

LYME'S DISEASE

**CLINICAL NUTRITION SUPPORT PROGRAM
Therapeutic Supplement and Dietary Protocols**

Dr. Donna F. Smith



Lyme's Clinical Nutrition Program

Education, Dosages and Special Instructions

By Dr. Donna F. Smith

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FOREWORD

FOR WHOM THIS E-BOOK IS WRITTEN

This e-book has been written by Dr. Smith for

1. other health care practitioners who want to provide a clinical nutrition therapeutic supplement and dietary support program, whether their patient has been medically-diagnosed with Lyme's Disease or the patient has undiagnosed Lyme-related symptoms.
2. People who are suffering with the symptoms of Lyme's Disease who have a family member who is a health care practitioner and would like to provide this information to this family member.
3. Clients of Dr. Smith's to help them understand the symptoms of Lyme's Disease, the detoxification and healing process to improve their health, the dosages and purposes for the fundamental and their specific Clinical Nutrition Therapeutic Supplement and Dietary Support Programs, and other related factors and information.



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TERMS DEFINED

1. The terms "Lyme, Lyme's and Lymes" are often used interchangeably in relationship to this disease and/or symptoms. Note: because the cause is parasite-related, specifically the Spirochete, symptoms can be similar and/or the same as those produced by other parasites, such as inflammatory and immune dysfunctions, syndrome or diseases. Therefore, for educational purposes, Dr. Smith included the various tests that provide the most accurate diagnosis for patients who present with possible Lyme-related symptoms.
2. The scope of a clinical nutrition practice includes:
 - a. improving human biochemistry and metabolism, i.e., nutritional deficiencies, biochemical imbalances and toxicity that cause organ/gland and body system dysfunction. When the body has experienced the degree of improvement required where symptoms are not needed for communication purposes, symptoms will abate in a relatively short time. However, cellular and tissue healing in organs/glands and body systems, which is dependent upon sufficient nutrients and biochemical balance, takes months, even years, depending upon the severity of deficiencies, imbalances and dysfunctions, and other factors.
 - b. The scope of a clinical nutrition practice includes providing "nutritional support" through therapeutic supplements and dietary plans for, but does not include "treatment or diagnosis" of, medical diseases, disorders or conditions.
 - c. Thus, the term "support program" is used in reference to the clinical nutrition therapeutic supplement and dietary programs outlined in this e-book to nutritionally support the medical diagnosis of Lyme's Disease.
 - d. If a patient does not have a medical diagnosis of Lyme's Disease, but has most or all Lyme-related symptoms, a clinical nutrition program can be provided to improve biochemistry, metabolism and to detoxify parasites and other toxins from the body, which patients may find also improves Lyme's – related symptoms.
3. The term "product" or "supplement" may be used to represent a therapeutic herb, homeopathic or whole food vitamin or mineral supplement. Therapeutic supplements are available only through health care practitioners.



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4. Though this e-book is written by Dr. Smith, she refers to herself throughout this book in third person to maintain a professional verses personal context of information provided.
5. Because this e-book will be primarily used for Dr. Smith's clients, periodically, there will be references to continuing a specific supplement until "Dr. Smith indicates the supplement is no longer needed or references to "contact Dr. Smith." The health care practitioner may assess for and provide these services or contact Dr. Smith and then provide this information for their patient once sufficiently trained to do so by Dr. Smith.
6. The term "patient" refers to someone under medical care or who have received a medical diagnosis and the "client" refers to someone under non-medical care, such as the care of a Clinical Nutritionists, Naturopathic Doctor, etc. Dr. Smith prefers the term "client" rather than "patient" because...
 - a. the Medical Industry has worked diligently to create a dependent relationship between the patient and their health care practitioners. A dependent relationship is one where the practitioner "dictates" to the patient and the patient is expected to blindly comply.
 - b. Whereas the term "client" represents an inter-dependent relationship, where both the client and practitioner have equal respect for each other, both listen to each other, the client provides honest and open feedback and communicates what they want to accomplish in relationship to their health care and the practitioner provides safe, effective therapy and information to assist the client in making "informed" decisions. Then all final decisions are made with mutual consent of client and practitioner.
 - i. For example, should anything occur after starting the program that would cause the client to want to change (stop, delete a part of or add to) the program, the client communicates this to the practitioner before making any change.
 - ii. Otherwise, the client is acting independently and there is no relationship between client and practitioner.
 - iii. Clients, who act independently, will delay, self-sabotage, and/ or fail to attain the desired results because they did not give their practitioner the opportunity to :
 1. provide other recommendations that will allow the client to attain (and the practitioner to support) the client's new goals, without compromising the client's original goals, for which the first program was designed.



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2. inform client of the consequences so they could make an informed decision about the change they desired, before doing so.
- iv. An inter-dependent relationship promotes accountability and responsibility for both client and practitioner, which is the healthiest and most successful relationship possible, both professionally and personally.

OTHER HEALTH CARE PRACTITIONERS USING THIS E-BOOK

The purchase of this e-book is also available to other health care practitioners and non-health care practitioners currently suffering with the symptoms of or have been medically diagnosed with Lyme's Disease, who have health care practitioners as family members and would like to either:

1. order the enclosed therapeutic supplements from their relatives in order to obtain them at cost when indicated in the supplement programs designed and monitored by Dr. Smith.
2. provide this information to their relatives, who will then provide their care.

In either of these cases, please note that the first order of any product that the health care practitioner does not already have a Product Company Account with must be ordered through **Advanced Clinical Nutrition**. Then upon receipt of the product, the practitioner may contact the product company from the information on the container. First orders include a 47-Day supply as this will allow the patient to get start on the products as quickly as possible and provide sufficient time for the practitioner to set up their own professional account with the product company before the patient needs reorder.



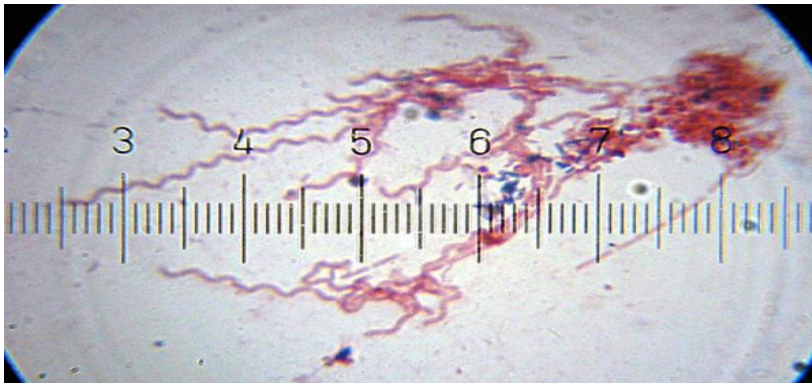
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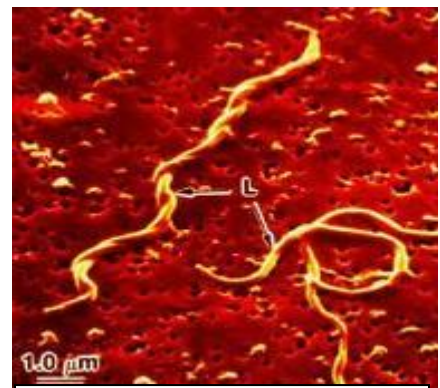
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WHAT IS A SPIROCHETE?

SPIROCHETE IMAGES



Spirochetes. Numbered ticks are 11 μm apart. Gram - Stained



Borrelia Burgdorferi Spirochetes.

SPIROCHETE - DEFINED

Spirochetes (also spelled Spirochaetes) belong to a phylum of distinctive Gram-negative bacteria, which have long, helically coiled (spiral-shaped) cells. Spirochetes are chemoheterotrophic in nature, with lengths between 5 and 250 μm and diameters around 0.1-0.6 μm . Spirochetes are distinguished from other bacterial phyla by the location of their flagella, sometimes called, axial filaments, which run lengthwise between the cell wall and the outer membrane. This causes a twisting motion which allows the spirochete to move about. When reproducing, a spirochete will undergo asexual transverse binary fission. Most spirochetes are free-living and anaerobic, with some exceptions, which is why Hyperbaric Oxygen Therapy is effective.

The spirochetes are divided into three families Brachyspiraceae, Leptospiraceae and Spirochateceae all placed within a single order Spirochaetales. Disease - causing members of this phylum include the following:

- Leptospira species, which causes Leptospirosis
- Borrelia Burgdorferi, which causes Lyme's Disease
- Borrelia Borrelia Recurrentis, which causes relapsing fever.
- Treponema pallidum, which causes Syphilis
- Treponema pertenu, which causes yaws.



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HEREDITARY FACTORS NOT COMMONLY KNOWN

Stubborn (persistent and resistant) parasitic infections may have a “hereditary” root cause from Syphilis or some other venereal disease, which was proliferate prior to the 20th Century. Parasite infestations are root causes for venereal diseases and just as they can be transferred to/from sexual partners, they can be transmitted from to the child in the womb when either or both parents have had a venereal disease. Therefore, it is advisable for health care practitioners to provide parasite supplement support programs for Syphilis and other venereal diseases, especially when all else has been provided and the client still has stubborn symptoms of Lyme's Disease or any immune-related disease, disorder or dysfunction.

SPIROCHETE TESTING

HOW TO TEST FOR SPIROCHETES

1. **Borrelia Burgdoferi Antibodies (IgG and IgM) using either the Western Blot or ELISA ACT. .**
 - a. A healthy immune system function is to produce Antibodies whenever the body is invaded by any harmful, foreign substance or organism. If the patient has a healthy immune system response, then either of these two methods for testing antibodies can be effective to diagnose Lyme's Disease in these cases.
 - b. However, if the patient's immune system is so chronically weak that it is unable to produce antibodies or the spirochete has not been in the body long enough to produce antibodies, patients will receive a negative report for Lyme's Disease and both physician and patient will think spirochetes are not a cause for their symptoms.
 - c. Therefore, if the antibody testing from ELISA ACT or the Western Blot is negative proceed to the Flow Cytometry.
 - d. If the patient's antibodies have not been tested, Dr. Smith recommends starting with the Flow Cytometry, first and then having one of these two tests if needed.
 - e. **The Western Blot was listed first because it is generally the only test physicians use to diagnose Lyme's Disease and, therefore, more well known. However, an accurate “medical” diagnose for Lyme's Disease requires either Flow Cytometry alone or tested with one of the above two Laboratory tests.**



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- 2. Flow Cytometry** – tests for the antigens and antibody of spirochetes.
- This antigen test detects the spirochete as a spirochete or cyst. Antigen tests detect the organism itself and unlike antibody tests, antigen tests are not dependent upon a the immune system's production of antibodies for detection.
 - The Flow Cytometer is a specific instrument designed to identify bacteria, 50,000 events are counted in one minute and the number of bacteria reacting with the *Borrelia burgdorferi* fluorescent antibody are enumerated in a diluted blood specimen and reported as an exact number of organisms seen.
 - For accurate Flow Cytometry Testing, the following factors must be considered:
 - The test may need to be repeated if spirochetes are not be present in the sample of blood collected.
 - If the spirochete has not been present in the body for a significant time, the number maybe too small to be detected.
 - If the patient is being treated for Lyme disease when being tested and the treatment that is working, the test could be negative. This can be a very good thing! A **real advantage** of this test is that it gives **quantified results**, unlike an antibody test. Using this test over the course of treatment can track the effectiveness of treatment.
 - If the ELISA ACT or Western Blot tests have not been tests and the first Flow Cytometry Test is negative, it is advisable to have one of the two tests performed due to the first two factors (2.a. and 2.b.).
 - Since *Borrelia burgdorferi* is a spirochete, an antigen test is more accurate in detecting its presence in the blood than a test detecting antibodies, like the Elisa or Western Blot, again, neither of these two tests should ever be the sole test for diagnosis.
 - When the spirochete or cyst is present in the blood to be tested, the antigen test by Flow Cytometry demonstrates an 89 to 90 percent sensitivity or accuracy.
 - The lab Dr. Smith uses is the most definitive, diagnostic tool of its kind. Unfortunately, at the time of this writing, is not taking blood samples for this test. No communication was posted on their website as to why, however, Dr. Smith will be checking their website periodically and will let you know when they resume.
- 3. Spirochete or Protozoan Acupuncture/Acupressure Reflex Point Testing** –
- If you know how to test reflex points, the Spirochete Reflex Point is on the **inside of the right ankle on apex of process**.
 - Test for polarity and if balanced, proceed to test the Spirochete reflex point.
 - If not, correct polarity before proceeding.
 - Once you are assured of balanced polarity, suspect Spirochetes as a possible cause for symptoms if this reflex point is weak.



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- e. Note, this reflex may be weak months and even years before the Spirochetes has been living within the patient long enough to produce symptoms or to be observed through the above Lab tests. Therefore, testing this reflex as part of a practitioner's general physical examination for new patients and at least once a year, thereafter, is advisable.
- f. Please note: This reflex is also used for any type of protozoan (i.e., single-celled organism that can move and feeds on organic compounds of nitrogen and carbon, e.g. an amoeba.)

TESTING SUMMARY

1. Ideally, the practitioner will want to include testing the Spirochete Reflex Point when providing any physical examination for a new patient.
2. When the reflex tests weak, obtain a Flow Cytometry.
3. If the Flow Cytometry test is negative, obtain either the ELISA ACT or Western Blot.
4. When Lab Tests confirm the weak Reflex Test finding, the practitioner knows the patient has been infected by the spirochete for years. Whereas if the Reflex Test is the only positive (meaning tested weak) test and Lab Tests are all negative, the patient has not been infected for at least three months.
5. **Why is this important to know?** This information is helpful to determine the plan of treatment. For example:
 - a. **Asymptomatic Weak Spirochete Reflex Patient** may require only the fundamental Clinical Nutrition Support Program for Lyme's.
 - b. **Symptomatic Weak Spirochete Reflex Patient** will require a comprehensive Clinical Nutrition Program, i.e., both the fundamental Clinical Nutrition Program, as well as initially and/or periodically the Additional Support Protocols.
 - c. **Symptomatic Weak Spirochete Reflex Patient with positive Lab Tests** will require the most intensive treatment, i.e., the Comprehensive Clinical Nutrition Program, plus one or both of the following therapies, the Beam Ray and/or Hyperbaric Oxygen Therapy.
 - d. The longer the patient has been infected the more challenging it will be to detoxify the spirochete, sustain consistent symptoms results and the longer the duration (time) to heal from its adverse affects.
6. **Plan of Treatment when Flow Cytometry is not available to test for Spirochetes:**
 - a. Dr. Smith recommends beginning the Fundamental Clinical Nutrition Support Program for Lyme's Disease when:
 - i. The Flow Cytometry is not available.



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- ii. The ELISA ACT or Western Blot tests are negative, or have not been tested.
- iii. The practitioner does not have sufficient clinical experience in the Spirochete Reflex Point Test and
- iv. The patient has many Lyme's Disease-related symptoms.
- b. This plan of treatment will have one of two results:
 - i. **No improvement after following the Clinical Nutrition Program for seven months, i.e., after completing two 30-Day Full Body Detoxification Programs (the initially and after being on program for six months).** If this is the case, Lyme's Disease is probably not a cause for symptoms and a clinical nutrition analysis of hair, blood, urine, saliva (adrenal and male/female hormones) and digestive stool with parasite testing is required to determine the cause(s). Note: The patient is not to consider this a waste of time or money as many non-Lyme's Disease related symptoms will improve because of the over-all organ, gland and body systems repair and healing that simultaneously occur.
 - ii. **Improvement in some or many, but not all, Lyme's Disease-related symptoms.** In this case, the Beam Ray and/or Hyperbaric Oxygen Therapies will be required for symptom/cause improvement that is not possible through clinical nutrition alone. Through progress attained, Dr. Smith will assist you in determining which of these two therapies should be started next.

LYME'S DISEASES – PRINCIPLES OF HEALING

To improve the patient's health when suffering with Lyme's Disease,

1. the spirochete must be destroyed and removed from the body and
2. new healthy cells and tissue must be regenerated in the organs/glands and body systems adversely affected by the spirochetes.

When the parasite initially enters the human body, it lays its spores. Think of these spores as eggs that will hatch within three months (incubation period). Thus every three months from the initial infestation, more spirochetes are growing and multiplying.

As with any parasite (germ or worm), the electrical frequency of malnourished, decaying and dead cells and tissue attracts the specific parasite designed by nature that is responsible for decomposition (i.e., ingesting and digesting) and expelling its waste into the earth. The waste



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of the parasite then is the human's unhealthy cells and tissue. When this process is occurring within the body, there is, obviously, no earth to receive this decomposed matter so the human body becomes re-infected by both this decomposed matter and the active/live parasites growing and multiply within. This can also lead to the attraction of other parasites (germs/worms) and soon the body has more than just one parasite that must be destroyed.

The body produces symptoms to communicate to the conscious mind whenever it suffering from nutritional deficiencies, biochemical imbalances, parasite infestation, and/or toxicity that is interfering with the healthy function of each organ, gland and body system. The longer these are occurring within the body, the more constant and severe the symptoms become within each organ, gland and body system.

So to heal the body requires detoxification of parasites and toxic substances and replenishing nutrients that are deficient to restore biochemical balance and organ, gland and body system function.

THREE WAYS TO DESTROY SPIROCHETES

The three ways to destroy the parasite called "spirochetes" are as follows and all three may be required:

1. **Therapeutic Bacteria Parasite Detoxification Supplements**, such as herbs that digest and homeopathics that electro-magnetically attract bacteria and then remove them from the body. This information is provided in this e-book.
2. **Beam Ray Therapy** – this is provided by the Beam Ray Machine that emits a light and sound frequency that bursts the bacteria organism. A Clinical Nutrition Detoxification Program is also required to remove the destroyed bacteria from the body, or the body can be re-infected by the debris.
 - a. Though the first machine built on the proven medical science and electrical engineering technology originated in the 1930's, the **American Medical Association** has actively suppressed knowledge of its existence and suspended medical licenses of physicians who originally provided this therapy.
 - b. **Today**, the Beam Ray machine, which is build on the technology of the original machine, is available for the consumer to provide their own light and sound therapy after being trained by a health care professional (ex. Dr. Smith) in its safe and proper use.



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- c. **Beam Ray Therapy** requires two, 1 to 1 ½ hours, sessions, six days per week for a minimum of four months. Dr. Smith will advise on the length of sessions and duration (number of months required).
 - d. **The Beam Ray Light/Sound Machine** is available only through Beam Ray Dealers. Dr. Smith is the Dealer for Texas, Louisiana, Oklahoma, Mexico and any state that does not have a Dealer. Therefore, for more information and to purchase a home machine, contact Dr. Smith.
3. **Hyperbaric Oxygen Therapy** – the spirochete is anaerobic, thus providing oxygen to the body will destroy this parasite. A Clinical Nutrition Detoxification Program is also required to remove the destroyed bacteria from the body, or the body can be re-infected by the debris.
- a. This therapy has been available for over 150 years. Google for the nearest provider for this therapy or for manufacturers as, again, due to the cost of therapy and number of treatments required, it is more cost effective to purchase your own chamber
 - b. The number frequency and duration for treatments will be recommended by therapist or manufacturer of the Hyperbaric Oxygen chamber.
 - c. This number can be shortened when a Clinical Nutrition Restoration and Detoxification program is provided while receiving this therapy.

RESTORING HEALTH ADVERSELY AFFECTED BY SPIROCHETES

The first part of restoring health for those who suffer with the symptoms of Lyme's Disease is detoxification (or destroying and removing of the parasite, Spirochete, from the body) as discussed above. The second part, which is provided simultaneously, is consuming the nutrients, through supplementation and diet that the body requires to grow (regenerate) new healthy cells and tissue in the organs/glands adversely affected by the spirochetes.

Therefore, Clinical Nutrition (Therapeutic) Supplements and Dietary Therapy is foundational and thus required initially and in addition to any other therapy used.



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CLINICAL NUTRITION SUPPLEMENT PROGRAM

INTRODUCTION

DOSAGE – IMPORTANT INSTRUCTIONS

Clients of Dr. Smith will be provided a written document titled, “**Therapeutic Supplement Program of Care (POC)**” which is referred to as the **Program of Care or POC**. The Program of Care document will provide the specific dosage for the client to take of each supplement Dr. Smith has recommended, dispensed and listed on their POC.

Please note that there are a number of therapeutic supplements listed in the Lyme's Support Program in this e-book that have a range for dosages, such as 3-6 daily. It is acceptable for a client to increase their dosage listed on their Program of Care for the following reasons.

1. speed up their healing process or
2. to support an area of the body during times of intensified or acute symptoms.

For example, if the client's POC lists one of the supplements in this e-book that improves joint function at a dosage of three (3) daily and the e-book dosage lists 3-6 daily, the client may increase their Program of Care dosage up to six daily as needed when experiencing intensified pain in the joints or permanently if they would like to speed up the healing in the joints by taking six on a daily basis.

Because the client's monthly auto-shipments of therapeutic supplements is calculated according to the dosage on their Program of Care, if/when the client increases the daily dosage, even for one day, the client must take an inventory (count) their pills for any supplement(s) increased to determine if the increase will cause them to run out of their on-hand supplements before receiving their next shipment.

1. If they will run out before next shipment, it is important that the client calls our office immediate (please do not email) and provide the following information.
 - a. The number that represents the **increased dosage** the client wants to take daily instead of the dosage on their POC.
 - b. The **total number of pills currently on-hand** for the supplement, whose dosage is being increased.



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Providing both of these numbers above will allow our office to verify and provide the additional bottle(s) of the supplement to assure that the client will not run out early. **Otherwise, our office may not be able to provide more of the supplement in due time. To run out means the healing momentum for that area of the body will either be interrupted and this could mean regression of progress attained to date, which can cause symptoms to resurface that were previously abated..**

Other questions you may regarding taking supplements will be provided at the client's **Program Implementation Telephone Consultation.**

OVERVIEW OF CLINICAL NUTRITION SUPPLEMENT SUPPORT PROGRAM

An overview of the Comprehensive Clinical Nutrition Support Program for Lyme's Disease includes all of the below. The **Fundamental Clinical Nutrition Support Program includes #1, 2, 3, and 4.** After this overview, each of the following will be discussed in detail.

1. **Full Body Detoxification Program** – initially and every six months.
2. **Dysbiosis Program** – a one-time program.
3. **Therapeutic Homeopathic Program** – this is ongoing until the body attains optimal healing.
4. **Specific Lyme-Related Whole Food Therapeutic Vitamin/Mineral Program** – This is ongoing until optimal healing has been attained. It includes a basic supplement program, which may be revised (changed) when indicated through monitoring progress, updating testing and other evaluations, etc., which also provides the feedback to assess if/when the Beam Ray and/or Hyperbaric Oxygen Therapy is needed.
5. **Additional Supplement Support** – these are used on an “as needed” basis

ABOUT ADDITIONAL SUPPLEMENT SUPPORT

1. **Systems Therapeutic Supplement Program** –
 - a. These may be added to the Fundamental Lyme's Support Program as needed to nutritionally support specific organs, glands or body systems that have been or are presently affected by the spirochetes. (Note: In the Comprehensive Program, some of these may be requires on an ongoing basis.)
 - b. In other words, due to the amount of time that has passed there may be damage to some specific organs, glands or body systems due to the spirochetes and/or



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additional support may be required during the process of detoxification of spirochetes to prevent adverse affects.

- c. Unless otherwise indicated, when any one or more of these supplements are needed, take them at the dosage recommended for a minimum of three consecutive months. Otherwise, taking them for any time less than three months will not provide the support that is required for new blood cell growth.

2. Health Chest e-Book – Updating Your Medicine Chest To a Health Chest!

- a. Because spirochetes can produce symptoms in any area of the body at any time, Dr. Smith's HEALTH CHEST e-book provides a comprehensive list of safe, effective herbs, homeopathics, whole vitamin and mineral supplements, their dosage, frequency and other special instructions for any acute symptom, as well as general herbal first-aid.
- b. Acute symptoms are those that appear unexpectedly and for no apparent reason.
- c. Using these remedies at the onset of symptoms will:
 - i. Provide quick symptom relief as the body goes through varies detoxification and healing phases on the therapeutic supplement program.
 - ii. Assist the body when suffering from the acute symptoms of Lyme's Disease.
 - iii. Can help prevent further damage from occurring, i.e., that may occur if support was not provided at the onset of the body communicating that it needs help by producing the symptoms.
 - iv. Helps the body overcome other health challenges that may occur not related to Lyme's, and thereby, helping the body from getting worse due to Lyme's and these other factors, such as when you are exposed to a virus, bacteria, etc.
- d. The Fee for the Health Chest e-book includes
 - i. **The Health Chest e-book** - Dr. Smith original two-page pamphlet, titled "Health Chest - Updating Your Medicine Chest to a Health Chest" has been expanded to an over 70-page e-book. Upon payment, passcodes will be provided to open our web page to download this e-book.
 - ii. A "**Health Chest**" **Telephone Consultation** to provide information that is essential, but not possible to include in writing and
 - iii. **Three Health Chest Set-Up** PDF documents, which are also downloaded from our website.



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FULL BODY DETOXIFICATION

Complete a **30 Day Full Body Detoxification Program** and repeat every 6 months. This can be life changing in many ways. Contact Dr. Smith for this specific program, which includes:

1. **Two Reports** – A Before and After Report on Initial and 30-Day Symptom Improvement.
2. **Two Consultations** - Before and After Telephone Consultation with Dr. Smith to discuss program implementation before starting program and to discuss progress improvement attained after completing 30-Day Full Body Detoxification Program.
3. **Full Body Detoxification Program e-Book** for supplement and dietary instructions,
4. **Detoxification Diet**
5. **30-Day Supply of Therapeutic Supplements** (does not include shipping)
6. Fee Adjustments –
 - a. **Health Care Practitioner** - If this e-book has been purchased by or for a health care practitioner who has an account with the Product Company for the above Full Body Detoxification Supplements, this will be reduced from the initial fee and when this program is repeated. In other words, the fee for the above will be adjusted to cover only #1, #2, #3 and #4.
 - b. **Clients** - After completing the first 30-Day Full Body Detoxification Program, the fee for repeating the above every six months will be reduced as #3 and #4 will not be required again.

DYSBIOSIS PROGRAM

EUBIOSIS AND DYSBIOSIS DEFINED

Dr. Smith is one of the few doctors in the U.S. who has the knowledge of which three herbs, when taken a specific way, will assist the body in growing its own intestinal flora, a.k.a. friendly bacteria or probiotics. In a state of **Eubiosis**, a healthy colon has sufficient intestinal flora to digest harmful organisms and prevent parasite overgrowth. Antibiotic and a number of other drugs destroy intestinal flora and thus parasite overgrowth is proliferate. Soon the patient has a Yeast Infection, for example. The chronic stage of Yeast Overgrowth is called, "**Candida.**" A lack of intestinal flora, whatever the cause, is called "**Dysbiosis.**"

Intestinal flora is a check and balance system for the intestines, acting like Guards lining the inside of the intestines to prevent (or attack and destroy) anything in the intestines that triggers its "excess" mechanism. Also, overgrowth of parasites (germs and worms) and accumulative amounts of toxic substances (chemicals, metals, waste, etc.) can then permeate through the



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intestinal walls and enter the bloodstream causing toxic blood to be deposited into cells and tissue. This leads to auto-immune dysfunction and, over time, auto-immune diseases.

PROBIOTICS – A FACT NOT COMMONLY KNOWN EVEN BY EXPERTS

Though it is an appropriate practice of Dr. Smith's colleagues to dispense Probiotics (Friendly Bacteria) for clients in a state of Dysbiosis, the problem with just providing Probiotics is that once the Probiotics are discontinued, parasite overgrowth and toxic accumulations resumes. Why? Because the real cause (the body's inability to grow its own Probiotics, i.e., intestinal flora) has not been addressed.

Since 1994, when she first learned of the three herbs that comprise her Dysbiosis Program, Dr. Smith has rarely found it necessary to recommend Probiotics. In fact, to date, Probiotics for six weeks, while on the Dysbiosis Program, has only been needed for one client. One who had an exceedingly abnormal, severe and chronic Candida. Providing Probiotics immediately helped this client feel better faster during the time required for the Dysbiosis supplement program to start helping the body grow its own flora. Once the Dysbiosis Program supplements were consumed, Probiotics were discontinued. Prior to this one client, severe and chronic Candida clients have restored their intestines to the state of Eubiosis with just the Dysbiosis Program, without the need of Probiotics.

SPIROCHETE SPECIFIC DYSBIOSIS PROGRAM

For Lyme's the following two programs are required. Probiotics may be added for faster Dysbiosis-symptom relief is desired.

- 1. Dysbiosis Program –**
 - a. A one-time, six-week supplement program to assist the body in growing its own Probiotics, intestinal flora.
 - b. Information on the specifics of this program will be provided after completion of the Full Body Detoxification Program.
 - c. For faster results, the Dysbiosis Program can be started with the Full Body Detoxification Program.
- 2. Gut Restoration Program.** This is a six-week program and when these supplements are taken at the same time as the Dysbiosis Program, they will help the body restore the function of the Gut (Gastro-Intestinal System) when adversely affected by parasite infestation or any other factor. Improving the Gut function will help create a better intestinal environment to maintain the ongoing growth of flora once the above six-week Dysbiosis Program has concluded. Note: The Gut Restoration Program may be repeated any time the following benefits are needed. For example, the less attention



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that is made to the Lyme's Diet, the greater the need to repeat the Gut Restoration program. Therefore, this program includes:

- a. **Wormwood Complex** – Breaks down undigested matter, cleanses intestines and improves peristalsis function.
 - i. Take 6 daily for 10 days.
 - ii. Stop for 10 days
 - iii. Do the above three times.
- b. **Saturday/Sunday (none on Monday through Friday)**
 - i. **Gut Flora Complex – 6 daily.** Improves intestinal function to release absorbable nutrients and substances used for energy, increases protection of the host against invasion of alien flora (bad bacteria and other parasites or toxic substances) supports systemic immune function by improving intestinal lymph tissue. Promotes vitality and stamina.
 - ii. **Garlic 5000 – 2 daily.** Promotes healthy gastro-intestinal tract from mouth to large intestines, immune system response, lung function, and cardiovascular system function (improves blood flow to tissues and maintains normal elasticity of blood vessels).
- c. **Monday-Friday (none on Saturday or Sunday)**
 - i. **Whole Food Fiber, take 1 tablespoon twice per day in juice** (Papaya, Pineapple or Apple (with pulp) – organic fresh squeezed juices are best). Essential in detoxification, i.e., removal of waste, parasites and other debris. Promotes regular intestinal motility and elimination. Supports healthy epithelial cells in the bowels. Provides food for beneficial micro-organisms. Can be added to Full Body Detoxification Program for those with severe constipation.
 - ii. **Zymex Capsules - 6 daily.** Provides proper intestinal pH balance and nutrients to improve the environment of the intestines which will assist in maintaining the flora that will be growing as a result of the Dysbiosis Program.

HOMEOPATHIC PROGRAMS

Both of the following homeopathic programs are fundamentally required for the Lyme's Clinical Nutrition Supplement Support Program. Homeopathics are essential to be electro-magnetically attract and destroy the parasite (germ/worm) or toxic substance, for which it is being taken, and assist the body in detoxify (removing) it from the body.



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THERAPEUTIC HOMEOPATHIC PROGRAM (1 OF 2)

These homeopathics detoxify the specific organisms and repair promote new healthy cell and tissue growth (regeneration).

1. **Bacteria Detoxosode** - 5 capfuls on Day one and two capfuls on Day 2 and thereafter. To assist in detoxification of the spirochete, which is a bacteria.
2. **Parasite Detoxosode** – 5 capfuls on Day one and two capfuls on Day 2 and thereafter. To assist in detoxification of parasites in general.
3. **Nematode Detoxosode** – 5 capfuls on Day one and two capfuls on Day 2 and thereafter. To assist in detoxification of nematodes.
4. **Biosode Support** – 1 capful daily – assist cells in regenerating new healthy cells.
5. **Note:** Once client is satisfied with the their over-all body symptom improvement, the above homeopathics may be discontinued except **Biosode Support**, which will be continued until either:
 - a. test results indicate no spirochetes are present and organs, glands and body systems function has been restored.
 - b. Dr. Smith indicates this is no longer required.

THERAPEUTIC HOMEOPATHIC PROGRAM (2 of 2)

These homeopathic are made with gems and stones. They are revolutionary in the health care field and have only been on available for around five years. Dr. Smith's training in their use has been directly received by the doctor who formulated and manufactures them. Dr. Smith was among the first practitioners to use them. Thus, she has five years of clinical experience using them for a variety of other purposes and clients have received excellent results.

Since using these homeopathic Dr. Smith has not had a client with Lyme's Disease. So though she does not currently have her own clinical experience regarding the results outlined for the Lyme's Therapeutic Homeopathic Program 2 of 2 below, her trusted mentors have clinical experience specific to Lyme's, thus, she has included them in this e-book.

Your feedback will provide Dr. Smith with the clinical experience she needs to help you and others using these new and innovative homeopathics in support of Lyme's Disease. In the event you ask a question not answered in her training, Dr. Smith will obtain the answer through her mentors until she has gained sufficient experience to answer them on her own.



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Therefore, Therapeutic Homeopathic Program (2 of 2) includes:

1. **Gold Homeopathic** - 5-10 drops daily (6-7 average) for Lymphatic Drainage. This can also help depression.
2. **Black Homeopathic** - 5-10 drops daily (6-7 average) for lessening auto-immune response. This can also help anxiety.
3. **Red Homeopathic and Blue Homeopathic** - always take Red in the morning and alternate with Blue in afternoon.
 - a. **Red** is for infection, copper, anti-parasitic. Red and Gold together increases strength of homeopathic for chronic infection and chronic pain.
 - b. **Blue** soothes the body systems down at end of day. Also good for brain when stressed out.
 - c. **Dosage for Red and Blue Homeopathics** - Alternating Therapy start with one drop of Red Homeopathic in the morning and one drop of Blue Homeopathic in the afternoon or evenings each day for three days.
 - i. If satisfied with results, continue at this dosage as instructed.
 - ii. If not, on the fourth day increase by one more drop of Red and Blue, taking the Red in the mornings and Blue in the afternoon or evenings.
 - iii. Repeat the above instructions, increasing by one drop of each, Red and Blue, every fourth day, until you find the dosage that gives best results.
 - iv. After feeling better for three weeks on the dosage that gives best daily results, you may take Red one day and Blue the next day, i.e., alternating every other day, taking equal dosages of each.
 1. If your improved results are maintained when alternating every other day, continue.
 2. If you are not able to maintain best results, resume taking Red and Blue on the same day, each day, and previously instructed above.
 3. After another three weeks, you may try to alternate every other day again as instructed above.
 - d. **Very Important Instructions**
 - i. Always alternate warm colors (Red) with cool colors (Blue).
 - ii. In other words, when suffering with acute or chronic symptoms, you would never take just Red on any given day, without taking equal amounts of Blue the same day. Only when asymptomatic or symptoms have greatest



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- and significantly improvements would you alternate every other day, verse, alternating within the same day.
- iii. Always take warm colors (Red) in the morning and cool colors (Blue) in the afternoon or evening.

SPECIFIC WHOLE FOOD VITAMIN & MINERAL PROGRAM

1. Immune Function

- a. **Thymex – 6 daily.** These nutrients will help the body produce more T-Cells to fight infection, digest parasites and is specifically beneficial for those who have been exposed to Staphylococcus (Staph) which is also among the Bacteria species. As mentioned previously, it is not uncommon for to have multiple parasitic infestations.
 - i. Can increase to 20 per day for 45 days, when need a rapid increase of T-Cell product. Then reduce to 6-10 daily, whichever dosage provides best results for long-term.
- b. **Immuplex- 6 daily.** Nutrients to strengthen the immune system, purify blood, digests viruses, bacteria, yeast and streph. When taken with Thymex for Staph and T-Cell production, these two supplements provides complete support for all germs.

2. Adrenal Function improvement is essential to improving the health when suffering with Lymes. The more efficient the adrenal glands are in their Energy Production, the more energy available to the innate healing processes to destroy and remove parasites and simultaneously repair its damage or grow new cells, if cell cannot be repaired. Therefore,

- a. **Whole Desiccated Adrenal Supplement – Dr. Smith recommends this when a client needs immediate food source adrenaline hormone.**
 - i. However, **only two bottles consumed consecutively at 3-6 daily** is recommended by Dr. Smith. Why? because to continue this supplement gives the body no reason to produce its own adrenal hormone if it is already being provided by another source.
 - ii. Taking this in the first six weeks, when Dr. Smith recommends it, allows time for the other adrenal supplements below to have time to assist the adrenals in producing its own adrenaline and other adrenal hormones.
- b. **Drenamin – 6 Daily.** Drenamin promotes healthy adrenal gland function, encourages healthy response to environmental stresses (parasites and other toxic substances), maintains energy production, support a balanced mood (mental state).
- c. **Drenatrophin PMG – 6 Daily.** Drenatrophin PMG provides nucleoprotein minerals that support cellular repair of adrenal glands.



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- i. Provides the nucleoprotein minerals to support cellular repair and function.
 - ii. Over the long-term, it helps maintain adrenal function to reduce effects of stress on the nervous system and combat fatigue.
3. **Gastro-Intestinal (GI) System** – support for this system is essential to help remove the spirochete, other parasites, toxic substances and other waste and debris from the body. Otherwise, an accumulation of these parasites and toxins will remain throughout the body adversely infecting cells and tissue and/or accumulate, resulting in intestinal blockage or bulging.
 - a. The following is not required during the six-week Gut Restoration Program.
 - b. **No Specific Digestive Complaints? Gastro-Fiber – 6 daily** is sufficient for the GI system for those who experience no specific Digestive complaints. This supplement provides nutrients for ongoing cleansing of the stomach, liver, gall bladder, small and large intestines.
 - c. **Mild Digestive Complaints? Livaplex – 6 daily** for liver, gall bladder and bile duct cleansing.
 - d. **Moderate Digestive Complaints:**
 - i. **Livaplex - 6 daily.**
 - ii. **Constipated? Add LBSII – 3 at bedtime, then add one capsule for three days, increasing one capsule again every fourth day, until having one bowel movement for every meal consumed.** In other words, three meals equals three bowel movements daily. If constipation persists after three weeks, add supplements listed in “Severe Digestive Complaints” or contact Dr. Smith.
 - iii. **Loose, Runny, Diarrhea- Like Stools? Okra Pepsin – take 10 capsules daily until stools are a normal form, then reduce to six daily, thereafter.** If symptoms persist after three weeks, add supplements listed in “Severe Digestive Complaints” or contact Dr. Smith. .
 - e. **Severe Digestive Complaints**
 - i. **Same Instructions as Moderate Digestive Complaints, plus the following:**
 - ii. **Zypan – 3-6 daily.** Begin by taking one tablet with the last bite of food at each meal for three days. If symptoms have improved but not abated, on the fourth day, increase to two tablets with last bite of food at each meal. Repeat these instructions, until taking a total of six tablets daily as instructed above. For faster results or if digestive system is very weak and more is required to bring satisfactory results, you may increase by one more tablet with the last bite of food at each meal, every fourth day.
 - iii. **Multizyme – 3-6 daily.** Take one capsule before three meals daily for three days. Increase by one more capsule every fourth day until a total of six



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capsules are consumed daily. For faster results or if digestive system is very weak and more is required to bring satisfactory results, you may increase by one more capsule every fourth day.

Note: the above four protocols can be enhanced (strengthened), so if results are not as expected, please contact Dr. Smith for further information.

ADDITIONAL SUPPLEMENT SUPPORT

To support underlying systems, strengthen the body's ability to heal itself, improve its ability to deal with the adverse affects of Lyme's and to ease the body burden affected by Lyme's, any one or more of the following may be added, depending upon the need to increase immune and inflammation system support or address specific symptoms with "therapeutic" support. Therapeutic supplements are potent and provide deeper internal support.

INCREASED IMMUNE AND INFLAMMATION SUPPORT

- **To Increase Immune System and Inflammation Support, add:**
 - **Cat's Claw Tablets – 6 daily.** Builds resistance, immune strengthening, anti-oxidant.
 - **Calcium Lactate 12 daily for 30 days; 6 daily thereafter.** If you feel better on more than six daily for long-term, you may increase dosage and communicate to practitioner which dosage is best for you. Promotes proper nerve impulse transmission and healthy nervous system function and pain management.
 - **Thymus PMG 6 daily.** Promotes proper antigen-antibody reactions, sustains metabolic efficiency and repairs/improves thymus gland function.
 - i. The Thymus ensures that any T-Cell it releases will not adversely react against proteins or any other antigen or substance that is compatible with the body's own tissues. In other words, it releases only the T-Cells that go after foreign or harmful substances, like parasites (germs/worms) and toxic substances. If this function is not working properly, for example as in auto-immune dysfunctions and disease, this must be repaired. Thus add Thymus PMG.
 - ii. When Thymus is weak and being challenged to produce healthy T-Cells, add Thymus PMG. In other words, Thymex can help the body increase the production of T-Cells. However, this is difficult to do this when Thymus gland itself is too weak and must be repaired. So Thymus PMG is taken with Thymex, when Thymex alone is unable to help body increase T-Cell production.



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- **Antronex – (Excess mucus flow)** Dosage and Specific Instructions for Antronex is provided in Dr. Smith's Health Chest e-book. If not taken as directed, Antronex can lower the blood pressure below normal and cause the person to pass out. When taken as directed, Antronex is safe and effective for running nose, nasal drainage/drip, congestion in head, sinuses and chest.

SPECIFIC SYMPTOMS SUPPORT

- **To Increase Symptom Support For The Following, add**
 - **Boswellia Complex – 3 daily** for Inflammation. In acute pain anywhere in the body, take 2 every 2 hours with healthy fats like organic butter, avocado, olive oil, coconut oil, etc.
 - **Chlorophyll Perles - Chew 2 capsules** as needed for overall pain support.
 - **Gotu Kola Complex – 3 daily** for Joints support, healthy skin and connective tissue (collagen and elastin), repair damaged tissue, for healthy blood vessels, support stomach and duodenal tissue, anti-oxidant protection, and promote the body's natural tissue drainage process. Gotu Kola is also beneficial during times of increased physical stress, for example, athletic performance.
 - Take Boswellia Complex as instructed above with Gotu Kola Complex for painful joints.
 - If additional support for joint pain is needed, please contact Dr. Smith.
 - **Bacopa Complex - 3/day** (Mental Balance)
 - **Bilberry Tablets 3/day** (Eye Support)
 - **Withania Complex Tablets – 3 tablets** before sleep, if have low energy, anxiety and poor sleep. Can take a total of 6 tablets daily if needed.
 - **Rhodiola-Gingseng - 2 in AM and 2 in Afternoon** (if have low motivation, low drive and/or low energy)
 - **Cardioplus – 6 daily** and **Vasculin – 6 daily** for Heart Support. Add **Hawthorne Tablets 3 daily** for increased heart support.



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DIETARY PROGRAM

GENERAL INSTRUCTIONS

1. Consuming Organic Fruits, Vegetables, Nuts, Grains and Seeds and Free-range Animal Proteins are important to reduce chemical toxicity and receive full nutrient value of foods.
2. At least 80% of your daily food intake should be fresh, raw foods with 20% or less, steamed, boiled, baked, wood-grilled.
3. For quantity to consume daily, refer to "Food Groups – Daily Servings."
4. Regarding Food Lists:
 - a. **Ideal Foods** provides the best foods so use this list to create daily menus.
 - b. **Caution Foods** should not be consumed more than twice month or they may be considered as Avoid Foods and not consumed. Eating too many of these foods is the concern here, i.e., more than twice monthly or no more than once every two weeks.
 - c. **Avoid Foods** are the worse foods, and thus should be avoided.
 - d. **Food Not Listed** – vegetables, fruits, nuts, grains, seeds, and animal proteins not listed in the **Ideal, Caution and Avoid Food Lists** may be consumed on a daily or weekly basis as they are neutral foods. Neutral foods means they are healthy foods, however, have no specific benefit for someone with Lyme's. After you have selected daily ideal foods, use neutral foods to complete your menu.

IDEAL FOODS LIST– DAILY

- **BEVERAGES**
 - Vegetable Juices (fresh squeezed, consume in 10 minutes to prevent oxidation)
 - Herbal Teas, except those listed in Avoid Foods List
- **VEGETABLES**
 - Cilantro
 - Collard Greens
 - Kale
 - Mustard Greens
 - Watercress
 - Bokchoy
 - Broccoli
 - Brussels Sprout
 - Cabbage
 - Carrot
 - Cauliflower
 - Daikon
 - Garlic



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- Gingerroot
- Kohlrabi
- Onion
- Hot Pepper
- Radish
- Rutabaga
- Turnips
- **SEA VEGETABLES (EAT DAILY FOR IODINE)**
 - Dulse
 - Irish Moss
 - Kelp
 - Laver
 - Wakame
- **FRUITS**
 - Blackberries
 - Blueberries
 - Boysenberries
 - Coconut
 - Cranberries
 - Elderberries
 - Gooseberries
 - Loganberries
 - Pineapple
 - Raspberries
 - Strawberries
 - Watermelon
- **DAIRY AND EGGS**
 - Buttermilk
 - Duck Eggs (whole, do not separate whites from yolks)
 - Yogurt (Plain) – Brand “Greek”
- **GRAINS**
 - Amaranth
 - Buckwheat
 - Millet
 - Quinoa
 - Spelt
 - Triticale
- **LEGUMES/BEANS**
 - Black Beans
 - Garbanzo Beans
 - Great Northern Beans
 - Pink Beans
 - Pinto Beans
- **NUTS AND SEEDS**
 - Pumpkinseeds
- **ANIMAL PROTEINS (MEAT, POULTRY, FISH)**
 - Beef



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- Buffalo
- Elk
- Rabbit
- Venison
- Goose
- Chicken – equal portions of dark and light.
- Turkey equal portions of dark and light.
- Salmon
- Shallot
- **OILS**
 - EFA Liquid (from Dr. Smith)
 - Almond oil
 - Black Currant Oil
 - Unsalted Butter
 - Coconut Oil
 - Evening Primrose Oil
 - Flax Oil
 - Olive Oil
 - Safflower Oil
 - Sesame Oil
 - Sunflower Oil
- **HERBS, SPICES AND SEASONINGS**
 - Anise
 - Basil
 - Bayleaf
 - Caraway
 - Cardamom
 - Carob
 - Cayenne
 - Chili Powder
 - Cinnamon
 - Cloves
 - Coriander
 - Cumin
 - Dillweed
 - Fennel Seed
 - Garlic Powder
 - Ginger
 - Honey
 - Horseradish
 - Mustard
 - Mustard Seed
 - Nutmeg
 - Oregano
 - Parsley
 - Black Pepper
 - Peppermint



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- Rosemary
- Sage
- Spearmint
- Tarragon
- Thyme
- Tumeric

CAUTION FOODS LIST – NO MORE THAN TWICE MONTHLY

Why consume the beverages and foods listed in the “Caution Foods List” no more than twice monthly (i.e., once every two weeks) or avoid them? Consuming more than twice a month is “too much” for the human biochemistry of a body suffering with the symptoms of Lyme’s Disease. Too much of a good thing becomes a bad thing and even though this may not seem like too much to you, it is for a sensitive biochemistry.

- **BEVERAGES**
 - Almond Milk
 - Rice milk
 - Soy milk
 - Carbonated water
- **LEGUMES / BEANS**
 - Lentils
 - Red beans
 - White beans
- **SWEETENER**
 - Molasses

AVOID FOODS LIST

Avoid the following list of beverages and foods, in addition to foods that are typically classified as “junk food.”

Some of the foods and beverages listed below are classified as “healthy foods,” so why avoid them?

1. Even the smallest amount of any item on the **Avoid Foods List** is “too much” food chemistry for the biochemistry of someone suffering with Lyme’s Disease.
2. Even if they are healthy foods in general, they are only healthy to someone’s biochemistry not affected by Lymes and to consume them will result in your adversely affecting,



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perpetuating and/or causing pain and discomfort for yourself. This may or may not be "felt" at the moment an Avoid Food or Beverage is consumed, however, it will have an internal adverse affect.

3. Some of these foods are ideal foods for the spirochete, so consuming them is providing foods to help these parasites multiplying and growing stronger; others are difficult to digest or metabolize for a body suffering with the symptoms of Lymes and/or the reinforce the symptoms or dysfunction of organs, glands and/or body systems adversely affected by spirochetes.
4. Therefore, it is very important to avoid the following:
 - **For the food groups below, avoid all unless listed in Ideal or Caution Food Lists. Regarding Other Food Groups, their specific foods to avoid will follow these three groups listed below.** For example, for the Dairy and Eggs Food Group, avoid all Dairy and Eggs unless those listed in the Ideal or Caution Food Lists.
 - **DAIRY AND EGG PRODUCTS**
 - **ANIMAL PROTEINS (MEAT AND POULTRY, FISH)**
 - **OILS**
 - **BEVERAGES**
 - Beer
 - Coffee (any kind, even decaf)
 - Fruit juices
 - Liquor
 - Oat milk
 - Soft drinks
 - Black Tea
 - Green tea
 - Tap water
 - Red wine
 - White wine
 - **FRUITS**
 - Grapefruit
 - Kumquat
 - Lemons
 - Limes
 - Oranges
 - Tangerines
 - **GRAINS**
 - Barley
 - Oat
 - Rye
 - Wheat
 - Soybeans and Tofu
 - **SWEETENERS AND SWEETS**
 - Artificial sweeteners



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- Chocolate
- Brown sugar
- Brown Unrefined sugar
- White Sugar of any kind (White Refined, Tupelo, Cane, Fructose, Sucrose)
- **CONDIMENTS** (may consume 2-3 times a week, if organic and chicken egg free)
 - Ketchup
 - Mayonnaise
 - Vanilla

ABOUT DR. SMITH

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States.**

She also writes nutrition and health related e-books, e.g. "**Fibromyalgia – A Clinical Nutrition Syndrome**" (50 Pages. PDF) and "**Dr. Smith's Hair Color Restoration Program – Anti-Grey Solutions**" (57 Pg. PDF).

She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University,** Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods



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selected for the food chemistry's positive effect on the individual's biochemistry, which is also based on test results.

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers**, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and five international countries.

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at Services@AdvancedClinicalNutrition.com.

Meanwhile, please browse www.AdvancedClinicalNutrition.com to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on YouTube.com/DrDonnaFSmith, post questions on her blog at DrDonnaSmith.blogspot.com and follow her on Twitter.com/DrDonnaSmith and Facebook.com/DonnaFSmithPhD.

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