

## WHAT YOU CAN EXPECT

What you can expect from Dr. Smith's Clinical Nutrition, Naturopathic and Homeopathic Testing and Therapies, is to receive health care that you can count on, just as our other patients/clients have before you. Specifically, this means...

1. To be scientifically tested and/or evaluated for the nutrients your body is lacking, but require to heal itself, and to remove toxicity that interferes with this healing process. There is no Guessing!
2. To safely and effectively improve your health, no matter what the current health challenges and without adverse side effects.
3. To experience the first signs of improvement within 3-6 weeks after starting therapy, or sooner, as some report.

## CLINICAL NUTRITION CASE HISTORY REPORTS

So that you may more fully understand the diverse range of health improvement that is possible through Dr. Smith's Clinical Nutrition and Naturopathic Therapies, this brochure shares a number of case history reports, among thousands, and often uses the actual words of the clients Dr. Smith has helped since her business was first established in 1981.

**ADD/ADHD:** Before Dr. Smith's Clinical Nutrition Testing and Therapy, **MaryAnn** (9 y) suffered with 22 symptoms, including lack of focus, inappropriate behavior, headaches, fatigue, achy joints and muscles from head to feet. After one month in therapy, all symptoms had improved from 20-100%; at two months, 17 of the 22 symptoms had improved 100% & five had improved 90%. At 3 months, 21 symptoms had improved 100% & with only one at 90%. She also reported to her mother, "I am getting my Happy back." **Ryan** (10y) had the same health challenges, except the joint/muscle pain, and he was hyperactive. All symptoms improved 100% and he was discharged from therapy after four months. Just a few examples of hundreds.

**Anti-Aging (Damaged, Wrinkled Skin):** Before Dr. Smith's Clinical Nutrition Skin Therapy, Melynda had 11 Skin Conditions and the 11<sup>th</sup> was wrinkles on her face, at the age of 50; that looked like multiple tracks crossing in a railroad yard. In just the first month, 7 of the 11 Conditions had improved. Read Melynda's complete Case Report on our website, click on the "E-Books by Dr. Smith" webpage. For now, let's read about her **Dermatologist Report**. **First, he wanted to know Dr. Smith's "Secrets to Skin Healing"** because in 30 years of practice, he had never tested skin that had "no impurities." He also said that even with today's best medical skin care products, available only through doctors, he can affect only ¼" skin depth compared to Dr. Smith's Therapy, which his testing indicated nourished and detoxified to the cell level of all skin layers. Though we could "obviously" see it, he scientifically confirmed that Melynda was growing new healthy skin under damaged, wrinkled skin that was falling away. (50y, Self-Employed Auto Business, W.F., TX)

## **Blood Pressure (High), Hypo-Thyroid, and Poor**

**Bone Density:** Due to Dr. Smith's Clinical Nutrition Testing & Therapy, Beatrice, at the age of 82, attained her health goals of normal blood pressure, normal thyroid function and even passed her Bone Density Test, which she was not sure she could do at 82. (Ret. Teacher, W.F., TX). **Note: Bone Density is just one of two tests required for a "complete" bone health evaluation. Ask us about our Bone urine test.**

**Bone Spurs:** Three months after starting Dr. Smith's Clinical Nutrition Therapy, bone spurs dissolved on Terry's neck (71y, Austin, TX), Esther's left heel (43y, Retired Air Force Major W.F., TX) and June's right heel (48y, School Teacher, W.F., TX) - just a few reports from many clients.

**Breasts (Cysts / Tumors):** After having one breast surgically removed due to cancer, Mary was determined to save the other one. She did, through Dr. Smith's Clinical Nutrition Testing & Therapy. Her comment to Dr. Smith was, "I wish I had found you first." (57y, Law Secretary, W.F., TX)

**Calcification (Breast):** Registered Nurse Sally was medically-diagnosed with breast calcification. Three months after starting Dr. Smith's Clinical Nutrition Therapy, no calcified breast tissue was present. (58y W.F., TX)

**Carpal Tunnel and Degenerative Knee Pain:** Bill was quite satisfied with the improvement he received in both his wrists and knees through Dr. Smith's Clinical Nutrition Therapy. In fact, he was so "rightly" confident in his progress after just a few weeks of starting therapy, he cancelled his Knee Replacement surgery. (69y, Business Exec, W.F., TX)

**Chronic Obstructive Pulmonary Disease (COPD):** **Roy** (54y Nocona, TX) and **Hubert** (62y Odessa, TX) had COPD with frequent bouts of Bronchitis and Pneumonia. Not only did Roy's lung function improve, he was not hospitalized even once during Dr. Smith's Clinical Nutrition Therapy, whereas, he had been hospitalized 17 times in the 2 years before, when using medicine alone. **Hubert** said he had tried many different therapies before, but nothing helped him improve his lung function, except Dr. Smith's Clinical Nutrition Testing and Therapy. (64y, Oil Leases, Odessa, TX).

**Constipation, IBS, Spastic Colon:** Because medicine (pharmaceutical drugs) was not working and Janet refused colon surgery, her physician referred her to Dr. Smith. Janet had only one bowel movement every two weeks (Ouch!), she had daily bouts of diarrhea and spasms in her colon. After testing Janet, Dr. Smith discovered that the cause was not in her colon, but a different organ in her body was adversely affecting the function of her colon. Within 24 hours after starting Dr. Smith's Clinical Nutrition Therapy, Janet began having daily bowel movements, after one week she had no more spasms and after one month, she had no more diarrhea. (29y W.F., TX)

*Dr. Smith respects and appreciates physicians, who are up-to-date on the scientific knowledge regarding the safe and effective benefits of Clinical Nutrition Therapy and who also have the best interest of their patients at heart, to refer when their patient is not responding or getting results from medical treatment, as well as when they are. Why when medical treatment is working? Clinical Nutrition Therapy replenishes nutrients depleted by diagnostic techniques and medical treatments (medicines/surgery). An example for the need of our therapy is Drug Side Effects. Drug Side Effects are "new" symptoms that present from new nutrient deficiencies and toxicity caused by the chemicals and metals in drugs. It is a fact that combining Medical and Clinical Nutrition Therapies provides the best possible medical prognosis for every patient.*

**Diarrhea:** **Karen** suffered with 40 bouts of Diarrhea every day for 10 years. Having seen many Physicians and Dieticians, locally, in Dallas, at the Mayo Clinic, even Naturopathic Doctors and Herbalists in other cities, she thought she had tried everything. Dr. Smith's successful therapeutic record was known to Karen's last physician, who referred her. Dr. Smith's Clinical Nutrition Analysis of Karen's Lab Tests identified five factors interfering with colon function. Within one month of starting Dr. Smith's Clinical Nutrition Therapy, the 40 bouts of Diarrhea had reduced to 10 daily and at two months, she no longer had Diarrhea. (53y, Home Executive, W.F., TX) **Susie** had Chronic Diarrhea for 15 years (45y, Home Executive, W.F., TX) and **Monica** (52y, Real Estate Agent, W.F., TX) could not remember how many years she had suffered with daily Diarrhea - Results from Dr. Smith's Clinical Nutrition Therapy for these and hundreds of others with similar health challenges was the same, i.e., within 1-2 months no more bouts of Diarrhea.

*As indicated in the above cases, the cause for constipation and diarrhea is not always the colon. In fact, because of the integrated systems of the*

*mind and body, you may be surprised to know how often the cause (deficiencies, imbalances, dysfunctions, toxicity) is not in the organ or gland presenting the symptoms. Also, a Clinical Nutrition Analysis will identify causes that cannot be found through a medical interpretation of your Laboratory Reports or Symptom Assessment. Note: Dr. Smith has successfully helped many clients who were first patients at prestigious clinics and hospitals, like Mayo (AZ) and Baylor (TX), as well as Clinical Nutritionists, Naturopathic Doctors and Herbalists in other cities.*

**Disc (Herniated, Slipped, or Swollen):** Vickie had suffered for six months with a herniated disc. Prescribed Drugs and Chiropractic adjustments provided only temporary relief, which was why she was considering surgery when she was referred to Dr. Smith. Three months after starting Dr. Smith's Clinical Nutrition Therapy, she no longer suffered from a herniated disc and surgery was not required. (45y Self-Employed Cattle Rancher, Seymour, TX)

## **Endometriosis / Pre-Cancerous Uterine Tissue:**

Both Margaret and her husband had their Ph.D. and were tenured Professors at MSU (W.F., TX). They had waited 10 years to accomplish these career goals before starting a family. Margaret received these diagnoses when seeking answers to why she was not getting pregnant at age 31 and was told by her Gynecologist (GYN) that her "only" option was a hysterectomy. **For this educated couple, surgery was a last resort, as all non-emergency surgeries should be.** Dr. Smith informed Margaret that if her GYN agreed she would not be at risk if he postponed her hysterectomy for at least three months, she would accept her as a client. Her GYN agreed and Dr. Smith tested for and provided the therapeutic nutrients her cells and tissue required to heal themselves (i.e., to repair themselves or grow new healthy cells and tissue to replace those too damaged to be repaired). After only two months in Dr. Smith's Clinical Nutrition Therapy, her GYN called Margaret in for a hysterectomy pre-exam, instead of allowing for the original three months agreed upon. However, this 2-month GYN Exam revealed no Endometriosis and her uterine tissue was healthy, with new pink skin cells growing and no sign of cancer. The hysterectomy was cancelled and Margaret and her husband were delighted to start on a family a month earlier.

## **Fibromyalgia (FMS) and Chronic Fatigue:**

Joe suffered with these diagnoses for four years and by the time he was referred to Dr. Smith; his Chronic Fatigue was so severe he was in a wheelchair. Two months after starting CN therapy, Joe had no FMS & adrenal function restored, he was out of the wheelchair, driving his truck and a golf cart, playing golf, gardening and enjoying a lifestyle he thought was gone forever. (64y, Retired Rancher, Quanah, TX)

**Fibroids:** Taresa had benign Fibroids that were medically monitored by "annual" GYN exams and had not changed in 14 years of exams. Thirteen months after starting Dr. Smith's Clinical Nutrition Therapy, Dr. Smith asked Taresa to schedule a re-examination with her Gynecologist. Her GYN exam indicated no Fibroids. (55y, Self-Employed, Olney, TX)

**Finger/Toe Nails (Splitting):** Pat reported that her nails were splitting easily. Two months after starting Dr. Smith's Clinical Nutrition Therapy, her nails were growing strong, not splitting, and the lines on her nails were also improving. (59y, Self-Employed, Quanah, TX)

**Fatigue (Chronic):** Ray reported that he had all kinds of medical tests run for years, but all would come back normal, i.e., "medically" normal. He was always told there was nothing wrong with him, but he was tired all the time. His energy started returning within three weeks after starting Dr. Smith's Clinical Nutrition Therapy and even after 10 years now, he still does not suffer from Chronic Fatigue. (61y, Self-Employed, Mineral Wells, TX)

*A Clinical Nutrition Analysis of the same Lab Reports that indicate all tests are "medically" normal (i.e., within medical reference ranges on Lab Reports), often reveal 6, 10, or more "clinical nutrition" abnormal tests, i.e., chemistries outside clinical nutrition reference ranges. (Clinical Nutrition ranges are not the same as medical ranges.)*

**Hormone Imbalance, Anxiety, Depression, Lack of Concentration, Low Sex Drive, Low Immunity, Fatigue, Over-all Body Pain:** Denise felt she had tried "everything" in the years prior to finding Dr. Smith in an internet search. However, no matter what she tried, she only received temporary relief, if any. Also, her immune system was so low that she was sick with the flu every 5-6 weeks. Within three weeks after starting Dr. Smith's Clinical Nutrition Therapy based on testing first for what her body needed, 25 symptoms, which included all of the above, had improved 10-80%; at eight weeks, which was at the time of this writing, 18 of the 25 symptoms had improved 100% (yes they were gone), 4 had improved-90%, 1 had improved-80%, and 2 had improved-30%. Also, reported at the 8<sup>th</sup> week, no bouts of flu since starting therapy. (36y, Home Executive, Howell, MI)

**Gall Stones:** Reverend James, bent over with severe pain from gall stones, was pain free within the first hour in 3-Hour therapeutic gall stones detoxification therapy. (45y Lawton, OK)

**Hair Loss / Grey:** Tracy reported that though she had Hair Loss before Dr. Smith's Clinical Nutrition Testing and Therapy, she was not concerned about. However, after four weeks into her Therapy, she was delightfully surprised to notice her hair was growing back in. (48y Waitress, Graham, TX). **Brook** grew new hair his natural color and reversed his premature grey hair (35y Bartender, NY, NY). After several months in therapy, **Sybil** reported dark hair growing throughout her head of white hair that she had had for almost 10 years. (65 y Housewife, Lawton, OK).

**Migraines and Headaches:** Susie suffered with Migraines for 30 years before finding Dr. Smith and almost five years after finishing her Clinical Nutrition Therapy, she reports that she still has no migraines. (45y, Home Executive, W.F., TX)

**Miscarriages – Sally** had three miscarriages before Dr. Smith's Clinical Nutrition Testing and Therapy; after therapy, she successfully delivered a healthy baby boy and two years later, she delivered a healthy baby girl, without further incidents of miscarriage.

**Debbie and Frank** were told by five physicians that they would never have children, after Dr. Smith's Clinical Nutrition Therapy, Debbie birthed three children. (Both couples in their mid-20's, W.F., TX)

**Muscle Mass:** Brandon increased his muscle mass and decreased his fat percentage safely, effectively and to his satisfaction through Dr. Smith Sports Nutrition Testing and Therapy (21y, W.F., TX)

**PMS & Menstrual Cramping** - Patsy suffered with PMS and severe menstrual cramps for over 30 years until Dr. Smith's Clinical Nutrition Testing and Therapy. After two months in therapy, she had her first pain-free cycle since starting menstruation in her teens. (Patsy, 48y, Seymour, TX)

**Prostate Enlarged, Swollen Testicles, & Erectile Dysfunction** – Dennis suffered months from all three medical diagnoses prior to his referral to Dr. Smith. After three weeks on Clinical Nutrition Therapy, based on Dr. Smith's C.N. Analysis of his biochemistry, his pain left when the inflammation and swelling abated; his Prostate and Testicles returned to their normal size and erectile function was restored in three months. (76y, Farmer, Henrietta, TX)

**Thyroid (Goiter):** For years prior to referral to Dr. Smith, Peggy had a visible, golf-ball size goiter on the right side of her neck. After Dr. Smith's Clinical Nutrition Testing and Therapy, her goiter began shrinking in the first month, was gone at six months and thyroid function was restored. (41y, Factory Worker, W.F., TX)

**Weight (Gain or Loss):** Jennifer reported her excess weight just came off and she barely noticed it was happening because her focus was on improving her health, not losing weight (45y Clerk, W.F., TX). Jimmy Joe's testing indicated parasites were interfering with weight gain and a 3-month parasite detoxification program helped his body restore normal body weight. (33y Factory Worker, W.F., TX).

**Note: Dr. Smith does not put her clients on "weight loss (or gain)" Diets. Whether you need to lose or gain weight, either are simply a symptom, like any other symptom. Therefore, Dr. Smith tests her clients' biochemistry to identify which organs and glands are holding onto fat, fluid and undigested food (the three substances that comprise weight gain) and/or what dysfunction or interference in metabolism is causing weight loss or gain; then once corrected through Clinical Nutrition Therapy, clients will lose or gain weight, whichever their body needs, as a natural result of balancing biochemistry and improving metabolism.**

#### **ABOUT THIS BROCHURE**

- Dr. Smith prefers the term "client," rather than "patient."
- The client names have been changed and only approximate ages have been listed to protect client confidentiality.
- *Due to limited space in this brochure, the term "Clinical Nutrition" refers to "Clinical Nutrition, Naturopathic and/or Homeopathic" Education, Consultations, and Therapies, which are provided after identifying the cause (s) from a Clinical Nutrition Evaluation and/or Biochemical Testing (blood, saliva, hair, urine and/or stool.*
- Reports are excerpts from actual Progress Reports, Success Story Forms, Labs, & other data from Clinical Nutrition Case Histories.
- *These individual reports may also represent not just one client, but hundreds of clients, who had the same health challenges & results.*
- Additionally, this list of health challenges represents only a few of thousands that were chosen to give you a sampling of the diversity of health benefits that can be attained through Dr. Smith's Clinical Nutrition Therapy.
- *Diseases and other Medical Conditions reported in this brochure were medically diagnosed by the physicians of our clients, days, months, years or even decades, prior to contacting Dr. Smith to start Clinical Nutrition (C.N.) Therapy.*
- Considering the length of time most clients have suffered with medically-diagnosed symptoms prior to starting Dr. Smith's Clinical Nutrition Therapy, it should be quite encouraging to you to know just how capable the human body is to heal itself, when it finally receives the therapeutic nutrients it requires to do so.
- *This brochure was "originally" written for Health Seminars and Special Events in Wichita Falls, Texas, referred to as (W.F., TX), so all reports are on clients residing in Texas, except two out of the other 35 of 36 States and six international countries we serve.*
- Information in this brochure is for clinical nutrition education only and not for the diagnosis or treatment of any medical disease, condition, syndrome or disorder.
- *Dr. Smith's Clinical Nutrition Therapy is safe and effective because each client is first scientifically evaluated and tested, so there is no guessing, and secondly, Dr. Smith provides what her clients' tests have indicated their cells and tissue require for healing themselves. The majority of clients report feeling better in just 3-6 weeks with the rest reporting even sooner at 3 days to 3 weeks.*

**Therefore, for more information about Clinical Nutrition Testing and Therapy, our Services and to Schedule your FREE Inquiry Telephone Consultation Appointment, please call (940) 761-4045 or click on and read the "Inquiry Questionnaire" webpage.**

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*Cupboard Full of Unused Vitamins?  
It's Best To Test...Before you Buy!*



**What To Expect  
From Clinical  
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**(940) 761-4045**

**Dr. Donna F. Smith**

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

Our clientele continues to grow each year from satisfied client and doctor (M.D., D.C., O.D., etc.) referrals, due to Dr. Smith's expertise, and from internet searches, due to the ever-increasing global sharing of two paradigms: 1) Importance of Vitamin Deficiency Testing, first, to identify exactly which deficient nutrients your cells require to heal, and 2) the safe and effective health benefits of Clinical Nutrition, Naturopathic and Homeopathic Therapies.

Because our services can be provided to anyone, anywhere, without traveling, our clientele currently resides in 36 U.S. States and six international countries.

Dr. Smith's successful track record, which is well over 90% in assisting her clients in improving their health, no matter what their current health challenges, has proven for more than 30 years that her Clinical Nutrition, Naturopathic and Homeopathic Testing and Therapies Really Work!

(A.C.N. Established 1981)