

We Provide Three Types of Services

When your vehicle is broken, you take it to a mechanic to be fixed. Once fixed, it still requires maintenance services and products to keep working, such as gasoline (product) and oil changes (services).

It is the same for the human body. For example, our Clinical Nutrition Therapy assists your body in healing (fixing) itself; and our Personal Education Program (PEP) and Health Maintenance Products and Services provide what you need to keep your mind and body healthy (working). To do this, you will need three types of nutritional services, and we can provide them for you simultaneously, separately, or as needed.

1. **Clinical Nutrition Therapy** for Wellness, Acute and Critical Care. (See below for details on each Therapy)
2. **Personal Education Program (PEP)** - Dietary, Lifestyle and Mind-Body Connection.
3. **Health Maintenance** – Our Health Maintenance Services are similar to an health store, except you are purchasing herbs, homeopathic remedies and whole food supplements, instead of synthetic or isolated forms of vitamins and minerals, which are actually “nutritional drugs,” not food supplements. Unlike our Therapeutic Services, our Maintenance Services do not require testing, auto-shipments, or fee-based consultations. *Just call anytime to order what you want.*

We Provide Three Types of Therapy

1. Wellness Care is “prevention.” So this is for people who are currently symptom free, and want to be tested to correct deficiencies, imbalances and dysfunctions before they present symptoms.
2. Acute Care is when you are currently ill and need immediate therapy, such as suffering from the flu or need help recovering faster from an injury or surgery.
3. Critical Care is for those who have been suffering for a long time with chronic symptoms and/or there is a urgent deadline regarding the need to heal as quickly as humanly possible.

How Soon will I see Improvement?

Every person heals at a different pace, depending upon the severity of their state of health at the onset, however, we often hear enthusiastic reports from our:

1. Therapeutic clients in just 3-6 weeks, if not sooner, and
2. Acute Care” Clients, improvement is generally reported the same day or within 1-3 days.

What our Clients Say:

“I have known Dr. Smith since she opened her office. At that time, I was taking prescription drugs for high blood pressure and thyroid problems. At the present time, I am 82, off both medications, my blood pressure is normal and I have no thyroid problems... I give Dr. Smith credit for my good health and feel it’s due to the (therapeutic) vitamins and healthful diet she recommended to me” (BT, Wichita Falls, TX).

“In 1993, my wife had a mastectomy. Later that year, we were introduced to Dr. Smith and have been using her services successfully since...I know we owe our lives to the nutritional advice of Dr. Smith.” (CD, Henrietta, TX.)

ABOUT DR. SMITH

Donna F. Smith, Ph.D., N.D., C.D.N., C.C.N., C.H.
Ph.D. in Clinical Nutrition, Doctor of Naturopathy [N.D.], Certified Dietitian-Nutritionist (C.D.N.), Board Certified Clinical Nutritionist (C.C.N.), and a Canadian Chartered Herbalist (C.H.),

Dr. Smith is the owner of Advanced Clinical Nutrition and her business was established in 1981. Dr. Smith has written over 100 articles on a variety of nutrition and health topics, many of which have been published nationally, such as in the American Chiropractic Magazine, the largest chiropractic magazine in the U.S.

Dr. Smith has been invited to speak at many local and national organizations, such as the WF Business & Professional Women’s Club, Optimist Clubs, and the 67th Annual Meeting of the American Society of Clinical Laboratory Science (ASCLS) held in New Orleans, LA, to name a few.

Dr. Smith has over 90% success in assisting her clientele in improving their health, no matter what their current health concerns. Her clientele reside in 37 U.S. States and six international countries., which means she can help you no matter where you live.

Call Today to Schedule Your FREE Inquiry Consultation!

Clinical Nutrition Therapy



What It Will Do For Me?

- ✦ Do you want to be the healthiest you can be?
- ✦ Do you want a therapy that really works?
- ✦ Do you want to age gracefully and youthfully?



If you said “Yes” to one or more of these, then you’re in the **right** place at the **right** time, reading the **right** information that will bring you the **right** results. **Right!!!**

Advanced Clinical Nutrition

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YOUR BODY IS CAPABLE OF HEALING *ITSELF*,
NO MATTER WHAT YOUR CURRENT HEALTH
CHALLENGES!

Health Facts

Here are some basic scientific facts of biology. The human body consists of billions of cells that make up the tissue and govern the function of all organs, glands and body systems, from the top of your head to the bottom of your feet. The life span of your red blood cells is three months, and the cells of the human body are replaced every 12 months – some a little longer. These are scientific facts.

Each cell in the human body contains only nutrients—proteins, carbohydrates, fats/oils, water, vitamins and minerals – and nothing more. Again, a scientific fact. Therefore, your body is only as healthy as the “nutritional” state of each cell and it has the potential to fully repair itself when given the correct “whole food” nutrients to maintain optimal cellular nutrient levels.

Healing is also enhanced when you detoxify food allergens, germs, parasites, chemicals, heavy metals, metabolic debris and by-products and other pollutants (from air, food and water) that are interfering with its healing process.

Disease is when you have more nutrient-deficient and toxic cells (that are decaying, dying or dead), than you have healthy cells in a specific organ or gland. For example, any type of heart or circulatory system disease, regardless of its label (diagnosis), means their cells are toxic and chronically-deficient in the nutrients it needs to function, hence the cells are decaying, dying or dead, and causing dysfunction within the heart and circulatory system.

So the key to healing the mind and body, whether suffering with diagnosed or undiagnosed symptoms is to identify and correct cellular deficiencies and toxicity.

How Do I Know What I Need?

At **Advanced Clinical Nutrition**, we provide a variety of scientific nutritional biochemistry (laboratory) tests and evaluations to assess your nutrient deficiencies and other nutritional requirements. For example, you may require a Clinical Nutrition Analysis of one or more laboratory tests (blood, urine, saliva, hair or stool).

Therefore, each client is tested for and then provided what their individual cells need to detoxify, repair, and regenerate (grow new healthy cells) to promote the healthy function of their mind and body. We also provide the dietary, lifestyle and mind-body education each client requires to make permanent changes to maintain their optimal health for the rest of their life., once attained through our Therapies.

What Is A Clinical Nutrition Analysis (CNA)?

Your Clinical Nutrition Therapy is designed based upon your individual test results or findings from a Clinical Nutrition Analysis of your Laboratory Reports and other scientific Nutritional Evaluations. A Clinical Nutrition Analysis (or interpretation) is quite different from a “medical” interpretation of Laboratory Reports.

A Clinical Nutrition Analysis identifies the three stages in the development of degenerative diseases. A medical interpretation identifies Stage 4, Disease. These are Stage 1 (nutrient deficiencies, nutrient excess and toxicity), Stage 2 (biochemical imbalances), and Stage 3 (organ, gland and body system dysfunctions).

Symptoms may present in Stage 1, 2, 3 or 4, however, until your deficiencies, imbalances and dysfunctions reach Stage 4, the Disease Stage, your physician may not be able to identify the cause of your symptoms. After all, their training is in disease management, not the identification and treatment of Stage 1 to 3 in the development towards that disease.

When you have symptoms present, it is important to be checked out, medically, to rule out whether you truly have a Disease or not, i.e., are truly in Stage 4. However, if your physician cannot scientifically prove through laboratory testing or examination that you have a disease, then you now know for sure that you are not in Stage 4 and therefore, are not in need of medical treatment (drugs/surgery).

What do you need? You need a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry. A C.N.A. will identify the causes of your symptoms in Stage 1, 2 or 3. Remember that in these stages you are progressing towards, but have not yet arrived at Stage 4 (the Disease Stage), and this fact was just proven by your physician when all of your medical tests came back normal and/or no medical cause could be found for your symptoms. So your next step is to contact Dr. Smith at **Advanced Clinical Nutrition**.

Clinical Nutrition Therapy

Clinical Nutrition Therapy consists of Clinically-Formulated Therapeutic, Whole Food Vitamins and Minerals, Herbs and Homeopathic Remedies and Therapeutic “Food-Chemistry Based” Dietary Plans.

Foods included in your individualized Dietary Plan have been selected based upon their “food chemistry” relationship to your individual biochemistry. For example, Carrots, though a healthy food, may be temporarily excluded from your dietary plan if your blood chemistry Glucose levels are elevated. Due to the high natural sugar content within Carrots, Carrots can perpetuate high Glucose levels.

A Personal Education Program (PEP), to coach and educate you on the dietetic, lifestyle and mind-body principles that govern the healthy function of the human mind and body, is provided parallel to Clinical Nutrition Therapy to assist clients in developing a “principle-centered”

lifestyle to support their optimal health once attained through Clinical Nutrition Therapy. Thus each client will be able to maintain their health and promote longevity once therapy is no longer required.

How To Get Started!

Simply call us to schedule a **FREE Inquiry Telephone Consultation** with Dr. Smith to share information about your health challenges and goals. Dr. Smith will then determine which Lab Tests and Nutritional Evaluations are needed to identify the cause of your health challenges. She will also help you design a plan to attain your goals, at a price you want to invest in your nutritional health care and at the pace you want to heal.

Depending upon which test are ordered, Lab Kits for hair, urine, saliva or stool testing and/or a Blood Chemistry Lab Requisition are sent directly to you, along with instructions on how to prepare for, collect and send your specimens to our specific Labs and/or the location of local laboratories to choose from to have your blood drawn.

Our Labs process your specimens to send your Laboratory Reports to Dr. Smith, while you are completing your Health History and Symptoms Questionnaires and Forms to fax, email or USPS mail to our office, so that they arrive before we receive your Laboratory Reports.

Upon receipt, Dr. Smith will analyze your Questionnaires, Forms and Laboratory Reports and then design your Therapy. Your Laboratory and Nutritional Reports, first month of Therapeutic Supplements and Dietary Plans will then be shipped to you, and a Report of Findings (RF) telephone consultation will be scheduled to discuss your Test findings and how to implement your therapy.

Progress Reporting

In Clinical Nutrition, as in medicine when a physician is legally required to monitor their patients’ progress when on prescribed drugs, a monthly Progress Reporting Telephone Consultation is required to monitor our clients in Clinical Nutrition Therapy.

Progress Reporting assures timely changes in your therapy, as needed, for ongoing healing progress and so maximum improvement may be observed in updated Laboratory Reports, when time for retesting.