



# Symptom Survey Form

## *The Science Behind the SSF and Overview of All Questionnaires / Forms*

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## Nutritional Report / Symptom Survey Form

When you open the **Symptom Survey Form (SSF)** Questionnaire, you may type your answers directly onto the questionnaire from your computer. It is the only **STSP™** Questionnaire or Form that has this feature, at this time.

The SSF Questionnaire is located on the **"First Evaluation"** webpage, attached to the primary webpage titled, **"Self-Therapy Program."**

In case you may be wondering how completing the Questionnaires and Forms on this webpage, for example, the **Symptom Survey Form (SSF)**, will provide a scientific Nutritional Evaluation that tells you the exact nutritional supplements you need, as an individual, I have written this document for you.

When you design a therapeutic supplement program using the **STSP™** system, it will work for you and only you because it is based on your own unique biological requirements.

To explain how the above is possible through the **STSP™** system, let's look at the science behind the **Symptom Survey Form (SSF)**. The SSF was designed based on over 60 years of nutritional health practitioners' research from collected objective clinical data, patient examinations, and blood and urine testing.

In other words, each question on the **Symptom Survey Form (SSF)** relates to the findings from this research, so if the question applies to you, then the research that backs the purpose of the question applies to you.

The answers to your questions are then entered into a specialized, professional **Clinical Nutrition** software program that contains this research. The software calculates percentage scores for each of your 14 biological areas that tested abnormal, when comparing your answers to the research data, and then produces a minimum of a five (or more) page Nutritional Evaluation Report. The results or findings from your answers on the **Symptom Survey Form** are presented on page one of this report, under the **"Calculated Group Scores"** column.

Our Clinical Nutrition software then prints a list of the specific, therapeutic whole



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food supplements that are recommended to improve the percentage scores for each of the 14 biological areas, thereby, improving your nutritional biochemistry and metabolism. This list of therapeutic supplements is listed on Page 1 of the **Symptom Survey Scoring Sheet**, under **“Systems Recommendations and Scores”** Column and the specific brands of these therapeutic supplements are Standard Process and Medi-Herb.

The Standard Process list of therapeutic supplements is also listed on Page 3 of your Nutritional Evaluation Report pages, which is titled, the **Nutritional Program** supplement chart and provides the dosage and frequency for each of these supplements.

Page 4 of your Nutritional Report provides a description of the purposes and benefits for each of the Standard Process supplements on the recommended supplement list. The **“Descriptions of Recommended Supplements”** may be one or more pages.

## Recommended Supplements

The recommended supplements on page one under **“System Recommendations and Scores”** are both:

1. Formulated to provide the nutrients your body needs to correct the abnormal finding, i.e., percentage scores, in each of your biological areas, and
2. The supplements on this list have been clinically-formulated and dispensed by nutritional practitioners for over 70 years, i.e., since the founding of the manufacturing company, **Standard Process, Inc.**, thus proving their effectiveness and safety.



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### Standard Process, Inc.

Since the early 1990's, I has been taking Standard Process therapeutic whole food supplements, personally, and dispensing them professionally to my clients based on the results from various Nutritional Evaluations, like the SSF, in addition to the findings from a Clinical Nutrition Analysis of the Laboratory Reports from testing clients' biochemistry (blood, urine, hair, saliva and stool).

Standard Process' motto from "seed to supplement" means, they grow, harvest, and then clinically-formulate the whole food ingredients, then bottle and distribute their therapeutic and maintenance supplements to health care practitioners, like Dr. Smith.

**Clinically-formulate or formulated** means that the specific foods and herbs selected for each formula has been tests to work together at a clinical cellular and tissue level to promote regeneration (healing, repair, growth of new health cells and tissue).

Supplements formulated and sold in health food stores and the various online vitamin companies are not clinically-formulated, but formulated for **health maintenance** – i.e., to help a person maintain the level of health they currently have.

If they are truly healthy (biochemically) and if the supplements they are taking are whole food formulas, instead of the synthetically-made, and isolated nutritional supplements which comprises over 90% of the types of supplements sold directly to the public today, then they will accomplish their health maintenance goal.

However, this is not the reality of what is happening in this industry to the uninformed vitamin and mineral supplement consumers.

I have provided my article titled, "**Three Ways Supplements Are Manufactured Today,**" to provide more information on this subject for you. It is posted on the



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**STSP™ “Articles”** webpage.

Standard Process supplements are not sold through health food stores because they are prescribed, potent, and for clinical use. To do so would be like a pharmacy putting a prescribed drug on the counter and then allowing anyone to buy it without a medical prescription. This would result in health risks for their customers and legal risks for the owner of the pharmacy.

Standard Process and other therapeutic supplement brands, like Medi-Herb, are safe and effective when taken based on coaching and guidance from a nutritional doctor, like myself, which I have provided for you in your Nutritional Report and the **STSP™** educational and instructional documents.

Even when supplements are formulated for professional recommendation and dispensation, anything that is formulated for good can be bad for a person, IF...

- They are not professionally-guided in how to take them,
- They are taking a supplement they were not tested for and/or
- They do not stay on top of timely Re-Evaluations to know if they still need to continue a supplement that was recommended in their previous Evaluation.

Therefore, to take clinically-formulated, pharmaceutical grade\*, potent, whole food supplements without the knowledge, guidance or under the care of a nutritional doctor, like myself, can have serious consequences, just like taking a prescribed drug that has not been scripted by a physician is putting your health at risk.

(See below for the definition of pharmaceutical grade.)



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### Medi-Herb

**Medi-Herb** is the name of the Australian manufacturing company who distributes their pharmaceutical grade\* therapeutic herbal formulations in the United States through Standard Process, Inc.

More information on Medi-Herbs is provided in the **Program Instructions** document on the "**Supplement Instructions**" webpage, along with why they are recommended and when to include them in your self-design supplement program.

### \*Pharmaceutical Grade - Definition

This term does not mean there are drugs (chemicals and metals) in the ingredients of any product or supplement that is rated as being "pharmaceutical grade."

It refers to compounds and raw ingredients that have met strict standards for purity and processing conditions. These standards are established by the US Pharmacopeia (USP).

However, the term "pharmaceutical grade" does have a strict legal definition.

- An ingredient that is pharmaceutical grade has been verified by an outside agency (not the ingredient's manufacturer) to be at least 99% pure.
- The manufacturing processes and facilities used to produce the product are regularly inspected by the USP to ensure they meet strict standards for quality control.
- Random samples are taken of the products and tested to ensure that quality control and purity is maintained over time.



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Pharmaceutical Grade can also represent potency levels – as in the difference between the potency (strength) of an over-the-counter drug when compared to a prescribed drug.

Standard Process, Inc., and Medi-Herb are both high potency, pharmaceutical grade vitamin, mineral, herbal and whole food supplements formulated for clinical use and thereby distributed through nutritional practitioners, like myself, who then dispense them to their patients/clients based on the results from one or more method\*\* for testing nutritional deficiencies, toxicity, biochemical imbalances and organ, gland and body system dysfunctions that indicate the need for these specific nutrient formulations.

\*\*Our **STSP™** Brochure explains these three testing methods.



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## Progress Reports on Re-Evaluations

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When you update your answers on the **Symptom Survey Form** in the future to obtain your Nutritional **Re-Evaluation** Reports, you will receive a **Progress Report** (Page 2) that will provide the previous Nutritional Report's percentage scores along with your newly updated current percentage scores.

This will help you compare the results of the current percentage scores for each of your 14 biological areas (or groups) with your previous Evaluation Report's scores to evaluate your progress.

The **Progress Report** page 2 can present three consecutive Nutritional Evaluations percentage scores at one time, your current results and the previous two reports. You will see this in the **Group Scores Column** on page 2.

However, on your first or initial Nutritional Evaluation page two, the Progress Report page will simply repeat your initial percentage scores on page one, under the **Group Scores Column**.





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## Overview of All Other Questionnaires and Forms

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### Client Communicator

#### 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.)

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.



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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.

## 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



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**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.

### 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



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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 4<sup>th</sup> 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 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.



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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 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.



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- 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 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.



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- 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.
- 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



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- 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 internals 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.

## Client Information Form

Like the **Symptom Survey Form** each other Questionnaire or Form posted on the “**First Evaluation**” and “**Re-Evaluation**” webpages are included to provide additional information that our Clinical Nutrition Software to use in the processing of the results of your Nutritional Evaluation. That is, when you provide all the





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requested information.

For example, you will notice that page one of the **Client Information Form** asks for your blood pressure readings, wrist measurement, weight and height, etc. Other information on the **Client Information Form** is rather obvious why the information is required.

However, please note that you will not be contacted if you inadvertently overlook providing information requested on these Questionnaires and Forms, so to assure the accuracy of your Nutritional Evaluation Report, I recommend you take time to provide all requested information and double check your answers on all the questionnaires and forms before sending them to us to make sure there are not errors.

Providing all the information requested on the Client Information Form and the others will also help me help you, should you contact me for any additional assistance or for help utilizing the **STSP™** system.

## Drug List and Supplement List

These two List forms are provided on both the **First Evaluation** and **Re-Evaluation** webpages. There is a place on the **Client Information Form** for you to list the drugs and supplements you are taking on a daily or weekly basis; however, if you need more space, you may complete one or both of these List forms and attach them to the **Client Information Form** to provide a list of all drugs and supplements.

When you see it appear on the **Re-Evaluation** webpage, you will use it to update me on any new drugs or supplements or changes in drugs and supplements since you completed the **Client Information Form**, or since the last time you updated these List forms for a previous Re-Evaluation.

Note: Your therapeutic supplement program will work best if you do not take any vitamins, minerals, herbs or homeopathics on a daily or weekly basis that are not included in your Nutritional Evaluation.



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Also, if a symptom plateaus or you need additional help from me, I will be able to evaluate and advise you with more accuracy when you are taking only the supplements recommended in your Nutritional Report.

The results and/or consequences from taking various over-the-counter or online vitamins and mineral synthetics or isolates is very unpredictable and can complicate the process of trying to determine what needs to be done to help you get back on the healing track.

Also, you would be wiser to put your money into taking more of the supplements listed in your report so you can make even faster healing progress, and not take anything that could interfere with your healing process, like nutritional drugs do.

As a general rule, the supplements recommended in your Nutritional Evaluation will not interfere with any prescribed medications you are on; however, if you want confirmation or additional information regarding this, you may contact me.

Regarding Over-the-Counter (OTC) or Online (OL), non-prescription drugs, I recommend you contact me the next time you think you need an OTC or OL drug, and get updated on healthier herbal or homeopathic remedies instead. You are sabotaging your body's ability to heal itself and stay healthy if you continue to use pharmaceuticals, because all pharmaceuticals are toxic to both human and animal bodies, and they deplete the body of a myriad of vitamins, minerals and other nutrients. So OTC and OL drugs can delay your healing and to continue to use them will simply prolong your need for the STSPTM system to help you replenish what these drugs are depleting.

Today, OTC and OL are so unnecessary because there are herbal and homeopathic remedies that work better and faster, are safer, non-toxic and your over-all body is healthier after using them, which is something you cannot say about any pharmaceutical drug (prescribed or OTC/OL).



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## **Informed Consent (Clinical Nutrition Program & Business Policies)**

The two **Informed Consents – Business Policies and Clinical Nutrition Program** are our policy forms that require your original signature on each page and thus must be sent to us through the USPS postal system.

Though the Informed Consents have been written for **STSP™** clients, to save time in the future, I include some policies that may apply if you need additional professional help too.

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## **Re-Evaluation Scheduling**

In the “**Program Instructions**” and “**Program Design**” documents you will be coached on how to calculate the dates for Nutritional Re-Evaluations, however, as the **Informed Consent – Clinical Nutrition Program** states, the first Re-Evaluation for all new clients is in the fourth month after starting their therapeutic supplements due to the life-span of the red blood cells. After this, you will calculate your Re-Evaluation dates according to the guidelines in these documents.

Therefore, four months after you start your initial supplements, you will return to the “Self-Therapy Program” webpages and follow the step-by-step instructions on pop-out “Re-Evaluation” webpage.

### **IMPORTANT NOTE:**

1. Discounts on the purchases for therapeutic supplements recommended in our Evaluation Report are applicable for all **STSP™** clients who are current with their Re-Evaluations.
2. In other words, Discounts will not be applied nor will “therapeutic” supplements be available for purchase except to those with timely Re-Evaluations.



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This prevents **STSP™** clients from inadvertently taking supplements they may no longer need, thus avoiding causing nutritional excesses and developing the symptoms they represent at some point in the future, AND updating timely Re-Evaluations assures that they always know exactly which supplements they do need.

## Conclusion

If you have any questions or challenges completing any steps on the **“First Evaluation”** or **Re-Evaluation”** webpages, please give me a call.

Welcome to Advanced Clinical Nutrition!

I am honored to assist you in your journey to optimal health and show you how to stay on the road to healing, health maintenance and prevention of disease.

Yours in Good Health,  
Dr. Donna F. Smith



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## 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.**

Some of her best-selling e-books has been listed below. 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 selected for the food chemistry's positive effect on the individual's biochemistry, which is also based on test results.



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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](mailto:Services@AdvancedClinicalNutrition.com). Meanwhile, please browse [www.AdvancedClinicalNutrition.com](http://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](http://YouTube.com/DrDonnaFSmith), post questions on her blog at [DrDonnaSmith.blogspot.com](http://DrDonnaSmith.blogspot.com) and follow her on [Twitter.com/DrDonnaSmith](http://Twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](http://Facebook.com/DonnaFSmithPhD).



# Symptom Survey Form

## The Science Behind the SSF and Overview of All Questionnaires / Forms

## E-Books By Dr. Smith

- **Anti-Aging Personal Care Program (Hair, Skin, and Nails)** – Over 200 Pages
- **Comprehensive Holistic Dental Health Program** – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (**169 pages** – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- **Fibromyalgia – A Clinical Nutrition Syndrome** (70 Pages).
- **Dr. Smith's Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions]** - (69 Pages).
- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **15 False Assumptions the Public Makes About Food Supplements** – (15 Pages)

## Disclaimer

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body.

This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision regarding your health care. It is also the author's intention to help you understand the importance of Clinical Nutrition Testing and Therapy, which is foundational to healing the cells and tissue of the organs, glands and body systems within all living beings, both human and animal, a fact that has not been included in Public Health Education because in the United States, for example, Public Health Education is still focused on medicine, not health education. ***The health of your cells determines the health of your body.***