

How To Design Your Own Maintenance Supplement Program

By Dr. Donna F. Smith

Dr. Smith has designed this Basic Maintenance Supplement Program using whole food vitamins, minerals and herbs so anyone (clients, family, friends, co-workers) may take these supplements indefinitely, safely and effectively. Testing, Exams and Consultations are not required. Anyone can order these supplements from us, even if they have not been a client of ours before.

If you are a client, you know the importance of taking only whole food supplements vs. isolated, synthetic or crystallized extracted vitamins/minerals. For this reason, Dr. Smith has designed a multiple vitamin/mineral program so everyone can have the benefits of whole food supplements that nourish and detoxify the entire body on an ongoing basis.

So, please share this information with people you care about, and thank you in advance for your referrals.

Note, that some clients may need a personally-designed Maintenance Supplement Program, which would include the above, plus specific support for any acquired or inherent weakness. For example, a supplement may be added for someone with a hereditary weakness of the heart, thyroid, etc.

The Basic Maintenance Supplement Program includes everything listed, except SP Green Food, Gastro-Fiber, Okra-Pepsin, and Cyrofood. Use **SP Green Food, Gastrex, Gastro-Fiber, and Okra Pepsin** only as needed when symptoms arise (see right column). **Cyrofood** is important for children and anyone over 60 as it provides the added calcium and other minerals needed for the very young and the elderly.

Annual Full Body Detoxification Is A Must To Stay Healthy!- Because you are exposed to pollutants from air, food, and water on a regular basis, Parotid and Cholacol II are recommended for an ongoing daily detox. However, you will still need to contact us for a Full Body Cleanse at least once a year, in the Spring, for a deeper cleanse of the liver, gall bladder, lymphatic system, stomach, small and large intestines.

We are Clinic Using Foods, Herbs & Homeopathics Instead. Think of us first whenever a health concern arises in the future. For example, colds, flu, headaches, can't sleep, when experiencing symptoms of unknown origins/causes, need home health chest items for home emergencies, or need help with just one or any health concern. Also, if you have a medical diagnosis, and prefer assisting the body in healing instead of taking substances that deplete the body of nutrients and have multiple toxic side effects, bring us your medical diagnosis/tests. Dr. Smith will design a therapeutic supplement program to support your medical condition, using therapeutic herbs, vitamins and homeopathics that get to the cause and help the body heal itself. .

CREATING YOUR OWN Maintenance Supplement Program:

1. Ideal Maintenance Program is as stated above, take everything listed on a daily basis, using SP Green Food, Gastro-Fiber, Gastrex, and Okra-Pepsin only as need. Cyrofood for 0-21y & 60, plus.
2. Catalyn, Organic Bound Minerals and Trace Minerals B12 - when you want multiple vitamins/minerals only.
3. Parotid and Cholacol II - when you want to do some detoxification only.
4. Zypan and Multizyme - when you need additional help with digestion, HCL and enzymes.
5. Take #2 and #3 together, #2 and #4 together, OR JUST BE CREATIVE and use these supplements in any combination you desire to help you improve and maintain health.

UPDATING YOUR MEDICINE CHEST TO A HEALTH CHEST Brochure - A big part of health maintenance is keeping your Health Chest stocked with the items in our "Updating...Health Chest" brochure that are specific to the emergencies unique to your home environment.

DOSAGES: Divide dosages evenly, taking 15-30 minutes before each meal except Zypan)

Ideal - 6 daily of any supplement listed.

Maintenance Dosage - 3 daily of any supplement listed.

Emergency Dosage - 10 daily until better, then resume Ideal, Maintenance or Bare Minimum Dosage.

Bare minimum to keep things going until you can return to 3 daily is taking 1 daily

People tend to be the most consistent when taking supplements before breakfast and supper (i.e., twice daily) However, Zypan must be taken with last bite of each meal.