

BEAT THE SEASONAL
BLUES WITH THE RIGHT
VITAMINS

THE ESSENTIAL YOU NEED

For a Healthy
Body & Mind



Introducing my supplement guide, curated to help you navigate the complex world of health and wellness.

With a focus on essential nutrients and backed by insights from trusted sources like Anthony William's groundbreaking books, which I include links to below. This guide is your roadmap to optimal health.

Whether you're seeking to boost immunity, support digestion, or enhance overall well-being, I've compiled a selection of supplements designed to be a starting point to your journey to health.

Empower yourself with knowledge and take control of your health journey today.

This includes information on each supplement, their benefits, and where to purchase them, making it easier than ever to incorporate them into your daily routine. Say goodbye to guesswork and confusion, and hello to a healthier, happier you.

I sincerely hope this supports your healing process!🌿

Please email me at ilia@iliakavoukis.com for more information or if you have questions.

Ilia is not a Doctor and suggests seeking advice from your physician before beginning any vitamin regimen.

VITAMINS



Liquid Zinc Sulfate:
The Ultimate Defense. Swift absorption, targeted support for immunity, and optimal wellness. Unleash the power of liquid for a resilient, fortified you!

BUY NOW



Vimergy Liquid Vitamin D3:
Your Wellness Hero. Swift absorption, easy dosage, and superior bioavailability. Elevate immunity, bone health, and mood effortlessly. The liquid revolution for optimal well-being!

BUY NOW



Liquid B12: Energy Unleashed!
Rapid absorption, maximum vitality, and brain-boosting benefits. Elevate your well-being effortlessly with the liquid magic of B12. Ready, set, thrive!

BUY NOW



Magnesium Glycinate:
Calm Catalyst. Superior absorption, sleep enhancer, and muscle relaxer. Elevate well-being effortlessly with the tranquil touch of magnesium glycinate. Embrace relaxation and vitality!

BUY NOW



Liquid Cat's Claw:
Nature's Defender. Swift absorption, immune system warrior, and inflammation fighter. Unleash the liquid power for holistic wellness and a resilient you!

BUY NOW



Vitamin C Brilliance:
Immune fortress, collagen champion, and antioxidant hero. Elevate your well-being effortlessly with the essential support of Vitamin C. Thrive with vitality!"

BUY NOW





VITAMINS



B12 Pure Encapsulations:
Methylcobalamin 1,000 mcg - Vitamin B12
B12 capsules boost energy, support nerve function, and aid red blood cell formation. Vital for metabolism, they enhance cognitive function and promote overall well-being, especially in vegetarians and older adults.

[BUY NOW](#)



Vimergy Adapto B Complex:
Rhodiola & Hawthorn Berry - Supports Mental Energy, Cognition, and Mood
B complex vitamins, promote energy, metabolism, and overall health. They support brain function, red blood cells, and skin.

[BUY NOW](#)



Vimergy USDA Organic Barley Grass Juice Powder:
Barley grass juice powder, rich in vitamins, minerals, and antioxidants, promotes detoxification, boosts energy, supports immune health, and enhances overall well-being. A nutritious supplement for vitality.

[BUY NOW](#)



Vimergy MSM with Silica + Calcium Capsules, 120 Servings -
Helps relieve pain associated with osteoarthritis- Non-GMO, Gluten-Free, Kosher, Soy-Free, Corn-Free, Vegan & Paleo . Enjoy 120 servings for lasting support and comfort.

[BUY NOW](#)



Vimergy Curcumin with Turmeric:
Curcumin with Turmeric offers potent anti-inflammatory and antioxidant properties, aiding joint health, reducing inflammation, and supporting overall well-being. This natural supplement enhances vitality and promotes a healthy lifestyle.

[BUY NOW](#)



Solgar North Atlantic Kelp:
Solgar North Atlantic Kelp is a rich source of iodine, essential for thyroid function. It supports metabolism, energy levels, and promotes overall health, especially for those with iodine deficiency.

[BUY NOW](#)

VITAMINS



Host Defense Lions Mane
Mushroom Supplement 120
1000mg

This high potency and high dose of Lion's Mane provides antioxidants with immunomodulating properties to support the immune system.

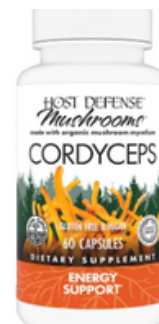
BUY NOW 



Host Defense Turkey Tail
Mushroom Capsules 60 Count

Immune Booster: Get natural immune support with Turkey tail mushroom capsules, which are one of earth's most researched mushrooms and known for their immune-boosting properties

BUY NOW 



Host Defense Cordyceps
Mushroom Capsules Supplements
30

TRADITIONAL SUPPORT:
Cordyceps has been traditionally used in Chinese Medicine to help tonify and replenish the lungs and kidneys

BUY NOW 



Reishi Mushroom Capsules - 120
Count

Liver Health Support, Boost
Energy & Stress Resistance
Promotes cardiovascular health,
energy, and stamina

BUY NOW 



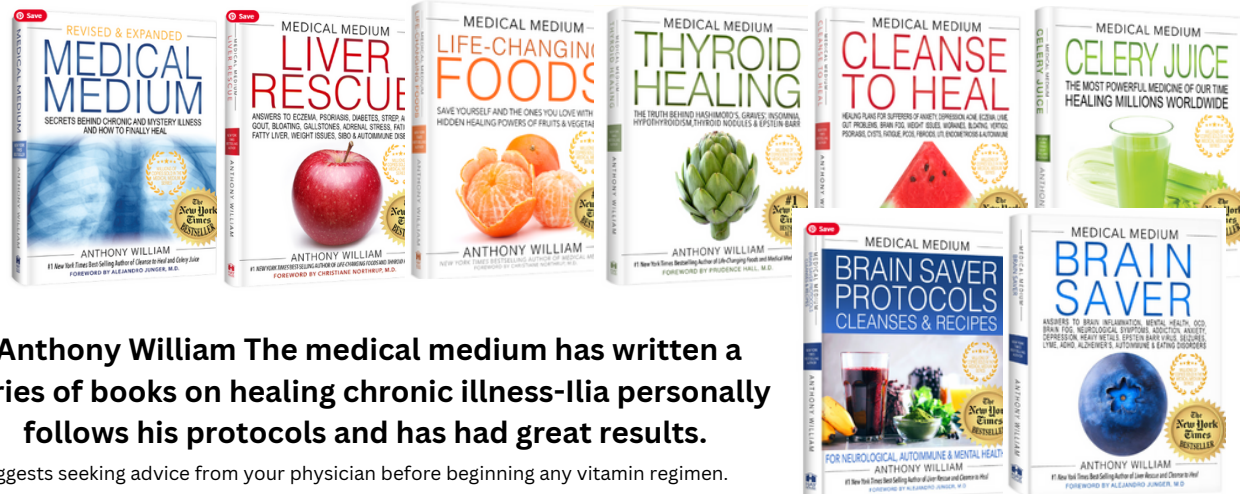
MyCommunity Mushroom
Complex Supplements with 17
Mushroom Blend | Helps Supports
in Immune Booster and Anti-
Inflammatory Activity with Lions
Mane, Chaga, Cordyceps, Turkey
Tail, Reishi, Maitake, Agarikon
Mushroom Supplement 120
Capsules

BUY NOW 



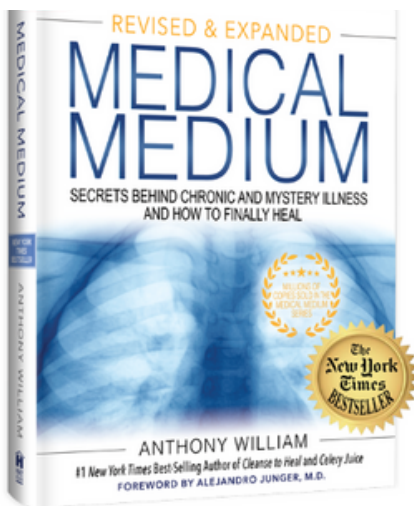
Organic Golden Castor Oil
100% Pure, Certified Organic,
Hexane-Free, Extra Virgin
Castor oil is beneficial for
moisturizing skin, promoting hair
growth, soothing inflammation,
supporting digestion, and
enhancing overall skin and scalp
health.

BUY NOW 



Anthony William The medical medium has written a series of books on healing chronic illness-Ilia personally follows his protocols and has had great results.

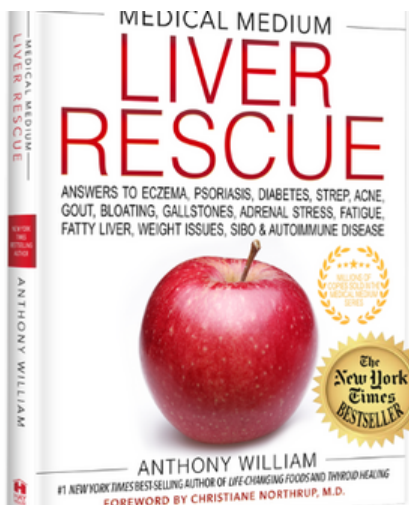
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Medical Medium: Secrets Behind Chronic and Mystery Illness and How to Finally Heal (Revised and Expanded Edition) by Anthony William, Medical Medium

Do you have 20 years to wait before medical science discovers the true cause of your suffering and the way to get better? What would it be worth if someone could help you recover and heal—right now? From the #1 New York Times best-selling author of the Medical Medium series, an elevated and expanded edition of the book that started a health revolution

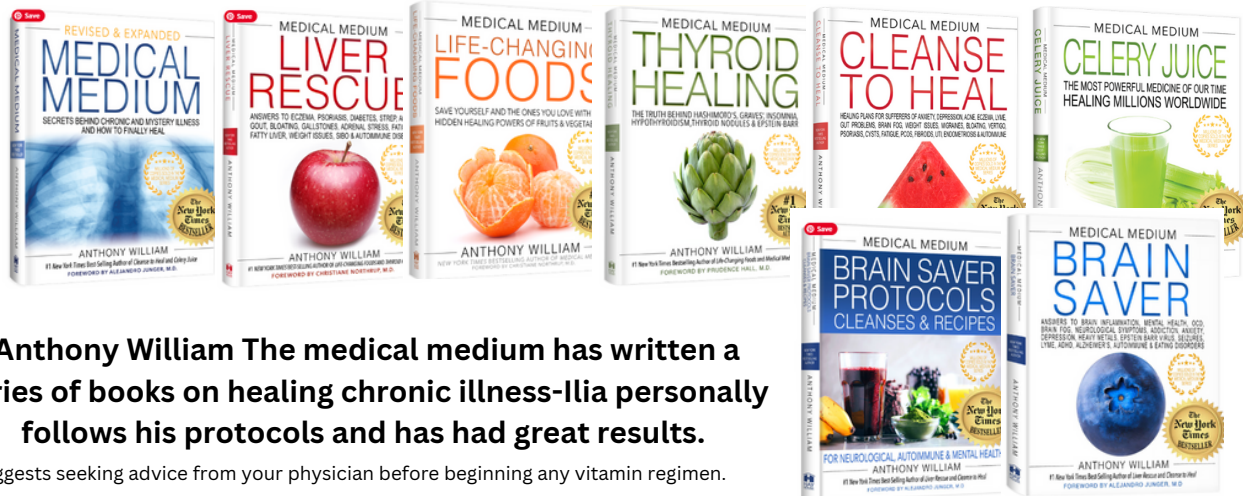
[BUY NOW](#)



Liver Rescue: Answers to Eczema, Psoriasis, Diabetes, Strep, Acne, Gout, Bloating, Gallstones, Adrenal Stress, Fatigue, Fatty Liver, Weight Issues, SIBO & Autoimmune Disease by Anthony William, Medical Medium

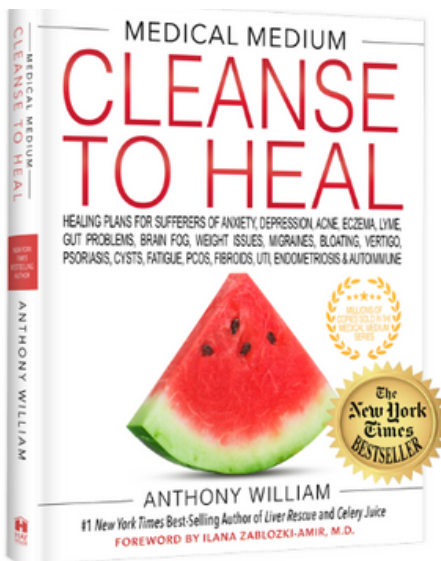
What if you could focus on one aspect of your well-being to transform all the others—and at the same time prevent health problems you didn't even know lurk beneath the surface? In today's world, we have no idea how many symptoms, conditions, and diseases are rooted in an overloaded liver. It's not only about liver cancer, cirrhosis, and hepatitis. Nearly every challenge, from pesky general health complaints to digestive issues to emotional struggles to weight gain to high blood pressure to heart problems to brain fog to skin conditions to autoimmune and other chronic illnesses, has an origin in an overloaded liver and can improve and heal when you harness the force of this humble organ.

[BUY NOW](#)



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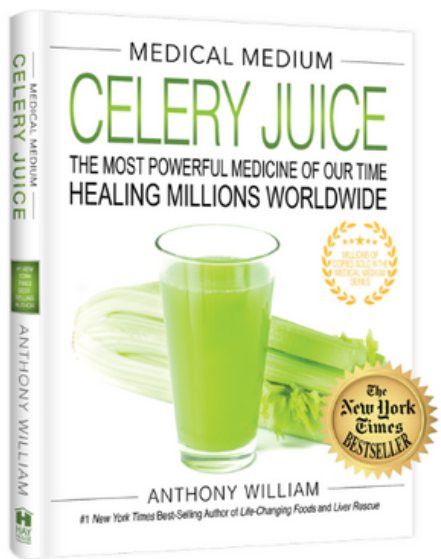
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Cleanse To Heal: Healing Plans For Sufferers of Anxiety, Depression, Acne, Eczema, Lyme, Gut Problems, Brain Fog, Weight Issues, Migraines, Bloating, Vertigo, Psoriasis, Cysts, Fatigue, PCOS, Fibroids, UTI, Endometriosis & Autoimmune by Anthony William, Medical Medium

If you think you don't have any need to do a cleanse—if you're sure you couldn't possibly be harboring any toxins in your body—think again. In today's world, there are poisons and pathogens that threaten our health starting before we're even born, and they continue to hold us back as we encounter them in our everyday life. Cleansing is a vital tool for fighting against these burdens—as long as you go about it the right way.

[BUY NOW](#)



Celery Juice: The Most Powerful Medicine of Our Time Healing Millions Worldwide by Anthony William, Medical Medium
Finally, the missing link to get your life back. Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution.

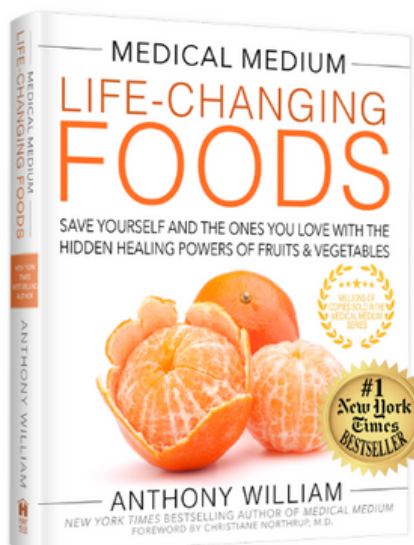
[BUY NOW](#)





You will find everything you need to know about healing chronic illness in this series of books written by Anthony William Medical Medium

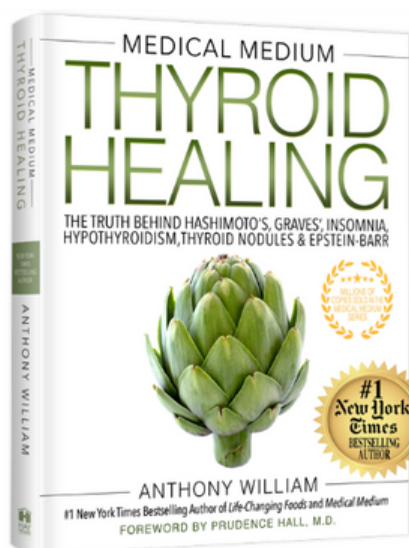
I've been following his advice for over 5 years and my health is the best it has ever been. Ilia Kavoukis



Life-Changing Foods Save Yourself and the Ones You Love With The Hidden Healing Powers of Fruits & Vegetables by Anthony William, Medical Medium

Life-Changing Foods delves deep into the healing powers of over 50 foods fruits, vegetables, herbs and spices, and wild foods explaining each foods properties, the symptoms and conditions it can help relieve or heal, and the emotional and spiritual benefits it brings. I also arm you with the truth about some of the most misunderstood topics in health: fertility; inflammation and autoimmune disorders; the brain-gut connection; foods, fads, and trends that can harm our well-being; how angels play a role in our survival, and much more. This is new information I am bringing to you for the first time. Find out more!

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Thyroid Healing The Truth Behind Hashimoto's, Graves', Insomnia, Hypothyroidism, Thyroid Nodules & Epstein-Barr by Anthony William, Medical Medium

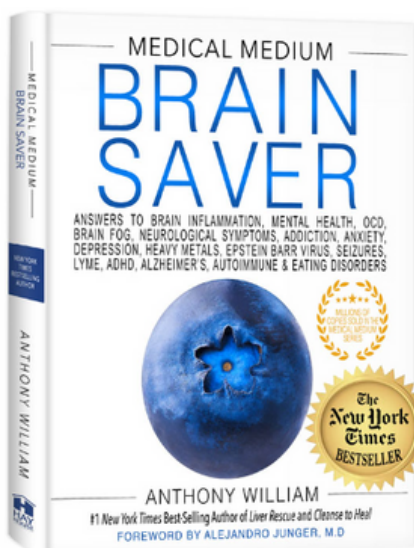
Empowering readers to become their own thyroid experts, Anthony explains in detail what the source problem really is and provides a life-changing toolkit and 90-day plan to rescue the thyroid and bring readers back to health and vitality. Anthony also reveals the five great mistakes holding you and your loved ones back from healing, including the still undiscovered truth about autoimmune disease and inflammation. It's an approach unlike any other, and as his millions of fans and followers will tell you, it's the approach that gets results. Includes photos and recipes.

[BUY NOW](#)



You will find everything you need to know about healing chronic illness in this series of books written by Anthony William Medical Medium

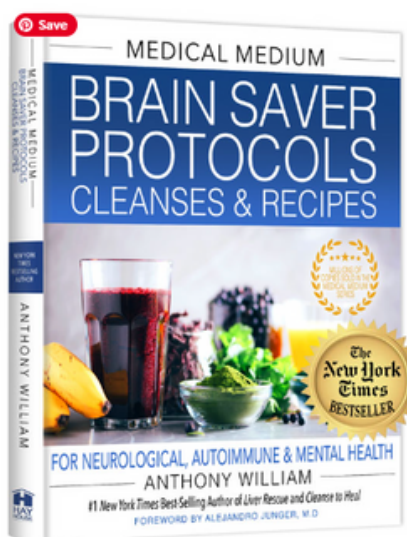
I've been following his advice for over 5 years and my health is the best it has ever been. Ilia Kavoukis



Brain Saver: Answers to Brain Inflammation, Mental Health, Brain Fog, Neurological Symptoms, ADHD, Anxiety, OCD, Depression, Heavy Metals, Epstein-Barr, Seizures, Lyme, Addiction, Alzheimer's, Autoimmune & Eating Disorders by Anthony William, Medical Medium

If you've been searching for direction about brain, neurological, or mental health, you've finally found the answers. Whether you are just starting out or your journey has taken you to multiple neurologists, internists, and functional medicine doctors, your time has come to discover the true cause of your suffering, move forward, and heal.

[BUY NOW](#)



Brain Saver Protocols, Cleanses and Recipes: For Neurological, Autoimmune and Mental Health by Anthony William, Medical Medium

Your brain has abilities to heal beyond what medical research and science are aware of today. The brain remains a mystery to medicine when it comes to chronic illness and mental health struggles. Measuring deficits of the brain doesn't equate to knowing what's really wrong or what to do about it. What if you could access healing no one realized was possible? Protect your brain against 300+ symptoms and disorders with new recipes, customizable healing protocols, heavy metal detox guidelines, cleanses, and cutting-edge information about mental health you won't find anywhere else.

[BUY NOW](#)

