



Client Communicator Instructions

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The Purpose of Symptoms

Symptoms are the communication system of the human body from the cells and tissue that are suffering to your conscious mind, in order to get your attention to take the appropriate action. The appropriate action is to either:

1. Give the body what it needs, like the nutrients it requires for the area of the body producing that symptom so the body can heal itself, or
2. To stop doing something that is interfering with the body's ability to heal itself in that area.

Sometimes the area of the body that is causing a symptom is not the area of the body where the symptom is.

For example, a client of mine had colon symptoms (constipation [she had one bowel movement every two weeks – ouch!], she had a spastic colon, and daily bouts of diarrhea due to Irritable Bowel Syndrome (IBS) or at least IBS was the diagnosis her physician labelled her with.)



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However, after I completed a Clinical Nutrition Analysis of her blood and stool, I identified the liver, bile duct and gall bladder as being the cause of her bowel symptoms.

In other words, it was like the upper Gastro-Intestinal (GI) System was bullying (or interfering with the function of) the lower GI system.

Once we detoxed and improved the function of the upper GI (liver, bile duct and gall bladder), her lower GI (colon) was able to function on its own.

So for this client, 24 hours later, she began having daily bowel movements; one week later, no more spastic colon; and four weeks later no more diarrhea. So I guess she did not have IBS after all.

The **Client Communicator** form helps you monitor the progress of your most important symptoms, beginning every four weeks from the date you started your therapeutic supplements. The body communicates through symptoms and by monitoring your symptoms you can get a better understanding of what the body is trying to communicate to you so you can take appropriate and timely action.

This will also help you identify and monitor any symptom that is healing slowly and thus you may want to add more supplements for this area the next time you revise or create a new self-designed supplement program after receiving your next Nutritional Evaluation Report. Adding more supplements makes your program stronger so the area of the body that is producing the symptom can have more nutrients to get to the cause of why it is producing the symptom.

Your Nutritional Evaluation Report will scientifically guide you in which areas of the body need to be supplemented, and which supplements are required, however, when you need feedback on the symptoms that bother you the most, the **Client Communicator** will be invaluable help when you need to tweak the design of your supplement program to give more emphasis (take more supplements) for an symptom that needs some extra help.



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Scoring

1. **Intensity Scores** - Using the Criteria or Ledger in the **bottom-left corner**, on the **Client Communicator** form select the correct intensity score for each symptom and enter it in the small boxes for the appropriate **Report Date (Heading Small Boxes)** that relate to the appropriate symptoms (**listed on numbered rows**).
2. **Frequency Scores** - Using the Criteria or Ledger in the **bottom-right corner**, on the **Client Communicator** form select the correct frequency score for each symptom and enter it in the small boxes for the appropriate **Report Date (Heading Small Boxes)** that relate to the appropriate symptoms (**listed on numbered rows**).
3. **Scoring Fractions:** The Intensity and Frequency Scores in each of the small boxes are to be written like a "fraction," with the Intensity Score on top and the Frequency score on bottom. Example: 8/9. A score of 8 on the top part of the fraction means that the "intensity" of the symptom is severe; however, when compared to a mild severe (7) or high severe (9) or even the absolute worst severity number (10), the severity of the intensity for that symptom is an 8 which represents moderately severe.

The **STSP™** system has been designed and organized with over 300 pages of educational materials and instructions to professionally guide you in designing your own therapeutic supplement program, so that you would rarely require additional professional help from me. My intention in designing the **STSP™** was to help you and my other **STSP™** clients to be more self-reliant and self-sufficient.

However, I am here if you need additional professional help periodically. For example, let's say a symptom improves significantly and then stops improving, like it plateaus. I will be in a better position to give you a few suggestions to get you back on track or help you stay on the "healing" track if you have consistently recorded your intensity and frequency fractions on the **Client Communicator** every four weeks from the date you started your supplements.



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Cleanings Signs

Because of the mental conditioning that results from taking a drug to suppress or manipulate symptoms, once the body gets the exact nutrients it needs to heal itself, like through **STSP,™** some people expect the innately-designed healing process of the human body to be, "take some supplements and I will just feel better right away until my the symptom goes away."

As true as that can be for a lot of people, there are times for some people, when due to the high level of toxicity within their body, cleansing signs or symptoms are experienced periodically. Some people are toxic because of their diet and others are toxic because of exposures on the job, or both. Exposures, like breathing in fine particles of fabric, glass, metals, chemicals and other substances that get circulated in factory air.

Cleansing Signs generally last only a few minutes, a few hours, a day or up to three days, and then they are gone. **If symptoms intensify or new symptoms occur and are not gone by the 4th day, give me a call as there is more that you must know to address your body's immediate needs.**

Cleansing Signs or Symptoms are:

1. Any current symptom that **intensifies** (gets worse) for a few minutes up to three days.
2. **One or more new symptom that appear suddenly, similar to the flu** – headache, pressure in head, sinuses (cheeks) or chest, stomach upset or ache, achy all over or in specific joints or muscles, drainage (mucus coming out body openings, like the nose, eyes, ears, out the mouth, like coughing up phlegm, etc.)
 - a. Note, if you truly do have the flu, for example, you have been exposed to a virus or bacteria, call me so I can share with you what you can take that will digest germs and thus prevent the need for antibiotics (which only work on bacteria anyway). However, all drugs, not just antibiotics for the bacteria caused flu leads to leaky gut, which creates



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auto-immune diseases, and in time can lead to cancer. You can avoid all that by calling me.

Cleansing Signs are not harmful – Cleansing signs are not a sign that you are getting sicker, on the contrary, though they may be a bit uncomfortable for a short time as these toxic poisons are moving out and through the body so they can be eliminated when you have a bowel movement, urinate or sweat, think of how much worse it would be for you if they stayed in the body and in time became your greatest contributing factors in the development of diseases, thus becoming your greatest sources for ongoing, highly intense chronic pain.

Because of how well our therapeutic supplements are clinically-formulated, cleansing signs do not occur for most clients; however, just in case, it is important to be informed so you can take the appropriate action.

How to Complete the Client Communicator Form

1. **Second Column** - List in the second column each symptom that bothers you the most, i.e., symptoms that are most important to you.
 - a. In the future should any new symptom surface that bothers you a lot, just add them to the next available row in the list.
 - b. You may also add measurements and other items to monitor, like:
 - i. Your weight, if wanting to gain or loss weight.
 - ii. Blood Pressure, if you are monitoring high or low blood pressure.
 - iii. Number of Hours of sleep each night.
 - iv. How of you wake in the middle of night.
2. **Third Column Heading** – Put Date you started your supplements.
 - a. Then in each small boxes in the third column, on each row that you have listed a symptom, put a fraction score that represents the intensity (top number of fraction) and frequency (bottom number of the fraction) that best represents the **WORSE that symptom** has



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- ever been. The number 10 is the highest score for the absolute worst pain, for example.
- b. This way you have a **baseline starting score** in the third column for each symptom. This can be used for comparison when you evaluate your current monthly scores against your beginning score for each symptom.
 - c. **Previous Symptoms Resurface:** As your body heals, going deeper and deeper to get to the cell level, there may be times when old symptoms you had years ago may resurface for a short time. This too can be classified as a cleansing sign.
 - d. This means the body is now able to use the nutrients in your supplements to detox deeply embedded germs, toxins or dead cells and tissue.
 - e. Think of healing like an onion, each time the body removes another toxic top layer of the onion, it is working down each layer to get to the core where lies the deepest cause of your symptoms – embed germs, worms, toxins and dead or decaying cells and tissue.
 - f. So at any point in the future, should you have any old symptoms resurface for a time, be sure to add a baseline score for the old symptom in the first column of your first Client Communicator form to show how intense and frequent that old symptom was in the past.
 - g. Then draw a line in the empty boxes on that row until you come to your current report date and then put a fraction score that represents the intensity and frequency for that old symptom now that it returned.
 - h. In general, old-resurface symptoms do not last long and you will have a record of when your body has done some very serious deep cleansing.
 - i. **New Symptoms:** Should any new symptoms appear that were not present when you started your “first” supplement program, list the



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- symptom in the second column on the next available row and then be sure to put a Zero (0) in the first column on your first Client Communicator form to show that that symptom was not present when you started your first **STSP™** supplement program.
- j. New Symptoms may appear that are being caused by areas of the body that you have not yet supplemented. Remember that unless you can financially afford to take supplements for all your 14 biological areas that have a percentage score, you are designing your supplement program to work on the highest priorities first or for those who can afford more, they may be working on each of their moderate and highest priorities areas.
 - k. In either case above, any areas that are not being supplemented and/or not receiving any “indirect” healing from the supplements you are taking will continue to get worse. Therefore, they may at any time produce symptoms that relate to these areas, or cause intensification in any of the symptoms you currently have that are being caused by these areas.
 - l. If the intensification of a current symptom or intensity of the new symptoms is such that you cannot tolerate it until it is time for your next Nutritional Re-Evaluation, **then this is a signal to you to do your Re-Evaluation earlier.**

Remember symptoms are the communication system of the human body from the cells and tissue that are suffering to your conscious mind, in order to get your attention to take the appropriate action.

- 3. **Fourth and All Other Column Heading Small Boxes** – The small boxes at the very top of the **Client Communicator** are for dates.
 - a. Four weeks after starting your therapeutic supplements, you will put the date in the fourth column heading box that represents the date you completed that column by putting fraction scores in these columns for each of the rows that have a symptom.



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- b. Four weeks from that date, you will put the date that you complete the fraction scores for each of the rows that have a symptom at the eighth week after starting your supplements, and so on; repeating this task every four weeks until your symptoms score is a zero for both intensity and frequency for each symptom. For example, your fraction is 0/0.

4. **Column boxes** for Row 1 to 21-

- a. As mentioned above, you will put a fraction score in each of the small boxes in each column for each row that has a symptom. The first small heading column box is the date before you begin your supplements and all the other small heading column boxes are Report Date at four-week intervals thereafter until your score is 0/0 for each symptom; then you no longer need to complete the Client Communicator.
- b. Once a particular symptom has a Zero fraction score for intensity and frequency, for **three consecutive Report Date Columns**, you do not need to continue scoring for that symptom at future four-week interval Report Dates. This is because no symptom for three months in a row is a good sign that the symptom will not resurface. That is as long as you continue timely Re-Evaluations and making healthier dietary and lifestyle changes.
- c. **Re-Evaluations** will keep you working on top priority areas and as your body heals, new areas will move to the top position and the areas that are improving will have smaller Group percentage scores on your Report and in time also go to zero.
- d. Your **STSP™** Therapy is discontinued when your Re-Evaluation scores for all 14 biological areas are zero. Then as long as you remain symptom free, you will not need the **STSP™** system again.
- e. If in time, you find that some improved symptoms are plateauing – not continuing to improve, then contact me and we will find out why.

It is also fun to see your scores go down from month to month, so enjoy the Client Communicator monitoring of your symptoms.