

**Do you currently take nutritional supplements?
If not, have you been thinking about taking them?**

Would you like a safe, effective and scientific way of knowing the exact supplements your body requires, their daily dosage, along with when and how to take them, e.g., at meals, on empty stomach, etc.?

Would you like to learn how to scientifically design your own therapeutic supplement program?

Would you like to have access to "clinically-formulated" organic whole food therapeutic supplements at a discounted price?

If you said "yes" to the above, your solution is the "SELF-THERAPY SUPPLEMENT PROGRAM (STSP)TM" developed by Dr. Donna F. Smith.

Most people today either take food supplements, like Vitamins, Minerals, Herbs and Homeopathic Remedies OR they think about taking them, but are not sure where to start.

In either case, **GUESSING is not an effective method for choosing your nutritional supplements** and results in taking the wrong supplements, the wrong dosages, wastes your money and time, and then delays getting the right supplements for your **unique and individual** biochemistry to improve your health.

Not sure of this fact? Just open the cupboard of yours or anyone who has been "guessing" at what they need and you will find it full of unused supplement bottles.

During the past decades while successfully helping people heal through Clinical Nutrition Supplement and Dietary Therapy, I have observed a rapidly growing desire in the public to take more responsibility in their own dietary and nutritional supplement health care.

However, except for those who know to contact nutritional health care practitioners, like myself, most people are relying on **internet searches**, vested-interest **advertisements** promoting the latest dietary **Fad** or **Hot Topic** supplement, vitamin **sales people**, and **books** listing the name and purpose of vitamins, minerals, herbs and other supplements, etc.

These sources often lead to confusion and/or even more questions, but even those that appear to be helpful, still cannot tell you with **certainty** the **exact supplements** you require, **as an individual.** However, **STSPTM** can!

Knowing RDA (Recommended Daily Allowances) doesn't help, because it does not list exactly what you "as an individual" require, either.

The Good News is: This **STSPTM** brochure will inform you of how you can scientifically know the exact supplements, you, as an individual, require to correct the causes of your symptoms.

WHAT CAUSES ALL SYMPTOMS?

Diet is what you eat and drink, however, **Nutrition** is the internal affects (good and bad) of your Diet, Stresses and Exposures. Therefore, the causes of your symptoms are:

1. Nutrient Deficiencies and Excesses,
2. Toxicity (poisons exposed to or ingested)
3. Biochemical & Emotional Imbalances, and
4. Organ, Gland & Body System Dysfunctions.

Disease occurs when the above causes have been in the body long enough to damage or cause death to cells and tissue (aka disease).

The exception to the above, are symptoms resulting from an injury, either accidental or by abuse.

However, even in these cases, the above causes can determine whether the injury heals completely or not.

And symptoms from hereditary weaknesses are simply inheriting the above causes from a relative.

HOW TO TEST FOR THESE CAUSES

There are three methods for scientifically identifying the above causes:

1. A Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (Blood, Urine, Saliva, Stool, Hair, etc.). This is different from a medical analysis of Lab Reports.
2. Physical Examination and
3. Research-Based Nutritional Evaluations.

Since establishing my Clinical Nutrition business in 1981, I have used each of the above alone, or have combined two or all three at the same time to evaluate my clients, with a success rate of over 90% in helping them improve their health.

So to help you accomplish this goal, I created the **SELF-THERAPY SUPPLEMENT PROGRAM (STSP)TM** making it possible for you to obtain the third (3rd) method above, Research-Based Nutritional Evaluations, **by email or through our postal service.**

STSPTM is a user-friendly, safe, and affordable Nutritional Supplement Evaluation Program. And one of the bonuses of this program is that your personalized Nutritional Evaluation will also give you a list of the **specific "therapeutic" whole food supplements** your body requires to correct the causes of your symptoms, so you may:

- Improve your health,
- Reverse any disease processes,
- Provide your own daily requirements (RDAs) and
- Thereby, maintain optimal health for the rest of your life.

Clients Report Feeling Better In 3-6 Weeks or Sooner!

Now you can have access to scientific Nutritional Evaluations, plus the exact "therapeutic" whole food supplements your body needs, at prices you and your family can afford!

Therapeutic Supplements are potent, formulated for clinical use only and, thus, require professional guidance.

This is why the professional supplement manufacturing companies we use do not distribute them to walk-in and on-line stores, but only to nutritional practitioners, like myself.

Otherwise, both the supplement companies and these stores would be putting their customers' health at risk and their business at risk, legally.

Through **Dr. Smith's SELF-THERAPY SUPPLEMENT PROGRAM (STSP)TM** you are getting access to the same brand of Therapeutic supplements I dispense in my practice, along with my professional guidance built this into the program to help you safely and effectively design your own therapeutic supplement programs.

And not only my professional guidance, but **STSPTM** is based on over sixty years of nutritional research by health care practitioners using therapeutic whole foods. Research collected from objective clinical data, patient examinations, blood and urine testing, in addition to my own clinical experience, since 1981, and Clinical Nutrition Analysis of Lab Reports from testing blood, urine, saliva, hair and stool.

YEAH! No More Supplement Guessing!!!

SUCCESS STORIES & MORE PROGRAM INFO

Please go to my website and click on "**Self-Therapy Program**" for more details about this program and for over 40 Case History-Success Stories out of thousands since 1981, please read **Brochure #2** on the **Home Page** and click on the **What Clients Say** webpage.

Now let's review a brief list of what is included in **Dr. Smith's SELF-THERAPY SUPPLEMENT PROGRAM (STSP)™**

STSP includes over 150 pages and begins with your six-page research-based, scientific **Nutritional Evaluation** (The Client's Report) that consists of the following:

1. **Evaluation's Percentage Scores Report** (Page 1) prioritizes which of your organs, glands and body systems require supplementation. For example, Adrenal and Thyroid Glands, Brain and Nervous Systems, Cardio-Vascular System, Gastro-Intestinal System (Stomach, Intestines, etc.) Female/Male Hormonal System, Pancreas (Sugar Handling), etc.
2. **Progress Report** (Page 2 of 6) – Updated Evaluations produce a Progress Report indicating which areas are improving and still need supplementation and which are healed & no longer require supplementation.
3. **Nutritional (Supplement) Program** (Page 3 of 6) lists the therapeutic supplements your individualized evaluation indicated your body required to improve the areas evaluated in highest to lowest need, with dosage, and when and how to consume them daily, e.g., at meals, on empty stomach, etc. *You can post this on your refrigerator for daily reference.*
4. **Recommended Supplement Description** (Page 4-5 of 6) provides a brief description of the supplements recommended, e.g., purpose and benefits.
5. **Summary Report** (Page 6 of 6) provides additional information on one or more areas

that scored the highest percentage on your Evaluation (Page 1) and thus require immediate attention and supplementation.

6. **One Degree of Change E-Book (136 pages)** provides dietary education, food lists, recipes, checklists, environmental tips, and much more to help you integrate and master **basic, principle-centered** healthy dietary and lifestyle practices.

With the above, you also receive.....

7. **Dietary Checklists** (what to eat, drink & avoid) and **Phase I & Phase II Diet Plans for Balancing Your Body Chemistry** (2 pages). Blood chemistry panels were taken every 3-4 days on all patients to measure the effectiveness of these Dietary Plans for improving and maintaining health.
8. **Therapeutic Supplement Instructions, Tips, Discounted Supplement Price Quotes, & other educational materials and forms** (80+Pages) will be included to help you design accurate, safe and effective "therapeutic" supplement programs AND schedule when it is time to update your Nutritional Evaluations to assure your continued healing progress.

In summary, daily intake of the Therapeutic supplements recommended in your Initial and Updated Nutritional Evaluations and making dietary and lifestyle changes as outlined in the above book and educational materials will improve your health, no matter what your current health challenges.

Now, you and your entire family can receive affordable professional Dietary and Therapeutic Whole Food Supplement Care!

Dr. Donna F. Smith

- **Clinical Nutrition (Ph.D.)**
- **Doctor of Naturopathy (N.D.)**
- **Canadian Chartered Herbalist (C.H.)**
- **Board Certified Clinical Nutritionist (C.C.N.)**
- **Certified Dietitian-Nutritionist (C.D.N.)**

The Nutritional Evaluations and supportive documents introduced in this brochure are for educational purposes only and not intended for a diagnosis or treatment of disease.

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Cupboard Full of Unused Vitamins?

It's Best To Test...Before you Buy!



Self-Therapy Supplement Program (STSP)™

**WITH STSP™ YOU CAN
DESIGN YOUR OWN
THERAPEUTIC SUPPLEMENT
PROGRAMS!**

STSP™ utilizes over 60 years of research to produce personalized, science-based Clinical Nutrition Evaluations to identify the specific "therapeutic" whole food supplements each individual person needs to correct the causes of their symptoms and thereby improve health, reverse disease processes, and maintain optimal health for the rest of their life.

For complete details go to "Self-Therapy Program" webpage in our website:

www.AdvancedClinicalNutrition.com

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