angeles, CA, 2015
- Botanical and Nutraceutical Management of Cancer Related Coagulopathies***, IOICP International Organization of Integrative Cancer Physicians, Best Answer for Cancer Conference, Reno, NV, 2015
- Ten Chinese Herbs that Transform the Cancer Micro-Environment***, 9th Evidence-based Complementary and Alternative Cancer Therapies Conference, Annie Appleseed Project, West Palm Beach, FL, 2015
- Integrative Cancer Care: Managing the Cancer Bio-Terrain***, Professional Clinical Training Series, Designs for Health Inc., Dallas, Chicago, New York City, Phoenix, Orlando, Los Angeles, 2014  
Designs for Health Inc., Hyla Cass, M.D., October 2013
- Cancer Related Fatigue***, Cancer Strategies Healthy Medicine Conference, Phoenix, AZ, 2014
- Integrative Cancer Care: Laboratory Analysis, Herb and Nutrition Interventions***, Designs for Health Inc., 2009
- Macular Degeneration: A Functional Medicine Approach***, Designs for Health Inc., 2009
- Managing Menopause: Treatment Choices in Mainstream and Complementary Medicine***, in coordination with Pat Hackel, MFCC and Teena Summers, MFCC, Santa Monica, CA, Spring 1994

## **FACULTY AND GUEST LECTURER**

- Emperor's College of Traditional Oriental Medicine***, Santa Monica, CA, Department of Western Sciences  
Anatomy & Physiology, Nutrition & Chemistry, Medical Practice Management, Integrative Cancer Care, 1984-2011
- School of Medicine, Department of Complementary Medicine, University of California, Los Angeles***, Dr. David Diehl, M.D., Clinical Externship Provider, 1989-1993
- SAMRA University of Oriental Medicine***, Department of Anatomy and Physiology, Los Angeles, CA, 1986-1987
- California Acupuncture College***, Department of Nutrition, Los Angeles, CA, 1985-1987
- Seminars on Orthomolecular Nutrition and Botanic Medicine for Physicians, NF Physicians Formulas Inc.***, Guest Lecturer, Los Angeles, CA, 1985-1987
- Antioch University, Department of Holistic Health***, San Francisco, CA, 1980-1986
- Pacific College of Naturopathic Medicine, Department of Botanic Medicine***, San Rafael, CA, 1982-1984
- School of Medicine, Department of Community and Environmental Medicine, University of California, Irvine***, 1980
- Saint Luke's Hospital, School of Nursing, "Acupuncture Analgesia"***, San Francisco, CA, 1980

## **SELECT PUBLISHED WORKS**

- Huffington Post, Healthy Living, Cancer Expert***, Original Blogger Author, 2009-Present
- Optimizing Vitamin D for Enhanced Control of Cancer Prevention and Progression, Emerson Ecologics Element Journal, 2020
- Omega 3 Fatty Acids: Enhanced Control of Cancer Risk and Progression***, Emerson Ecologics Element Journal, 2020
- Inflammasomes: Mediators of Lung Immunity***, Emerson Ecologics Element Journal, 2020
- Sleep, Inflammation, and Immune Function***, Emerson Ecologics Element Journal, 2020
- What if every cancer patient had a plan for health and not just a plan for disease***, AHHA 2019
- I Expect My Patients to Be Outliers": Applying Nutrition to Improve Cancer Outcomes***, Holistic Primary Care, Erik Goldman, 2019
- What Common Blood Tests Reveal About Cancer Risk***, Holistic Primary Care, 2018
- The Estrobolome: How Microbes Affect Estrogen Metabolism & Cancer Risk***, Holistic Primary Care, 2018
- Cancer Care Fundamentals for Frontline Clinicians***, Holistic Primary Care, Kristen Shepker, 2017
- OutSmart Cancer Quickstart Guide: Take Control of Your Health***, 2014
- Top 10 Cancer-Fighting Superfoods: Fighting Cancer in the Kitchen***, 2014
- 13 Amazing Salads for Fighting Cancer in the Kitchen***, 2014

6 Ways to Boost Your Immune System, Destroy Cancer Cells & Fight Infections Naturally, 2014  
12 Imperial Herbs for Longevity & Rejuvenation, 2014  
Don't Waste Your Money on Supplements: How to Choose Safe, Effective, Top Quality Supplements, 2014  
**Remove the Threat of Toxic Cancer-Causing Chemicals in Your Home: 8 Steps to Keep You & Your Family Safe**, 2014  
**Cancer Strategies Journal**, Dwight Mckee M.D., Robert Zieve, M.D., Donald Yance, editors, 2012-2014  
**#1 Best Selling Author: 32 Way to OutSmart Cancer: Create a Body Where Cancer Cannot Thrive**, 2013  
**American College for the Advancement of Medicine**, Online Contributor  
GreenMedInfo.com, Contributor, 2013  
LiveStrong.com, Contributor, 2011  
**Sweets That Kill: The Link Between Diabetes, Blood Sugar, Body Fat and Cancer**, 2012  
*Traditional Chinese Medicine: Treatment of Menstrual Disorders*, Alternative Medicine, Future Medicine Publishers, 1993  
*Mineral Aspartates*, Journal of the American Chiropractic Association, November 1984  
*Herbal Medicine*, Monthly Column, Whole Life Times, 1984-1987

## **SELECT INTERVIEWS & APPEARANCES for the GENERAL PUBLIC**

**NBC-TV Access Hollywood, Breast Cancer Expert**  
**ABC 20/20, Cancer Expert**  
**Functional Forum: Evolution of Oncology**  
**Nourish Podcast by Kasia** - Outsmarting cancer 2024  
**Festival de las Ideas** - Aging Panel 2024  
**Victor Saadia Podcast Interview** - A Plan for Health, Not Only Disease 2023  
**National lifestyle magazine Experience Life with Catherine Guthrie** - Medicinal Mushrooms, 2023  
**Happy Bones, Happy Life Podcast with Margie Bissinger** - Create A Body Where Cancer Cannot Thrive: Supporting Healthy Bones and Bone Marrow In Cancer Patients and Survivor-Thrivers, 2023  
**Designs for Health Podcast with Evelyn Lambrecht** - Integrative Oncology and Supporting Optimal Patient Health, 2023  
**Functional Forum Interview with James Maskell** - Insights on Health-Focused Oncology and Supporting Patients during their Cancer Journey, 2023  
**Beyond the Cancer Summit**, Dr. Jennifer Simmons - 32 Ways To Outsmart Your Cancer, 2022  
**Breast Cancer Conqueror Interview** Dr. Veronique Desaulniers - How to Survive and Thrive – Healing Breast Cancer with Conventional Treatments and Natural Medicine, 2022  
**Wellevate Dialogue with Dr. Jaclyn Smeaton** - Growing Your Practice with Wellevate, 2021  
**Detox Masterclass for Cancer** with Nathan Crane, 2021  
**Get Well with Dr. Shel Podcast** - An Integrative Approach to Breast Cancer, 2021  
**From Doctor to Patient Podcast**, By Dr. Diva Nagula - Acupuncture, Oriental Medicine and Integrative Cancer Care, 2021  
**The Heal Podcast with Kelly Noonan**, 2021  
**Delivering Health Podcast with Dr. John Neustadt** - Taking Control of Breast Cancer, 2021  
Dr. RitaMarie Loscalzo - Three Keys to Supporting Health Span and Life Span in Cancer Survivors, 2021  
Conquering Cancer Summit - Nathan Crane, 2021  
Andrea Nakayama - Meeting the Needs of Cancer Survivors: Enhancing Life-Span and Health-Span, 2021  
**Integrative Oncology Talk, Dr. Santosh Rao** - Bringing East and West, Ancient and Modern Together, 2020  
**Dr. Ben Weitz Podcast** - Rethinking COVID-19: A Conversation with Dr. Nalini Chilkov, 2020  
**HEAL Wellset**, Kelly Noonan Gores: Be your own Advocate: What to do After a Diagnosis of Disease, 2020  
**The Answer to Cancer** Video Documentary Series - Jeff Hays Production, 2020  
**Radical Remission Film Series**, by Dr Kelly Turner, 2020  
Functional Endocrinology Institute Seminars  
**Wellness for Life Radio, Dr. Susanne Bennett, D.C.**, 2020  
**Article Feature: What if every cancer patient had a plan for health and not just plan for disease**, American Holistic Health Association 30th Anniversary Essay Project, 2019  
The Cancer Answers Global Summit, Jean Swann  
Winter of Wellness Summit, Dr. Robyn Benson, D.O.M.  
Healing Pain Summit & Moving Better Health Podcast, Dr, Joe Tatta, DPT, CCN  
Love Your Mind, Love Your Body, Roberta Mittman, L.Ac., C.N.C.  
Healthy Travelers Global Health Summit, Dr. Robyn Benson, D.O.M.  
The Spa Doctor, Dr. Trevor Cates, N.D.  
10 Minute Wellness Tips, Brad Costanzo & Bob Serling  
**TAP Integrative Expert**  
**LA Weekly Health**  
**Veria TV**, Where on Earth Series, Health and Wellness Guest Expert  
**Whole Life Times**, Botanical Medicine Expert  
The Dr. Steven Show  
Organic Authority

***Naturally Savvy Magazine***

***Integrated Health Magazine***, Integrative Cancer Care Expert

***Natural Health Magazine***

***The Truth About Cancer***, Ty Bollinger Video Series

***JJ Virgin*** Sugar Impact Diet Live

***Well.org***, Guest expert

***Metagenics Institute LIVE*** with Dr. Deanna Minich

***Alternative Cancer Research Institute*** Radio, Health Care Journalist Connie Strasheim

***Integrative Pelvic Health Institute***, Jessica Drummond, M.P.T., C.N.C., C.H.C.

***Vibrant Health Radio***, Dr. Ritamarie Loscalzo, D.C., C.C.N., D.A.C.B.N.

Hormones Balance Radio, Magdalena Wszelaki

***The Hormone Cure, Dr. Sara Gottfried, M.D.***

***Higher Ground Radio***, Portland Helmich

Menopause is a Trip, Travel First Class Summit, Katherine Miller

***Lifescrypt: Healthy Living for Women***

Self-Care Revolution, Dr. Robyn Benson, D.O.M.

***Global Cancer Symposium 2.0***, Kicking cancer out: Top 10 ways to create a body where cancer cannot thrive, Nathan Crane

***The Adrenal Solutions Summit***, Is There a Connection Between Stress and Cancer?, Marcelle Pick, R.N.P.

***Hay House Radio***, Women and Cancer, Marcelle Pick, R.N.P.

Magnificent Menopause Radio, Series Expert on Cancer

***Healthy Medicine Radio***, Dr. Robert Zieve, M.D.

***Holistic Nutrition Lab: Integrative Cancer Care***, Andrea Nakayama

Longevity Kitchen Cookbook by Rebecca Katz, Expert Interview

Natural Health Summit, Dr. Alexander Schuster, N.D., Ph.D.

***Five to Thrive Radio, Dr. Lise Alschuler, N.D.***

***Couch Talk, Dr. Anna Cabeca, M.D.***

Elevate Your Energy Radio, Evelyne Lambrecht

Sexy Younger You, Dr. Anna Cabeca, M.D.

SherryStrong Organisation. Sherry Pollex

***Cancer Answers TV, Dr. Judy Seeger, N.D.***

Holistic Radio, Dr. Cathy Rosenbaum, Pharm.D.

Body Centered Leadership, Dr. John Amaral, D.C.

Lecture Series, Mikel Parsons, D.C.

The Age Buster's Power Summit, Jonny Friedman

## **EDUCATION & TRAINING**

Mederi Foundation: Integrative Cancer Care, Advanced Clinical Applications of the ETMS in Cancer Care, 2009

Institute for Functional Medicine: Applying Functional Medicine in Clinical Practice, 2003

Compassionate Care of the Dying, Joan Halifax, Ph.D., 2000

Doctor of Oriental Medicine, Certificate of Acupuncture, California Acupuncture College, 1986

Certificate Foundations of Homeopathy, International Foundation for Homeopathy, 1986

Bachelor of Arts, Cell Biology, San Francisco State University, 1982

St. Luke's Hospital School of Nursing, San Francisco, 1978-80

## **PROFESSIONAL ORGANIZATIONS**

American Institute of Integrative Oncology Research and Education

Institute for Functional Medicine

Society of Integrative Oncology

Society of Integrative Oncology and Chinese Medicine

Oncology Association of Naturopathic Physicians

American Association of Naturopathic Physicians

California Naturopathic Doctors Association

American College for the Advancement of Medicine

California Acupuncture Association

American Association of Acupuncture and Oriental Medicine

Center for Oriental Medical Research and Education

International Foundation for Homeopathy

Herb Research Foundation

American Botanical Council