



# STSP™ Program Instructions

The Nutritional Evaluation, Progress Reports & Supplement Tips  
Dr. Donna F. Smith

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### **READ ME FIRST**

After feeling excited that you now have access to the program materials, the next emotion you are going to feel is "overwhelmed." Don't be, just let it go. You need to know that I am writing for every type of person who may purchase this program.

In other words, with decades of experience working with people, I have observed three "Information Personality" types when it comes to improving one's health. This document has been written for all three types. So if you are Type 1 or 3, everything you have been provided will more than likely overwhelm you the most. However, don't be concerned, just let that go, and know that I have organized the information to help those who want less, so they can get right to the information they need to move forward.

**What are these three "Information Personality" types? Think of it this way...**

- 1 Type 1 - They just want instructions to know what to do; not so much on why.
- 2 Type 2 - They want to know what to do and all the "why's" behind the to-dos.
- 3 Type 3 - They want a little of both, so they pick and choose what interests them.

So what I have posted on my website is everything Type 2 wants to know, for example, this document "**STSP™ Program Instructions**" which includes everything about your Supplement Program design, purpose, monitoring progress, troubleshooting, health maintenance supplement design and other supplement tips. Then I pulled the "to do" parts from this document and wrote, "**How To Design Your Supplement Program**" with an accompanying "**Program Design Checklist**" that helps Type 1, and 3, as well as Type 2, get started as soon as possible.

**Type 1** - Documents titled, **How To Design Supplement Program** & "**Program Design Checklist**" has everything you need to get started right away. If you decide you want to understand all the benefits you have from this program, go to Type 2 or Type 3 below.

**Type 2** - Go to Type 1 to get started right away, then while waiting for your shipment of therapeutic supplements or after you get started on your therapeutic supplements, read:

1. The entire **STSP™ Program Instructions** document.
2. "1° (One Degree) of Change" Recipe Book and its Addendum
3. **The two Dietary Checklists (Dietary Guidelines Checklist - What to Eat and Drink and Dietary Avoid Checklist)**. Then start making the easy dietary changes first or tackle the more challenging first, you decide.
4. **Dietary Guidelines** - For a minimal fee you can order the complete Dietary Guidelines document. Just call our office to order it. It provides the why's behind the above checklists, like, why is all cow's milk bad for you. An example of one of the reasons is: Did you know dairy products are one of the number one causes of tumors, cysts and other growths?
5. Review all **STSP™** documents posted on or attached to the webpage titled, "**Self-Therapy Program.**"

**Type 3** - Go to Type 1 to get started right away; then scan through the three items listed in Type 2 and read the parts that most interest you.

**Message for Type 1 and 3 - The STSP™ works best when you are knowledgeable and complete all the instructions in the entire program.** So if are not getting the results you expect or something is not working for you, then immediately begin reading everything you have not read to date and more than likely you will find your answers. If not, give me a call at (940) 761-4045 and I can help you get back on track. **STSP™ works for everyone when you work it as directed, as completely directed!**

### **STSP™ WORKS!**



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## Nutritional Evaluation – Why It Works!

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On my website, I have mentioned in various places that **"Symptoms are not a reliable source for purchasing supplements."** What I mean by this is that making a decision to purchase a supplement by "guessing" instead of "testing" for what you need is very unreliable.

For example, if you looked into a book, did an internet search, asked a sales person at a health food store, or read the information provide on webpages at online vitamin stores regarding the various supplements recommended for certain symptoms, it is only a matter of luck that you might choose the right type of supplement for your symptom.

By right type I mean if the supplement was also "a whole food, therapeutic supplement."

Additionally, when you factor in all of the below, the odds are stacked even higher against you succeeding by "guessing" rather than "testing." In other words factor in....

1. That you have purchased a "maintenance" formulated supplement, which is not potent (strong) enough nor formulated to provide what the body requires for cellular healing.

This would be like purchasing an over-the-counter (OTC) drug and expecting it to help you with a symptom related to a medical diagnosis. You already know that in the medical industry, OTC drugs are not potent enough nor formulated for suppressing symptoms from a clinical diagnosis that require prescribed drugs. This same thing applies to maintenance vs. therapeutic (prescribed) supplements in the clinical nutrition industry.

2. And add to this another factor that more than likely you also purchased a Nutritional Drug, not a whole food supplement.



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if you do not know what I mean by “Nutritional Drug, please read the article on the **“Three Ways Supplements Are Manufactured Today”** posted on your **STSP™** webpages and you will understand how consuming the Nutritional Drugs (synthetically-made or isolated nutrients) sold directly to the public today as vitamins and minerals, also highly decreased your chances of success.

3. Now factor in “multiple” biological causes for one or more of your symptoms. In other words, a single symptom often has more than one cause.

So even if you picked the right supplement for that one symptom and the supplement was a “whole food therapeutic supplement” that could help the cause of that symptom at a cellular level, without Clinical Nutrition Testing (defined below) you would still not succeed at guessing, because you do not have all the information you need to make an informed accurate decision.

**For all of these reasons, you have been wise to order a research-based Nutritional Evaluation that will scientifically identify which of the 14 biological areas of your body require supplementation and produce a list of the exact whole food therapeutic supplements you need to provide the nutrients for the causes of your symptoms coming from these areas.**

Now, you may say, yes, but doesn't your quote on **“Symptoms are not a reliable source for purchasing supplements”** apply to the **Symptom Survey Form (SSF)** I completed for my Nutritional Evaluation?

I can see how you might think so, which is why I am explaining the difference in this document because this is not the same. Why? Because the questions on the **Symptom Survey Form** represent 60 years of research from clinical data, physical examinations and testing blood and urine of multiple health practitioners.

For example, if you answered question #3 then all the research that led to question #3 being included in the **Symptom Survey Form** applies to you. Then when we take all the answers you marked on this form and run that through our software that contains this 60 years of research, what is produced is a scientific



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Nutritional Evaluation report that is specific to only you, and the whole food therapeutic supplements recommended in this report are the exact supplements you need “as an individual.”

I hope the above has helped you understand why using your symptoms to guess at what supplements to purchase in walk-in or online stores is not the same as completing our research-based **Symptom Survey Form**.

And hopefully, you also understand what I meant when I quoted that “**Symptoms Are Not a Reliable Source For Purchasing Supplements**” when you are making decisions from information in a book, the internet, a sales person or online vitamin store webpage information.

## Therapeutic & Maintenance Services Defined

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### Therapeutic and Maintenance Services

In the medical industry, you have prescribed pharmaceutical drugs and non-prescribed drugs, called over-the-counter (OTC) drugs. Some drugs purchased through online (OL) pharmacies may be prescribed or non-prescribed OTC drugs.

Prescribed drugs require a written script from your physician that is then provided to the pharmacy of your choice and a Pharmacist will prepare the prescription for you to pick up or you can submit the subscription to an online pharmacy, which will then ship your drug(s) via postal carrier directly to your home.

1. Prescribed drugs are more potent, clinically-formulated for moderate to severe, as well as life-threatening, health conditions and disease.
2. OTC drugs are not very potent, just potent enough to help minor home emergencies or to suppress minor or mild but annoying symptoms.



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## Therapeutic Supplements and Services

In the **Clinical Nutrition industry**, there is a similar system. The term “therapeutic” or “clinically-formulated” is the preferred term for “prescribed” supplements that are highly potent and formulated for mild, moderate to severe

1. Nutritional deficiencies or excesses,
2. Toxicity,
3. Biochemical imbalances and
4. Organ, gland and body system dysfunctions.

These are the four foundational causes for the development of degenerative diseases, such as cancer, heart disease, diabetes, etc. In other words, diseases are when the cells and tissue of your organs, glands or body systems become so toxic, malnourished, imbalanced and dysfunctional that they begin to decay and then die.

When there are more decayed and dead cells and tissue in an organ, gland or body system, than healthy cells and tissue, physicians are able to diagnose your disease. A diagnosis is simply the labeling of the set of symptoms you have. A diagnosis does not tell you the cause for that diagnosis.

Because physicians have been trained in medical school only to diagnose your symptoms at the disease stage, they often cannot give you an answer when you seek their help for symptoms that are caused by one or more of the four stages (listed above).

So the physician will either prescribe a pain medication, a psychotropic medication if he/she thinks your symptoms are “all in your head,” or ask you to return in six months to a year. The latter allows time for these four causes to get worse and perhaps by the time you return you will then be in the fifth stage, the disease stage, where your physician can then diagnose your symptoms and prescribe more drugs to suppress them.

Now of the above corrects the cause of your symptoms, and it takes more time, energy and money to treat the causes when you allow them to get worse (progress to the disease stage), than it does when you have the opportunity to



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obtain a Clinical Nutrition Analysis of your biochemistry and correct the causes in their earlier stages.

For example, it requires less time, energy and money to fix a small to moderate crack in the foundation of a building that it is to allow the crack to progress up the wall until it is at a critical stage and the building falls.

However, the good news is **Clinical Nutrition Testing and Therapy** corrects the causes, no matter what stage they are in, and thus provides the nutrients your body requires to restore its health.

A **Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva and stool)**, identifies causes 1 to 4 above and then Therapeutic supplements are dispensed to patients (which I prefer to call clients) to correct the causes.

In due time, symptoms go away naturally on their own, once the body has received a sufficient amount of nutrients from the therapeutic supplements that it no longer needs to communicate to the client through their symptoms.

However, to prevent their return, they must adhere to their Maintenance Supplement Program, diet and lifestyle changes, after they have completed their Clinical Nutrition Therapy where biochemical tests and nutritional evaluations indicate they are now nutrient sufficient, biochemically-balanced and organ, gland and body system function has been restored, as well as the body has been detoxified of chemicals, metals, dyes, germs, worms and other poisonous substances.

And more good news is that all of our clients report they start feeling better within 3-6 weeks, with a significant number reporting this happening in the first week, starting their therapeutic supplement program.

Therapeutic supplements are distributed to nutritional practitioners, like myself, and are not sold to health food store, due to the fact that they are potent and clinically-formulated to correct abnormal findings on lab reports.

After a client starts their Clinical Nutrition Therapy (taking therapeutic



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supplements, adhering to a therapeutic dietary plan), then we monitor our clients' progress with consultations and updated testing until the client has attained optimal healing and then we design a maintenance supplement program for them to help them stay health and prevent disease.

Think of it this way: When your vehicle is not functioning well or broken, you take it to a mechanic's shop. This is like providing therapy for your vehicle. When the vehicle has been restored and is functioning properly, it is released from the shop. This is like Therapy Closure.

However, that does not mean you simply drive your vehicle away and never do another thing for it. If you do not provide Auto or Vehicle Maintenance Services and Products, it will in due time your vehicle becomes dysfunctional or broken again.

In relationship to vehicles, maintenance services may be an oil change; and a maintenance product may be the oil or gasoline.

The human body is the same; it requires our Clinical Nutrition Therapeutic Services (Testing, Therapeutic Supplements, Dietary and Lifestyle Education), when dysfunctional and Health Maintenance Services and Supplements when therapy is no longer needed or provided (Therapy Closure), in order to maintain its optimal health and prevent disease.

The three documents that relate exclusively to your therapeutic supplement program, the "**STSP™ Program Instructions**" (complete instructions), "**How To Design Supplement Program,**" and the "**STSP™ Self-Therapy Checklist**" will walk you through a step-by-step procedure to design your own Therapeutic Supplement Program, based on the results of your **Research-Based, Scientific Nutritional Evaluation.**

For quick reference and understanding regarding each of these steps you may go directly to the "**STSP™ Self-Therapy Checklist**" and "**How to Design Supplement Program.**" which explains the items on the **Checklist.**

Your **Nutritional Evaluation** consists of a five or more page report and each page has its own title as you will read in the **Nutritional Evaluation** Chapter



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of this document. A brief outline of what is included in the Nutritional Evaluation Report is in our **“The Self-Therapy Supplement Program (STSP™)” Brochure.**

### **What is next after the STSP™ Nutritional Evaluations and “self-designing” a Therapeutic Supplement Program is no longer required:**

When your percentage scores are zero, proving that you have improved your biochemistry sufficiently that your body does not need to communicate through symptoms that it needs internal help, you will have progressed to the point where you no longer need **STSP™ Nutritional Evaluations**, and you may considered your Therapy is Closed in respect to the STSP™ system.

(The percentage scores are located on page 1 of your Nutritional Evaluation Report titled, **the “Symptom Survey Scoring Sheet.”**)

However, this does not mean that you have healed everything on a biochemical cellular and tissue level. The definition of true health is when biochemical test results or values on laboratory reports are in balance, i.e., homeostasis).

That can only be determined by getting a Clinical Nutrition Analysis of the Laboratory Reports from testing your blood, urine, hair, saliva and stool.

The **STSP™** system will have gone a long way to improving test findings, had you had that done at the beginning, you would be able to see the improvements on these tests from utilizing the **STSP™** system.

However, once you have received all that is possible through the **STSP™** system, further biochemistry testing is required to identify nutritional deficiencies or excesses, toxicity, biochemical imbalances and organ, gland and body system dysfunctions that are not yet presenting symptoms.

Additionally, if the **STSP™** is able to help you significantly improve your symptoms but one or more did not completely abate, then biochemical testing will



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be required to identify and then correct the cause of these more severe or stubborn symptoms.

Therefore, when your Nutritional Evaluations scores are zero or the best they can possibly be using the **STSP™** system, then you will have a decision to make regarding contacting me to obtain biochemical testing of blood, urine, hair, saliva or stool. You can test all five specimens or one or more at a time.

Those who have a personal commitment to becoming a truly healthy person (i.e., biochemistry is in homeostasis) or are still needing help to improve the remaining percentage of causes for severe or stubborn symptoms, will call me. Otherwise, if you are satisfied with the results you have received through the **STSP™** system, or choose to close **STSP™** Therapy prematurely (i.e., before percentage scores are zero or the best they can be), you simply need to send us a written notice through email of your intention to close therapy and why (i.e., why may be "I am satisfied with the results thus far and need a break.")

When you have either attained optimal healing through the **Self-Therapy Supplement Program (STSP™)** and no longer require Nutritional Evaluations and the "therapeutic" supplements" your evaluations recommend OR you have decided to stop taking "therapeutic" supplements for a while, for any reason, in either case, the **STSP™ Program Instructions** document will guide you in designing a **Health Maintenance Supplement Program** to help you maintain the level of improved biochemistry you attained at the time of closing or stopping **STSP™** therapy, i.e., stopping 'therapeutic' supplements.

Remember the vehicle analogy, if you do not provide health maintenance for your body, at some point, just like a vehicle whose owner neglected vehicle maintenance, the body will break down internally again and causes of previous symptoms will resurface or you will create new symptoms.

I would love to tell you that taking therapeutic and maintenance supplements are short-term experiences, however, the truth is we live in a highly toxic and stressful environment, and taking whole food supplements, whether for therapeutic or maintenance purposes, must now be a routine part of our life, or we suffer severe consequences of pain, illness and diseases.



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## Maintenance Supplements and Services

Vitamin and Mineral Supplements sold through walk-in and on-line vitamin stores are formulated for health maintenance purposes, and Herbs and Homeopathics are formulated as alternatives to OTC drugs.

**Health Maintenance** is where a supplement is formulated to help you “maintain” your current nutrient level. That is fine, if your current level is not insufficient (subclinical), deficient (clinical) or excessive (sub-clinically or clinically), which most people are.

OTC or on-line supplements are not potent enough, nor formulated to, correct current nutritional levels that are insufficient, deficient, or excessive, or when these states have been present long enough to cause biochemical imbalances and/or organ, gland or body system dysfunctions, which then become the basis for the development of degenerative diseases.

This is one of the reasons why so many people have a cupboard full of unused supplement bottles. Think of it this way, in the medical industry, this would be like trying to treat cancer, heart disease, diabetes or some other severe medical condition or disease with Over-The-Counter (OTC) drugs instead of prescribed drugs.

Yet that is exactly what the public is doing when they are trying to treat the cause of their symptoms with OTC or on-line maintenance-formulated supplements.

The other reason for a cupboard full of supplement bottles is lack of testing, i.e., guessing, at what a person needs to take, does not work.

### **There are two primary reasons I designed the “The Self-Therapy Supplement Program (STSP™),”**

1. So the public can have access to one of the three scientific methods for testing their nutritional biochemistry, i.e., research-based Nutritional Evaluations, to help them know the exact supplements they needed so they could stop wasting time, money and energy on purchasing the



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wrong supplements, in addition to end ongoing delays in getting the nutrients they really need to help them improve and maintain optimal health, as well as prevent disease.

2. So the public can have access to “whole food’ vitamin and mineral supplements, instead of the synthetic and isolates (aka Nutritional Drugs) they have unknowingly been sold through walk-in and on-line vitamin stores.

Your **Maintenance Supplement Program** will:

1. Assist your body in receiving its daily nutritional requirements that are not possible by diet alone,
2. Help you maintain the level of health improvement you have attained from your self-designed **STSP™** Therapeutic Supplement Program,
3. In addition to slowing down or preventing the development of future diseases, depending upon your commitment to your maintenance program and the dietary and lifestyle changes you have consistently implemented the basics as outlined in the **“Dietary Guidelines”** document. .

If your goal is to become and then stay healthy so you can prevent disease, you will in time need a Clinical Nutrition Analysis from testing your blood, urine, hair, saliva and stool to correct the causes of all abnormal test findings, otherwise, at some point in the near future, you will feel their symptoms surfacing even if you do not now.

However, for now, the **STSP™** system will help you tremendously improve the causes of the symptoms you are currently experiencing. And to help you further, let’s continue on in this document where I will be providing foundational information that will help you improve your health, starting where you are now.

First, let’s review the three basic substances that are required for health and life itself, or you would be dead within two months or less. The sufficient quantity and



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purity of these substances is at the root cause of your symptoms, including the symptoms of the medical conditions and diseases physicians are labeling (diagnosing) today.

These three substances are air, water and food.

## The Body's Basic Needs For Health & Healing Air – Water - Food

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There are a number of requirements of the human body to be healthy. For example, the human body requires a minimum of 15 minutes of sunshine, but not around noon when sun is the hottest, walking a minimum of 10,000 steps, harmonious loving relationships, a meaningful job, service or career, i.e., a purpose for living, to name a few.

However, of all the requirements of the human body, the three most important physical requirements are: Air, Water and Food. Without air, the human body would die within minutes; without water, it would die within a couple of weeks; and without food, a couple of months, on the average.

Without many of the examples listed in the first paragraph above, the human body will in time become physically or emotionally ill, or both; however, without air, water and food, the human body cannot exist.

In addition to sufficient air, water and food, the healthy function of the human body is dependent upon **quality (purity)** of the air, water and food exposed to or ingested.

Because of the importance of air, water and food, whenever you become unwell, the first consideration is the review the sufficiency and purity of the air, water and food you have been receiving or not receiving recently, over the past months or even years.

The body can adapt to insufficient and impure air, water and food for weeks,



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months and even years, but in due time, it will catch up to you and you will feel the ill effects from the neglect or inability to provide sufficient and pure air, water and whole foods, in addition to the adverse effects of exposures to or ingesting toxins (chemicals and metals in drugs, food, water, and environment).

Toxicity includes prescribed, over-the-counter or online drugs, since all drugs contain chemicals and some contain heavy metals, like mercury.

Therefore to help you investigate what has been making you ill and to provide the education you need to develop a **principle-centered, healthy dietary (air, water, food) lifestyle** to improve and maintain optimal health, I have provided the documents discussed below.

Again, when you consider you would be dead in minutes without air, weeks without water and after a couple of months without food, it would appear that air is more important, than water, and water more important than food, at least on the short-term, since all three are required for life and the quality of your health itself. However, for discussion in this document, I will reverse their order and begin with Food, then Water and then Air.



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## Food

In the “**Dietary Guidelines**,” the two **Dietary Checklists**, and the “**One Degree of Change**” **Cookbook**, which are also part of the **STSP™** program, you will have foundational education and guidelines on Dietary Basics to help you improve the quality of your Diet (what you eat and drink).

### Two Dietary Checklists To Help You Make Lasting Changes

To make permanent and lasting Dietary changes, you integrate one or more new dietary practice and monitor your progress with the **Dietary Guidelines Checklist (DGC)** and the **Dietary Avoid Checklist (DAC)**. Do not be concerned when you fail to eat or avoid the foods on the Checklists, because this is all part of the process.

Just like a baby learning to walk, falls down (which is failing to stay standing to walk) many times before the baby has enough strength in their legs and understands how to stay upright. When the baby fell down the first time, the parents did not say, “Well, honey, that’s it! One try to walk and you failed! So you are doomed to crawl for the rest of your life.”

I was that baby once, and now you are in relationship to **being consistent in eating the foods that promote health and avoid the ones that promote disease**. Every day, your choices are promoting health or creating disease. Yes, your choices every day determines if you are going to be healthy or not.

So I have provided these Checklists for two purposes: one is to know what to do or not do, and second, to keep an ongoing daily, weekly (and no longer than monthly) record of your successes and failures. Those who record daily, several times a week, or at least once a week, make more consistent and permanent changes faster.

Keeping a record helps you be **accountable to yourself** and gives you a healthy perspective on your progress, which helps you...



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1. Stay focused on where you need to be more consistent,
2. When you have and each time you have succeeded in a particular step, and in time,
3. When you are unconsciously consistent every time in a particular step, you will know which that you have now “Mastered” that step.
4. Then repeating these steps will in time help you master every step. Then you truly are living a healthy dietary lifestyle.

When you master the step, this means you **unconsciously** practice that step every day without thinking about it, just like you brush your teeth every day without thinking of that.

If someone said, “Did you brush your teeth today?” You know you did because you do it every day without thinking, but at the moment the question is asked, you have to stop and think about it just to be sure.

That deeply unconscious level of a routine, daily, healthy habit or daily practice is your goal for each step. You are already doing this regarding all the unhealthy steps you routine engage in daily.

Understanding how this process works can help give you leverages on yourself to make healthier choices more often and more consistently each day, and less unhealthy ones, so you can stop creating your own illnesses and diseases.

One day you will look back and be amazed that you have mastered each step on both Checklists. On that day, I would love to hear from you and celebrate with you!!



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## Unyielding Decisions - Types of Commitment

Do not get discouraged in your journey to master each step on these two Dietary Checklists. Be patient with yourself, just as you would a baby learning to walk.

Some steps take a few days, some take weeks to master, some take months and others may take years. However, what is important is that you have made an **unyielding decision** (also called a commitment or vow to yourself) to keep working on these Checklists until you have mastered them, no matter how long it takes.

In my experience helping people since I opened my business in 1981, I have experienced three types of clients regarding the checklists I have provided for them to help improve their health:

1. **Type 1** – are those who are fully and unwaveringly committed to becoming the healthiest they can be, committed to staying healthy by maintaining their healthy diet and thus are working daily toward preventing disease.
2. **Type 2** – are those motivated to make some changes, even some significant ones, but are not willing or ready to make all the changes on these two Checklists to truly develop a healthy dietary lifestyle.
3. **Type 3** – are those who want to be #1 above, but are truly #2 and they struggle within themselves for years until finally they relax and submit to that inner knowing of what is right and then they become #1 because deep inside their spirit and soul was working on being #1, even though their flesh through those years was being #2.

My role is to support you on your journey towards health. I am not here to judge you at any stage in your efforts to develop a healthier diet, no matter what that ultimately means, i.e., whether you succeed in making all these changes, some changes or some significant changes. The journey you are on, I have been on, and all my clients before you. The journey or road to health is the same for everyone.



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**You cannot become and stay healthy unless you make the changes that promote health and stop doing the things that create disease. It is that simple. Though a simply formula, it certainly is not that simple to master.**

Developing a healthy diet according to these checklists will be one of the most challenging tasks you will ever take on in your lifetime.

However, it is really great, the most wonderful experience as you master each step, because you feel great, you look great, you age well, and you are well, strong and still standing in your elderly years, when others around you are dying or becoming so crippled and ill that they have no life except taking pharmaceutical drugs and talking about their aches and pains.

## Beyond the Basics

Lastly, remember that the **STSP™** system is providing basic, “dietary” foundational education. Dietary or Diet means “what to eat and drink.” There is more. Beyond the Basics are the advanced “**Dietary Principles.**”

Dietary Principles relate to:

- how much to eat and drink,
- when to eat and drink,
- where to eat and drink,
- how to eat and drink, and
- other dietary principles that are as important as what you eat and drink.

How much, when, where and how principles when adhered to promote a healthy functional Gastro-Intestinal System and metabolism, otherwise, you may eat and drink healthy foods to nourish your body, but your cells cannot receive these nutrients to nourish and heal the body if you are not digesting or metabolizing the foods and beverages once they pass the tongue and enter your body.

When these Principles are unknown or neglected and thus interfering with the process of complete and through digestion, absorption, assimilation, and then distributing the nutrients to the cells, from the food, water and other healthy



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beverages consumed, and after that removing cellular waste from the body...the body becomes malnourished, toxic and diseased, even when healthy foods are consumed. **It is just this happens faster for those who are eating unhealthy foods.**

So when you are ready, you may contact me at any time to schedule telephone consultations to learn these Dietary Principles. You can learn and integrate these principles at the same time as you are utilizing the two **Dietary Checklists** or at any time you are ready.



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## Water

The documents, titled “**Dietary Guidelines,**” “**One Degree of Change,**” and the two **Dietary Checklists** also provide educational information on improving the quality and quantity of your water. However, the protocol for **Rehydration** and **Hydration Maintenance** (Step 1) has been included in this document since to rehydrate your body will require supplementation.

It is important to be reminded, if you read that information first, that there are only two methods for purifying water and that is through a **Reverse Osmosis Purification System and Distillation, using a Distiller machine.**

R.O. systems are low maintenance and distillers are high maintenance, which is why I recommend R. O. systems. If you do not keep your distiller cleaned at all times, it will grow bacteria and other germs in it. This does not happen with an R.O. System.

Both purifying methods does remove minerals, supplementation with a whole food multiple mineral supplement is essential. Feel free to call me for a free consultation regarding whole food multiple minerals. Also, Filters are not purifiers.



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## Air

Have you ever noticed light coming in from a window and shining on all the dust and debris floating in the air? Have you considered how much each person is exposed to petro-chemicals emitting from the engines in the vehicles from riding to work, to school or to shop each day? Do you live near a factory that emits smoke or other pollutants into the air? Are you exposed to second-hand smoke because of a smoker around you or first-hand because you smoke?

All of the above has an accumulative and adverse effect on your body's ability to breathe sufficient and pure oxygen which is a vital requirement of your lungs, heart and every other cell in every other organ of the body.

So the important steps to fulfill your body's requirements for sufficient and pure air include all four items listed below.

After reviewing the information on my website regarding the list below, you may schedule a free telephone consultation with me for more information on #2 and #3 below:

1. **Deep Breathing Exercises 2-3 times daily (in nose; out mouth)**
2. **Air Purification System**
3. **Chi Machine.**
4. **Double Helix Water (DHW)** – air is not the only source for getting oxygen into the lungs and other parts of the body. Drinking R.O. purified or distilled water with added **Double Helix Water** is another source for oxygen. **Double Helix Water** will be discussed in the next chapter on Re-Hydration.



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## Step 1 – Re-Hydration & Hydration Maintenance

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### Re-Hydration Protocol - Complete Introduction

I am listing **Re-Hydration** as Step 1 in the design of your Therapeutic Supplement Program because to successfully re-hydrate the human body will require a supplement called, **Double Helix Water**, in addition to consuming the right amount of water your body requires.

The Formula for calculating how much water you need is: **one half your body weight in ounces.** For example, if you weight 120 pounds, you need 60 ounces of Reverse Osmosis (R.O.) purified water.

You can, however, drink the exact amount of water your body requires and still be dehydrated if you do not add Double Helix Water. Its purpose is discussed below.

From the day we stopped drinking water from streams and rivers, we stopped drinking "complete" water. And even though pure water is essential to health, any time water is processed through any system (filtration, R.O. purification or distillation) what gets removed is called "water clusters." As mentioned in the Water section of this document.

Our scientists were unaware of the existence of these water clusters until a little over a decade ago when the **Atomic Force Microscope** was invented. It was only in using this most powerful microscope that they were able to finally see what has been in water all this time, i.e., these water clusters.

Because these water clusters look like a Double Helix, as does our DNA, these water clusters are now available in a supplement called, **Double Helix Water.**

Since 75% to 85% of the human body is water and every biological process within the human body requires water to function, and the fact you would be dead



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in a couple of weeks without water, being **Dehydration** is a very serious state and has been linked to being either:

1. The primary cause of your symptoms. In other words, one or more of your current symptoms is being solely caused by your lack of:
  - a. Purified water using an R. O. or Distillation System.
  - b. Complete water, i.e., must add Double Helix to your water, and
  - c. Sufficient water (water intake according to the above formula).

OR

2. #1 above is an underlying contributing factor to your symptoms. In other words, #1 above, plus other factors, like nutritional deficiencies, toxicity, etc., is causing your symptoms.

At the time of this writing, another example of #2 had just occurred yesterday. I talked to a new client, who originally contacted me because of severe insomnia. She falls asleep for two hours every night, then awakens and cannot get back to sleep. This has been going on for almost a year and now she is having many other health challenges due to a lack of sleep.

The primarily cause for insomnia in this particular client is her lungs. In other words, other contributing factors like nutritional deficiencies and toxicity in her lungs are preventing her lungs from functioning properly.

When the body does not get sufficient oxygen into the lungs (from air, water and water clusters) so it can be distributed to the cells of the lungs, and thus to other organs, in time the heart becomes oxygen-deficient during sleep and the body will wake you up, causing you to breathe deeper in order to draw more oxygen into the lungs. In the sleep state we do not breathe in air as deeply as we can when awake.

Please Note: Also, because the action of waking up triggers the bladder, people who wake in the middle of the night (so they can breathe deeper because of the lack of oxygen to the heart), often have to go to the bathroom before trying to or going back to sleep again.



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Because of this, many doctors and patients think they have bladder or kidney problems and that is what is waking them in the night. Though this could be true, I am often surprised at the fact that they either do not know about the above or have overlooked the possibility that it is the lungs and lack of oxygen to the heart that is the real cause for why they are waking up and then must urinate.

I started this client's **Therapeutic Supplement Program** with the **Re-hydration Protocol** and she reported to me yesterday that her insomnia has already improved by getting four hours of sleep instead of two each night.

As I mentioned above the primary cause for her insomnia as indicated by her testing is her lungs, so tomorrow, she will begin her therapeutic supplement program to support her lungs and other health concerns that are of priority to her. We first wanted to get her Hydrated with Double Helix Water so she will utilize her therapeutic whole food supplements EVEN MORE efficiently.

Since all adults require a minimum of eight hours of sleep for cellular and tissue healing, repairing and detoxification processing through the night, her report has revealed that dehydration was also a contributing factor to her insomnia and by correcting this she has already improved 50% of the causes of her insomnia and received 50% improvement in her insomnia symptom.

That is if Lung Dysfunction and Dehydration without Double Helix Water are the only factors. In due time, we will be able to determine if improving lung function, hydrating and consuming Double Helix Water daily is all she needed to restore her sleep to 100% or if these improve her symptoms over 50%, but not to 100%.

If the latter occurs, I will be evaluating her for other contributing causes to her insomnia. For some people, men and woman, there are multiple causes for one symptom. This is why it is so important not to "guess" but to tested for the causes of your symptoms, like through the research-



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based scientific Nutritional Evaluation you have received and/or through a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva and stool).

Dehydration is often overlooked as a primary cause or contributing factor in illness or disease until your dehydration level becomes truly life-threatening. However, **though your dehydration level may not be currently life-threatening, any amount of incomplete, toxic and insufficient water adversely affects all biological processes and thus can have a chain reaction within the body, leading to a myriad of health complaints.**

People are often surprised how well they can think and sleep after consuming the exact amount of water their body requires and this includes taking **Double Helix Water** every day. However, considering that 85% of your brain is water, this should not be so surprising.

Fereydoon Batmanghelidj, M.D., author of the book, **"Your Body's Many Cries For Water"** reported curing over 50 diseases in his patients by just improving dehydration.

As I have established in this document, air and water are the most important substances your body needs to live, as well as to heal and stay healthy.

Since water is made of two parts Hydrogen and one part Oxygen (H<sub>2</sub>O), you are improving the status of both air and water, when you:

1. Drink the amount of water your body requires as calculated using the Water Formula, and
2. When adding **Double Helix Water** to make your purified water (Reverse Osmosis or Distilled) complete.

To understand how these water clusters are formed, the science behind **Double Helix Water**, overview of many other health benefits from Double Helix Water, as well as to read over 30 testimonies by clients who have experienced a wide variety of health benefits from drinking it, including Olympic Athletes, go to my website and with the mouse over **"Equipment-Air-Water,"** click on the pop-out



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attachment webpage, titled, “**Double Helix Water.**” While there, scroll down to the webpages on the purifications systems I recommend for Air and Water.

Remember that because water is required for all internal and external biological processes, drinking sufficient, pure and “complete” water by adding the Double Helix Water supplement to your Therapeutic and Maintenance Supplement Programs will help improve everything in your body.

So Double Helix Water is a supplement you and your family require on a daily basis for the rest of your life, except for when you are drinking clean water directly from a stream, river or lake.

Yeah, I know, right now you may be thinking, “Good luck on finding a clean water source anywhere on Earth today.” Sad, but true.

Once on the **Double Helix Water** webpage, please begin by first reading the Introduction article at the top of the webpage, and then proceed down the webpage to read the testimonials and reports from these athletes. My **Introduction article** will explain why Double Helix Water is so important and how these water clusters came to be made in streams, rivers and lakes.

Understanding these water clusters is a vital key to you becoming and staying healthy for the rest of your life. So get this knowledge so it will serve you from now on.



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## Here Is How Important Double Helix Water Is!!!!

If you could afford only one supplement protocol, it should be to complete the Re-Hydration Protocol. This is a very important step to healing and health maintenance.

If you could afford only one supplement in our Therapeutic Supplement Program, it should be Double Helix Water.

Why? Because remember water is your second most important nutrient, even above food. So assuring that you have sufficient AND COMPLETE water is the best place to put your money if it is limited to one supplement.

However, the reality or **“True Recipe for Health”** is:

1. To improve your health and attain optimal healing through your Therapeutic Supplement Program, it is both essential to drink sufficient, pure and complete water, using Double Helix Water, as well as take your therapeutic, whole food supplements, just as it is essential when therapy is no longer required,
2. To continue drinking sufficient, pure and complete (DHW) water, as well as take your health “maintenance” supplements.



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## Re-Hydration Protocol

Ideally, making the Re-Hydration Protocol your first step toward improving our health will help your body metabolize the nutrients from your foods, beverages and whole, food therapeutic supplements recommended in your Nutritional Evaluation Report. .

If you could afford only one supplement protocol, it should be to complete the Re-Hydration Protocol. This is a very important step to healing and health maintenance. If you could afford only one supplement in our Therapeutic Supplement Program, it should be Double Helix Water. Why? Because remember water is your second most important nutrient, even above food. So assuring that you have sufficient AND COMPLETE water is the best place to put your money if it is limited to one supplement.

Please note: Even if you did not feel any initial "symptom" improvement after you have completed the **Re-Hydration Protocol**, do not be discouraged, because in time you will reap the benefits.

If I had tested your biochemistry (for example, blood, urine, etc.), before you started your Re-Hydration protocol and then retested afterwards, you would have scientific proof that your body is benefiting from correcting dehydration.

Additionally, when you read the over 30 Double Helix Water testimonials on my website, you will notice that some of these people did not start feeling the benefits of adding Double Helix Water until six months, a year or longer. In cases like this, it just tells you how deficient the person was that it took that long to correct water-related symptoms.

Therefore, to begin your Therapeutic Supplement Protocol, you will want to contact me to purchase three bottles of Double Helix Water. Two will be used for the Re-Hydration Protocol below and the third one will be used to continue Double Helix Water at a maintenance dosage to maintain hydration. At this time, you will need to order one bottle for a 30 day supply of Double Helix Water.



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## Re-Hydration Protocol Instructions

1. Obtain a one gallon glass (preferred) or BPA Free Plastic container with a spigot from the health food or department store. Some of these only come in two gallon sizes, however, that does not matter because you will stop at the one gallon fill line for the purpose of the Re-Hydration Protocol.
2. Fill the container with one Gallon of Reverse Osmosis (R.O.) or Distilled water. Use Penta or Fiji R.O. bottle water if you do not have your own R. O. water purification system.
  - a. Do not use any R.O. or Distilled water that has had minerals added to it.
    - i. First, because these are not nutrient minerals, but synthetically-made, so they will cause mineral deficiencies.
    - ii. Second, because these synthetic minerals will interfere with or prevent the Double Helix Water from doing its job.
  - b. R.O. water is preferred over Distilled water, even though you may notice that distilled water is mentioned more often in the company literature posted on my **Double Helix Water webpage**.

Why do I prefer Distilled water? Because distillation is a high maintenance project and if the parts of the distiller are not routinely cleaned, bacteria and other harmful microbes can grow on these parts and then get into the water. R.O. systems do not have this problem.
3. Pour the entire contents of one bottle of Double Helix Water into one gallon of purified water. After removing the lid to the bottle, you will need some pliers or some kind of tool to pop off the dropper cap, so you can pour the entire contents of the bottle at once into a gallon of R.O. or Distilled water.



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4. Shake the gallon of water with the Double Helix Water in it for a few minutes.
5. Now set your timer for one hour (on the hour or half-hour, whichever you prefer) and drink 4 ounces of the Double Helix Water diluted in one gallon of purified water.
6. Reset your timer again for one hour and repeat Step 5 every waking hour until you have consumed one gallon of purified water with one bottle of Double Helix water in it.
7. If you miss an hour, you must start all over, which mean you are going to have to buy another bottle of Double Helix Water. So pay attention to do this correctly so you will only need two bottles of Double Helix to rehydrate your body. Many people find it easier to do this on the weekend when they are home for at least two days in a row and can stay more focused.
8. After you have consumed one gallon of purified water with one bottle of Double Helix Water, repeat Steps #3 to 7 again.
9. After you have consumed 4 ounces, every waking hour, from two gallons of purified water with one bottle of Double Helix Water in each of the one gallon, you are finished with the **Re-Hydration Protocol**. This process will take 2-3 days.



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## Hydration Maintenance

After completing the Re-Hydration Protocol, follow the instructions below to maintain Hydration. Next to breathing pure and sufficient air, the Re-Hydration Protocol and Hydration Maintenance is the second most important daily health practice you can do to promote and maintain optimal health and prevent disease.

Therefore for Hydration Maintenance:

1. Use one bottle of Double Helix Water per month in a gallon of purified water and drink 2 ounces of this water, twice daily. This is the minimum amount for daily health maintenance. If you are suffering with any symptoms, in a Clinical Nutrition Therapeutic Supplement Program, you can speed healing by drinking 3 ounces, twice daily, until you are healed, and then reduce to 2 ounces, twice daily for maintenance.
2. Now to maintain Hydration, drink one-half your body weight in ounces of either Reverse Osmosis (R.O.) purified water, either by purchasing a R.O purification system, or buying Penta or Fiji bottled water. Go to our webpage on "Equipment-Air-Water" for information about our air and water purification systems for purchase.

Nutrients (macro-nutrients and micro-nutrients) from your diet and supplements are more efficiently metabolized (digested, absorbed, assimilated, distributed and their waste detoxified) when the body is fully hydrated. So you will always get more out of your diet and supplements when you have a hydrated body.

**Every biological process that operates every organ, gland, and body system in the human and animal body requires sufficient, pure and complete water for healthy function.**



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After reading the next two chapters on “**RDA (Recommended Daily Allowance)**” and the **Nutritional Evaluation**, which will help you read your Report, you will be ready for the next step, Step 2, which is to review your own Nutritional Evaluation Report pages and design your first Therapeutic Supplement Program.

Therefore, the Step 2 Chapter will provide the information you need on how to design your initial and subsequent Therapeutic Supplement Program from the list of supplements on your **Nutritional Evaluation Report titled, “Client’s Report.”**

## RDA (Recommended Daily Allowance)

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The above information regarding purchasing supplements based on symptoms alone, also applies to **RDA (Recommended Daily Allowance) levels**.

Most physicians, and other practitioners who are not training in Clinical Nutrition, rely on a list with RDA levels to make recommendations for the amount of the supplements their patients should consume daily.

However, remember that though RDA levels were originally based on a research study of populations of people, their levels or the numbers associated with each vitamin and mineral is the “average” amount that was required by this population of people.

The truth is the human body can rarely be sustained by “average” amounts because the body requirements can fluctuate from day to day due to your diet, stresses, activity, exposures and other lifestyle factors.



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## Your Body Makes Its Own RDA Levels

Included in the reasons outlined in my article titled, "***Three Ways Supplements Are Manufactured Today***", regarding the importance of only consuming whole food therapeutic and maintenance formulated supplements, **is the fact that the human body will take the nutrients in these whole food formulas and make however amount of nutrient levels it needs from the ingredients.**

In other words, your body chemistry is designed to make its own RDA Levels.

First let me give you a dietary example: When you eat a medium size organic apple, it contains 1.5 mg. of whole food complex Vitamin C. However, your body can make up to 1500 mg. of whole food complex Vitamin C if you needed it.

If one day you wake up and your body only needs 350 mg, then that is what the body can manufacture from eating one medium size organic apple that day; if the next day you needed 10 mg., then that would be what your body would make for that day.

**You see no one, no RDA list, no physician, not even me, can tell you the exact amount of a nutrient that your body needs. I can test your biochemistry and/or evaluate you, for example, through the STSP™ system and provide a list of the exact supplements you as an individual require, however, your daily amounts of the nutrients in these supplements fluctuate.**

**So only through consuming whole foods in your diet and taking therapeutic and/or maintenance whole food supplements, whichever applies, can you ever get the exact RDA levels you as an individual need.**

Also, it is important to know that taking multiple vitamins and minerals as sold through walk-in and online stores, that are synthetically-made or isolates are one of the worse types of supplements for people. Why? Because your digestive system was NEVER designed to digest



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1000's of milligrams of Nutritional Drugs, like Ascorbic Acid, which is being sold as Vitamin C, etc. If it needs a 1000 mg. of vitamin or mineral it is designed to make this from 1 mg. of that nutrient, however, it was never designed to have a 1000 mg tablet or capsule dumped into the stomach and then is expected to digest it.

That is why you hear these stories of supplements found in the waste from a port-o-potty at public events. That is if that person was lucky enough to have a digestive system that could move the 1000 mg. tablet or capsule out of the body and intact.

For most people, the digestive system will attempt to break the pill into smaller particles, but the particles that cannot be eliminated will get embedded in tissues of organs and glands.

So not only do these nutritional drugs not get fully digested, rot in the stomach adding to its protrusion, or rot (decay) in some other tissue, but also cause deficiencies in the very type of nutrient that is being consumed. For example, taking Ascorbic Acid in time causes a whole food complex Vitamin C deficiency and is one of the causes for muscle weakness years later.

## Your Body Makes Its Own Therapeutic Levels.

When you have clinical levels of deficiencies, as is indicated when your Nutritional Evaluation Report shows you have a percentage score in one or more of the 14 biological areas OR your biochemistry is out of the Clinical Nutrition ranges for homeostasis on from a Clinical Nutrition Analysis of your Laboratory Reports from testing your blood, urine, etc., then your body requires levels that exceed the amounts available in food, i.e., clinical or therapeutic amounts or levels.

For example, with a subclinical or clinically-deficient level of Vitamin C, you will require more than 1500 mg. of whole food complex Vitamin C for a while, that is until your Nutritional Evaluation and/or Biochemical Test indicate you no longer need a therapeutic whole food Vitamin C. In other words, with a subclinical or clinical deficient level of Vitamin C or any nutrient, your daily requirement will be



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more than what you could get from an apple or other foods in your diet.

So when you look on the ingredients list on the bottles from the therapeutic supplements you receive from me based on your Nutritional Evaluation Report and you see for example, 3 mg. of Vitamin C on one of your bottles, you know your body can take the nutrients from the whole foods and herbs in that bottle and make up to 3,000 mg. of Nutrient Vitamin C.

## Terms: Whole Food Complex & Nutrient Vit/Min.

1. The term **“Whole Food Complex”** means that the Vitamin or Mineral is complete, just as nature made it. It is not synthetically-made in a lab from non-food sources nor has been isolated from some food and then bottled, leaving the rest of the nutrients that make up that food behind, i.e., nothing has been added or taken away.
2. The term **“Nutrient Vitamin or Nutrient Mineral”** includes #1 but also means that the ingredients in the bottle are providing whole nutrient vitamins or minerals, not vitamins and minerals from non-nutrient sources. There are vitamins and minerals in all kinds of substances from chemicals to rocks.

For example: Calcium Carbonate is a rock, it is not a Nutrient Calcium like Calcium Lactate. Walk-in and on-line stores often sell Calcium Supplements that contain Calcium Carbonate, instead of a Nutrient Calcium. The cells can only heal and stay healthy when they receive whole nutrients.

**So again RDA levels, books, internet searches, sales people and online vitamin store webpage information can never tell you, as an individual, the exact supplement(s) your body requires today, tomorrow or any day in the future.**



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## **This can only come from:**

1. A research-based Nutritional Evaluation, like **STSP,™**
2. A Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva and stool), which is available by simply contact me, and/or.
3. A Clinical Nutrition physical examination.

**Nor can books, internet searches, sales people, online vitamin store webpage information or a list with RDA Levels tell you the exact amount of the nutrients in the supplements your body requires.**

## **This can only come from your body:**

By consuming a whole food diet and taking only whole food therapeutic and maintenance supplements as identified through your **Nutritional Evaluation Report and/or Clinical Nutrition Analysis of your Laboratory Reports**, your body will have the nutrients it requires to make its own individualized RDA levels.



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## Nutritional Evaluation (aka Client's Report)

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The terms "**Nutritional Evaluation,**" "**Nutritional Evaluation Report,**" "**Client's Report**" or simply the "**Report,**" refers to all of the following pages:

1. **Page 1** – Symptom Survey Scoring Sheet (Client's Report)
2. **Page 2** – Progress Report (Client's Report)
3. **Page 3** – Nutritional Program (Your Name and Report Date) – I call this the Nutritional **Supplement** Program page.
4. **Page 4 and 5** (more or less) – Description of Recommended Supplements – there may be one or more pages with this title.
5. **Last Page(s)** – Symptom Survey Summary Client's Report Final

Each page of the Nutritional Evaluation has its own title page as you can see above and will be discussed below.

You may ignore any partS on the above pages that are not discussed in this Chapter.

Why? This report is actually a report for nutritional doctors like myself; which I am providing directly to you. So, some of the information is simply to help me help you further when/if needed. However these parts are not directly relevant to the information you need to know from your Nutritional Evaluation Report(s) to design your therapeutic supplement program and to observe your ongoing progress in updated **Nutritional Re-Evaluation Reports**.

For example, the information you need to know is:

1. Your percentage scores in each of the 14 biological areas of your body, (Page 1).
2. Which therapeutic supplements you need to correct the abnormal scores for each of these 14 areas (Page 1 and 3),
3. What the supplements will be doing for you, i.e., benefits and purpose (Page 4 and 5) and



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4. How to use the information in this report to design your own personalized therapeutic supplement program, i.e., this document.
5. How to calculate the date for your next Nutritional Evaluation, which is called the **Nutritional Re-Evaluation**. Your Re-Evaluation date is dependent upon:
  - a. The number of supplements you have included in the design of your **"Self-Therapy Supplement Program"** from the list of supplements on Page 1 and 3, along with .
  - b. The dosage you will be consuming from each supplement (Page 3) in your program...
  - c. Determines the pace at which you will be assisting your body in healing itself and thus become the criteria to determine the date for the next Re-Evaluation.

## **Nutritec:**

The terms "Nutritec Software or Nutritec Program" in this Report are not referring to the **"Self-Therapy Supplement Program (STSP™)**. These terms refer to the research-based computer software used to help me generate your Nutritional Evaluation Report, which is one part of the **"Self-Therapy Supplement Program (STSP™)**



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## Page 1 – Symptom Survey Scoring Sheet

You will notice that though each page of this report has its own unique title, the term “Client’s Report” appears on some, but not all of the pages in this Report. However, frankly, every page of this Report is the Client’s Report.

### Calculated Group Scores

This section of your **Nutritional Evaluation Report** lists the 14 biological areas or groups of your body where you have a percentage score and lists them in order of priority from the most severe (highest percentage) to the least severe (lowest percentage).

Most people can acknowledge the accuracy of this report by the simple fact that they feel worse symptomatically in the areas at the top of the page in comparison to the areas in the bottom.

However, if you do not address (i.e., take the supplements for even the least severe, in time, these areas at the bottom of the page will become worse and you will find them at the top of a future Re-Evaluation Report.

Addressing areas with lower scores require less time, money and energy on your part than allowing them to get higher where it may require more time, money and energy.

Note: I use the term “**area or areas**” when referring to the 14 biological areas on Page 1 of our Nutritional Evaluation Report; however, when referring to the percentage scores for each area, the report uses the term “**group.**” So whether you read the term “area or group” in this document it means the same thing, as I am talking about either the area itself or the percentage score for that area.



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## System Commendations and Scores

There are three columns in this section of your report:

1. **Column #1** – Product Lines (Standard Process and Medi-Herb),
2. **Column #2** – Functional Support and
3. **Column #3** – Score.

### *---Column #1 - Product Line Standard Process and Medi-Herb*

For therapeutic whole food vitamin and mineral supplements I am recommending **Standard Process, Inc.**; and for therapeutic herbs, I am recommending **Medi-Herb**. You will note that there are herbs in some of the Standard Process, Inc., supplements; however, Medi-Herb contain only therapeutic herbs.

**Vegetarian or Not Vegetarian?** If you are a vegetarian, select the **Medi-Herb supplements** as these are all pure herbal plants; if you are not a vegetarian, then select Standard Process. If it does not matter whether you take all herbals or not; then select Standard Process.

Having said the above, it is important to understand that when a part of animal is included in a Standard Process, Inc., supplement, it is the DNA template of the animal, which helps direct the nutrients to the area of the body that we want the nutrients to nourish.

When I am designing a therapeutic program, I use Standard Process (SP) supplements first and then when I want to boost, tweak or strengthen the SP program, I will add some Medi-Herb supplements.

We do have vegetarian formulas that are Standard Process, however, because the **Nutritional Evaluation Report** does not automatically identify which in your list of recommended SP supplements are vegetarian and which are not, then I recommend that Vegetarian's order only the recommended Medi-Herb supplements.

Whether on the **Standard Process** or **Medi-Herb Supplements** you will get



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results, they are both wonderful product lines:

## **Both include:**

1. Organic, pure, whole foods,
2. The right parts of the plants have been selected at their peak harvesting time to assure the most potent medical properties,
3. They are safe and effective when taking as I am directing you in this document. (As with anything good, misuse can have consequences.)
4. The supplements listed on Page 1 and 3 are formulated for clinical or therapeutic use only to improve abnormal percentage scores by providing the nutrients the body requires to:
  - a. Repair damaged cells,
  - b. Grow new cells in place of those that cannot be repaired,
  - c. Balance biochemistry,
  - d. Restore organ, gland and body system function, and
  - e. Maintain optimal health.

When all of your biological areas have a zero (0) score on a future Re-Evaluation Report, then your **STSP™** therapy is completed.

At that time, you can follow the instructions in this document to design your own "**Health Maintenance Supplement Program**" to help you:

1. Continue to provide your daily requirements,
2. To maintain optimal scores in each of your biological areas so you can maintain the improvements in your symptoms that you attained through your therapeutic supplements,
3. To support any inherent or acquired weaknesses,
4. To maintain the level of health that you have earned for yourself, and



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5. To help you prevent developing future diseases.

All of the above is explained in the “**Health Maintenance Supplement Design**” chapter of this document.

Here is a little more about each company:

## -----Standard Process, Inc.

**Standard Process, Inc. (SP)** was established in the 1920’s and is the first and now oldest vitamin and mineral manufacturing company in existence in the U.S. today. SP formulates a professional line of clinically-formulated, “whole food” supplements for therapeutic and maintenance use and distribute them through health care professionals, like myself. For example, you cannot “legally” purchase these through walk-in stores.

Headquarters for Standard Process, Inc. is situated on areas of farm land where they grow the foods and herbs in their formulations, as well as raise many of the animals used in their products. They also contract with other trustworthy farmers who raise grass-fed, free-range animals for them, too.

## -----Medi-Herb

**Medi-Herb** is a professional line, therapeutic herbal company in Australia, who distributes their herbal supplements in the U.S., through Standard Process, Inc.

Unlike the U.S. today, Australian physicians do not just prescribe drugs as medicine. Medi-Herb supplements are dispensed by Australian medical and naturopathic physicians as well as their nutritional practitioners.

The herbal supplements formulated by Medi-Herb are truly God’s medicine. You may have read passages in the Bible regarding God’s intention for us to use herbs and other plants with medicinal properties for healing, such as: Ezekiel 45:12: “Their fruit will be for food and their leaves for healing” or Revelations 22:1-2: “The leaves of the tree were for the healing of the nations.” There are over 40



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references to using plants for healing in the Bible.

To keep this in perspective, you must remember that for the six million years humans have existed on earth, food and herbs have been their only medicines, and they always will be. Why? Because the body was made to use them for healing and health maintenance.

It was not until the early 1950's, only about 67 years ago, that our physicians prescribed the first pharmaceutical drug in the U.S. Yet since most people alive today were born just before or since the 1950's many people are unaware of these facts.

Still it only took twenty years, by the 1970's, for American's to begin to return to their roots and seek our traditional medicines (foods, herbs and Homeopathics) again.

Why? Because it took approximately twenty years for drugs to deplete a sufficient number of macro- and micro-nutrients to bring them to a place where they were sick and tired of their health declining from drug side effects and thus began seeking healthier, non-invasive, effective and safer treatments.

**Drug side effects are new symptoms that develop from the nutrient deficiencies and toxicity (poisons) from the chemicals and metals in the drugs patients are taking.**

## **---Column #2 – Functional Support**

The **Functional Support column** gives you a quick reference list using only a few words or phrases for the key benefits, purposes or reason for which you tested well for the particular therapeutic supplements to the left and on the same typed line.



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## Please Note:

1. You may also notice that some of the words or phrases in this column are incomplete, like the typing stopped in the middle of a word or phrase.
2. This is because the computer software we are using to produce your report is programmed to pull information for the Functional Support column from another part of the entire report, which is not part of your Nutritional Evaluation.
3. However, don't be concerned about this, because all the information you need on the purpose or benefits of these supplements is listed in the report on the page titled "**Description of Recommended Supplements.**"
4. And the purpose of the words and phrases in the Functional Support Column is simply to give you a quick reference to a few words or phrases for each supplement, so you do not have to always go back to the **Description of Recommended Supplement** pages for this information.

Note: The Description of Recommend Supplements may include one or more pagers, depending upon the number of supplements listed on page 1 of this report.

## ---Column #3 - Score

Another beautiful benefit about this **Nutritional Evaluation Report** is, in addition to the evaluation scores for the highest to lowest in severity for each of the 14 biological areas of your body, we are also providing an evaluation score for the therapeutic supplement I am recommending to correct the scores for these 14 areas.

In other words, the scores in Column #3 of this section of the report, "**System Commendations and Scores,**" will inform you of the percentages from highest to lowest regarding the priority importance of each supplement list specifically for you.



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The **Scores Column #3** also lists the highest percentage at the top to the lowest supplement scores at the bottom, which means the supplements at the top of the list have the highest priority for your biochemistry.

This does not mean the supplements at the bottom of the list are not required. All the supplements on this report are required.

The lower percentage supplements are required to provide the nutrients in the various biological areas that relate to them and/or they provide synergist nutrients that boost the supplements listed above them.

So the scoring of the supplements in this section report is presented to help you design your Therapeutic Supplement Program. In other words, some people can afford to take all the supplements listed in this report from the highest score to the lowest score in Column #3; however, others may not be able to do this.

Therefore, by knowing the scoring for each supplement, you can use this information to insure that you are including in your self-designed supplement program, the supplements with the highest priority (the highest percentage) first.



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## Page 2 - Progress Report (Client's Report)

### 1. Group Scores –

The list of 14 biological areas and their percentage scores, under the **"Calculated Group Scores"** section on Page 1 of your Nutritional Evaluation, is reprinted under in the **Group Scores** column on the **Progress Report (Client's Report)** page.

Then when you receive your **updated or next Nutritional Re-Evaluation Report**, the biological areas and their percentage scores will appear in the next column so you can easily:

1. Compare your progress with the scores from the previous Nutritional Evaluation Report so you may see the biological areas that...
  - a. No longer require supplement support because their percentage score is now zero (0),
  - b. Have improved scores when compared to your previous report, however, still require supplement support because they are not yet zero.
  - c. Have not improved or their score has increased because you are not yet taken supplements for these areas.

This helps you monitor areas you are not yet supplementing so that if their scores start to rapidly increase you will need to consider adding their supplements to your program to prevent them from getting worse.

If any scores are increasing in areas that you have been supplementing, this means you need to either:

- a. increase your daily dosage on the supplements for areas with increased scores OR



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- b. This may indicate the need for more frequent Nutritional Re-Evaluations.

You see, as your body chemistry improves, your supplement needs will change.

The frequency of Re-Evaluations should be calculated to the best of your ability to give you the scientific information you need to make “timely” changes in your supplement program to meet these biochemical changes, thus not allowing areas to get worse due to neglect.

Some people need more frequent Re-Evaluations for a while to stay on top of rapid biochemical changes, and others do not.

With each subsequent Nutritional Re-Evaluation Report, you will redesign your supplement program based on the new priorities in both the percentage scores for the 14 biological areas and the percentage scores for the supplements.

With a quick glance at the three columns on the Progress Report page, you are able to see the percentage scores for your current Nutritional Re-Evaluation and the two evaluations before your current one.

2. **Visit Date & Toxicity - Measurements** – The measurements listed below will be included in the Nutritional Evaluation Report for those who provide this specific information requested or provide the measurements needed for the software to calculate the information.

Therefore, if you want to keep track and monitor this information and/or have this information factored into your evaluation, where applicable, feel free to provide the data below.

- a. Body Mass Index (BMI) – this is calculated automatically from your weight.
- b. Weight,



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- c. Blood Pressure (BP) – Three ways: Sitting, Lying and Standing,
  - d. Pulse,
  - e. pH (Oral AM, Oral PM) and Urine AM and PM) –
    - i. I/when you would like to learn how to test and record your oral and urine pH, please contact me. Maintaining optimal oral and urine pH assures that your body is strong to fight and prevent cancer and abnormal pH, when too acid or too alkaline, causes many many health challenges
  - f. Cuff Pressure (Before and After) – see instructions below for this.
  - g. Toxicity is not included in the **STSP.™**

Items # 2.b., 2.c., 2.d., 2.e., and 2.f. are requested on the Questionnaires and Forms completed for the Nutritional Evaluation, however, if one or more of the information or measurements are omitted, the omitted part of this section of your Evaluation Report will be blank.

3. **Provider Recommend Supplements** – this section is at the bottom of the “**Progress Report (Client’s Report)**” on Page 2 and is provided for me to insert one or more therapeutic supplements to tweak, enhance or reprioritize the list of recommended supplements on Page 1, under “**System Commendations and Scores,**”. for those who may occasionally need some additional professional help and have prepaid for this service.

## Cuff Pressure – Defined and Benefits of Testing Tissue Calcium

Measuring Cuff Pressure is an excellent way to test tissue calcium and determine if you are having problems metabolizing calcium.

**Calcium** is the **most abundant mineral** in your **body**. It is essential for the development and maintenance of strong bones and teeth, where about 99% of the **body’s calcium** is found. **Calcium** also helps the heart, nerves, muscles, and other **body** systems work properly. Calcium protects the body against cancer, diabetes and high blood pressure.



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Because it is the most abundant mineral, the lack of it in the tissue has multiple adverse consequences throughout the body, thus low calcium can lead to multiple organ and gland dysfunctions.

Therefore, monitoring and correcting tissue calcium deficiency is essential to improving and maintaining optimal health.

## **Diffusible Tissue Calcium is necessary for:**

1. Muscle Contraction,
2. Nerve Transmission,
3. Blood Coagulation,
4. Immune Support.

## **Signs of Low Tissue Calcium:**

1. Muscle Cramps and Charlie Horses
2. Muscle Aches and Pains
3. Sun Burn
4. Wind Burn
5. Herpes and Shingles skin eruptions
6. Low Immune Function.

The medical industry has done an excellent job in bring people's attention to the need to take a calcium supplement when they have calcium deficiency, however, what they and the public do not know are:

1. Symptoms of calcium deficiency are not always due to a lack of calcium. You can have calcium deficiency symptoms if you are getting sufficient calcium, but you are not metabolizing your calcium, so the calcium can be transported to the cells.
2. You may also be taking a calcium supplement, but if it is a nutritional drug, i.e., synthetically made or an isolate, then your body cannot digest or utilize these types of fake calcium and the end result is more severe calcium deficiency and interference with calcium metabolism.



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3. That there are other nutrients required to metabolize calcium and deficiencies and excesses in these particular vitamins and minerals can cause you to have calcium deficiency or excess symptoms, though your calcium levels are normal.

A **Tissue Mineral Hair Analysis** will identify whether you have sufficient cellular calcium and the other minerals and vitamins for metabolizing your calcium. Serum Calcium will tell you only the amount of calcium currently in your blood. So whether you need a Calcium supplement is determined either with both hair and blood testing or when Calcium appears in the list of supplements on any of your Nutritional Evaluation Report.

## How To Measure Cuff Pressure

1. Use a Manual, not an Electric, Blood Pressure Machine.
2. Put the Cuff of the Blood Pressure Machine around the largest part of the lower leg (left or right).
3. Take the blood pressure reading of the lower leg.
4. Stop at the point between a Reading of 0 and 200 where you feel the leg knotting, like it is going into a cramp. Stop there and take that reading.
  - a. Do not let the reading go over 200 or you could induce a leg cramp. Though some people cramp when reading is between 120-140.
5. If no knotting or cramping when you get to 200, you are finished and your Reading is Zero.



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## Evaluating Cuff Pressure Results

1. **Optimal Tissue Calcium Status** - You can tolerate cuff pressure up to 240 without cramping –
2. **Adequate Tissue Calcium Status** - No cramping with Reading up to 200.
3. **Poor Tissue Calcium Status** – If knotting or cramping starts below 200.

## Correcting Poor Tissue Calcium Status

1. A-F Betafood – 6 daily for gall bladder
2. Livaplex – 6 daily for liver
3. Betaine Hydrochloride – 6 daily for Hydrochloric Acid.
4. EFA Oil Liquid Blend – 1 teaspoon daily for Essential Fatty Acids.
5. Calcium Lactate – 3 – 6 daily
6. Cataplex F – 3 daily for Vitamin F.
7. Apple Cider Vinegar – 1 Tablespoon in warm water daily. Make add drop of Stevia if too sour for you.

Though the above list is long, it is truly not everything that may be required for tissue mineral calcium and calcium metabolism. It is a place to start.

For best results, contacting me for a Clinical Nutrition Analysis of your Tissue Mineral Hair and Blood testing will narrow down exactly which of the above nutrients you need and updated tests informs you of when you do not need the nutrients indicated in your initial tests. It will also identify other nutrients not listed above that you may require.



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## Page 3 – Nutritional “Supplement” Program

### Nutritional Program – Supplement Chart

1. **With Meals** – means to chew some food then lay the tablet or capsule on your tongue with the chew food and swallow both at the same time.
2. **Before Meals** – means to take the tablet or capsule with purified water at least 30 minutes before meals.
3. **Empty Stomach** – means when your stomach is empty, for example, one or two hour after or one hour before eating a meal or snack.
4. **Before Bedtime** – before or at bedtime is ideally best when taken one hour before bedtime.
5. Your **Supplement Chart** has seven columns indicated the best times to take each specific supplement. Do your best to follow this chart, however, I realize that “life happens” and sometimes it is challenging to do so. In these cases, here are some additional tips:
  - a. Always follow the instructions for taking supplements on an empty stomach, before or after meals, and before bedtime when indicated on the chart.
  - b. However, if you are unable to take supplements three times a day as indicated in the Columns titled, “With Breakfast, With Lunch, and With Dinner,” then count the total number of pills and divide by two. Then take half before or with Breakfast and the other half before or with Dinner.
  - c. If you have an odd number, then take more before or with Breakfast than Lunch or Dinner. For example: if you were instructed to take one pill of a supplement three times daily, then dividing the total amount of 3 by two, would mean that you would



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take 2 pills before or with Breakfast and one pills before or with Dinner.

- d. Note: Though the Columns are titled "With Breakfast, With Lunch and With Dinner – ignore the word "With" that precedes the column title. As you can see in the "Usage is Expressed In," some pills are not take "with" each meal, but are taken before meals, every other day, or on an empty stomach



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## Starting One or More New Supplements

### Taking New Supplements

When starting any new supplement, which means all supplements you have included in your “first” self-designed Therapeutic Program, do the following:

1. Follow the instructions on the **Nutritional Program Chart** for when (breakfast, lunch, dinner, bedtime) and how to take them (before meals, on an empty stomach, etc.), and
2. However, regarding dosage, just take one pill of each supplement for three days, if no cleansing signs or allergic reactions proceed by adding one more pill per day until you are at the full daily dosage indicated on the Nutritional Program Chart.
3. For example: if your total daily dosage is 6 pills, showing up as 2 under the Breakfast Column, 2 under the Lunch and 2 under Dinner, you would do the following:
  - a. Day 1, 2, and 3 – take one pill each day,
  - b. Day 3 – take 2 pills
  - c. Day 4 – take 3 pills
  - d. Day 5 – take 4 pills
  - e. Day 6 – take 5 pills
  - f. Day 7 – take 6 pills as directed on the Nutritional Program Chart, as well as every day thereafter until you receive your next Nutritional Re-Evaluation Report where you will have new data to design your next supplement program.

### Why? Start Slow?

**Weak Digestive System** – First, because due to years of eating processed foods, white sugar, flour and rice products, non-organic foods with herbicides and pesticides sprayed on them, packaged foods with dyes, preservatives, and other chemical additives, fried trans-fatty foods, and so on, the stomach



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and other digestive system organs may be weak from overworking in trying to digest these non-food substances, and managing the undigested rotting food particles that result.

Therefore, taking supplements, that provide whole food nutrients the body (and stomach) needs to heal itself, may be a bit strong for a weak stomach at first, so you need to ease into taking the full dosage.

1. **Cleansing signs** may also occur, temporarily, as the nutrients in the supplements begin to neutralize “bad” acids and/or when moving some toxic or undigested food out of the stomach.

**Signs** may be an upset stomach, mild nausea, or any other sudden sensation that something does not feel right in the stomach and/or colon area. However, though cleansing signs may be temporarily uncomfortable, they are not harmful to the body and they will pass soon.

What is harmful is when these toxic substances and undigested food stay in the stomach or bad acids don't get neutralized.

2. **Allergic Reaction** - Because these are whole foods and like any food, it is possible be sensitive to or have an allergic reaction to any ingredient in the supplement. This is rare.

**Please Note:** Being sensitive to or having a reaction to a toxic, refined, bleached, and other processed food or the poisonous chemicals in colors, dyes, preservatives, herbicides and pesticides is normal. You want to react to these so you have leverage on yourself to stop ingesting them.

3. **Start slow** by taking one pill from each bottle and increasing over a week to the total daily dosage, allows the stomach to slowly get used to cleansing actions and prevents or greatly reduces these signs.
4. Because our therapeutic supplements are so well formulated,



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cleansing signs are rare, however, when writing instructions like this, it is important to write for that one or few people who is extremely sensitive and therefore may experience cleansing signs.

5. Even if you do not have cleansing signs, this does not mean you do not have a weak digestive system. Remember, our therapeutic supplements are formulated to help people with weak digestive systems so they don't have to experience cleansing signs to detox and neutralize the stomach.
6. Having a weak digestive system and/or experiencing cleansing signs may apply even for those who are infrequent in eating processed foods or foods with chemicals in them, and even if it has been years since you stopped eating many of these substances.

There are other factors that can lead to weak digestive systems beside what is consumed, such as not knowing or not adhering to specific **"Dietary Principles."** Dietary Principles is explained in the document.

## Discontinued Supplements

As your nutritional biochemistry in each of the 14 biological areas improves from taking the therapeutic supplements recommended in your **Nutritional Evaluation Report**, updated **Re-Evaluation Reports** will show this by their improved percentage scores. The goal is for the percentage score in each of the 14 biological to become zero.

In the process towards zero scoring, some supplements may appear on each report:

1. Until the area it supports scores zero, or
2. Until the body has received all it needs from that supplement.

If the area's percentage score has not reached zero yet, and #2 above occurs, then one or more new supplement will appear on a updated Re-Evaluation Report



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so you will know which supplement(s) is required to provide the nutrients the body needs to work on the another cause for why that biological area is improved, but not yet presenting a zero score. Remember there can be multiple causes for the same symptom(s) and/or multiple causes for all the symptoms presented in each of the biological areas.

**However, when a supplement you have been taking no longer appears on an updated Re-Evaluation Report, you are to wean off that supplement and then discontinue it, finishing all bottles that you currently have on hand of that supplement.**

It is important to wean off of these supplements slowly as outlined below, so that your body chemistry is not disturbed or shocked when it is no longer receiving the nutrients it has been used to receiving for weeks or months.

## Weaning Off Discontinued Supplements

To wean off supplements you have been taking that are no longer listed in your most recent **Nutritional Re-Evaluation Report**, do the following:

1. Reduce your total daily dosage by one pill for three days. In other words, if taking a total daily dosage of six (6) pills daily (taking 2, three times daily), then tomorrow you will take five (5) pills for the next three days.
2. When there is an odd-number of pills, like 5 daily, you will take more at Breakfast, than you would at Lunch or Dinner OR more at Breakfast and Lunch than at Dinner. For example, you would take 3 at Breakfast, 1 and Lunch and 1 at Dinner.
3. Every fourth day, you will reduce your total daily dosage by one more pill. So if Day 1 to 3, you are taking 5 pills daily; then Day 4 you will take 4 pills daily for three days.
4. You will continue to repeat the above by reducing your total daily dosage by one more pill for three days, and then reduce them again by one more pill every fourth day, for another three days, and so on , until you are on one pill



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daily.

5. If you still have pills left in a bottle when you reach one pill per day, then after three days @ one pill daily, you will take one pill every other day.
6. Continue at taking one pill every other day until you finish all pills in each of the bottles that are being discontinued.



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## Step 2 – Designing Supplement Program

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### Nutritional Program As Is or Design Your Own

Now that you have reviewed each page of your Nutritional Evaluation Report and the above chapter that explains the information on each page of this report, you are ready to make a decision:

1. To design your **Therapeutic Supplement Program** (as is), i.e., as it is already designed by the report itself, which is to include all the supplements listed on the **Symptom Survey Scoring Sheet (Page 1)** and the **Nutritional (Supplement) Program Chart (Page 3)** and at the **dosages recommended on Page 3**.

**OR**

2. To use the information on **Symptom Survey Scoring Sheet (Page 1)** to design your Therapeutic Supplement Program based on either:
  - a. A healing pace other than the fastest healing pace, which is #1 above,  
or
  - b. The financial investment you want to make in your Therapeutic Supplement Program.

All of the supplements listed on the Nutritional Program Chart (Page 3) represent the complete and ideal Therapeutic Supplement Program that has been specifically designed to address all of the areas with percentages on Page 1 of your Nutritional Evaluation Report, i.e., the **Symptoms Survey Scoring Sheet**. Therefore, it is the ultimate or fastest healing pace program.



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## Design Your Own Supplement Program

Remember the **childhood story about the Tortoise (Turtle) and the Hare (Rabbit)?**

1. They both entered the race, and
2. Though they both raced at a different pace,
3. They both crossed the finish line.

And the real point for you in this is that no matter what healing pace you choose, you will reach the finish line or destination of attaining the optimal health that is possible using the **STSP™** system.

It is just that you must be more patient with yourself and the Therapeutic Supplement Program you designed using the **STSP™** system and not have unrealistic expectations regarding the timing for symptom improvement, when you choose a slower healing pace program.

## Suggested Healing Pace Plans

The below **Healing Pace Plans** represent taking the **Standard Process** supplements listed on Page 3 in the Nutritional Program Chart, at the dosage that is also listed in this chart. You can ignore the dosages on the bottles unless they agree with the guidelines in this document.

If you chose to design a Therapeutic Supplement Program using both Standard Process and Medi-Herb supplements from Page 1 of your Report, OR you chose to design your program using only Medi-Herb supplements, you can still use the **Healing Pace Plans** below as a guideline in designing your program.

1. **Horse** – The fastest healing pace will occur by taking all of the Standard Process supplements listed on both Page 1 and 3 and at the dosages listed in the **Nutritional (Supplement) Program Chart** (Page 3). If you want lightning speed, i.e., the ultimate fastest healing pace that is humanly possible, you may add all the Medi-Herb supplements too.



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2. **Rabbit** – A fast healing pace, just not as fast as a Horse. A Rabbit Therapeutic Supplement Program means you are taking two-thirds of the Standard Process supplements listed in the Nutritional Supplement Program Chart (Page 3).
3. **Squirrel** - Moderate healing pace is taking one-half of the Standard Process supplements listed in the Nutritional Supplement Program Chart (Page 3).
4. **Turtle** – Slow but steady, healing pace is taking one-third of the Standard Process supplements listed in the Nutritional Supplement Program Chart (Page 3).
5. **Snail** – Slowest healing pace (you must really be patient if you choose the snail) is taking one or two of the Standard Process supplements listed in the Nutritional Supplement Program Chart (Page 3).

For example, if there are nine (9) different Standard Process Supplements listed on Page 1 and 3 of your report, then your Therapeutic Supplement Program for a:

1. A **Horse Healing Plan** would include taking all nine (9) Standard Process supplements.
2. A **Rabbit Healing Plan** would include taking 2/3rds of the nine supplements, which means the top six (6) Standard Process supplements that have the highest supplement percentage score.
3. A **Squirrel Healing Plan** would include taking ½ of the nine supplements, which means the top four or five (4 or 5) Standard Process supplements that have the highest supplement percentage score.
4. A **Turtle Healing Plan** would include taking 1/3<sup>rd</sup> of the nine supplements, which means the top three (3) Standard Process supplements that have the highest supplement percentage score.
5. A **Snail Healing Plan** would include taking one or two of the nine (9) supplements, which means top one or two Standard Process supplements



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that have the highest supplement percentage score.

**General Supplement** – Any supplement that had “GEN” instead of a percentage score is the most important supplement, so though it does not have a percentage consider it the highest percentage if it had one. Why? Because General (GEN) supplements provide over-all body general nutritional support, hence it helps everything in the body.

## Financial Pace Trumps Healing Pace?

The **Invoice Quote** that came with your Nutritional Evaluation Report includes the **bottle count and price** for each supplement on Page 1 (both Standard Process and Medi-Herb Supplements).

The quote is not recommending that you purchase one bottle of each of the supplements listed on the Invoice Quote; unless that is the Therapeutic Supplement Program you designed for yourself.

The Invoice Quote includes one bottle of each supplement listed on your report so that you would know the price for each supplement.

Once you have designed your **Therapeutic Supplement Program** based on the **Healing Pace Plan** you selected, you can use price and bottle count information on the Invoice Quote to calculate the cost for the number of bottles you will order for a 30-day supply of each supplement listed in your program at the dosage indicated on the Nutritional Program Chart.

**All orders are for a minimum of a 30-day supply of the therapeutic supplements for the program you designed.**

This policy will save you money on shipping fees and helps you prevent running out before you have an opportunity to reorder. To run out of your supplements will result in breaking your **healing momentum**, and you want to avoid this at all costs.

**You may find that a 45-day supply assures the above even**



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## **better.**

Once you have calculated your 30 or 45-day supply, if you determine that your monthly financial investment amount must take higher priority over the healing pace you selected, and therefore, you must redesign your Therapeutic Supplement Program to make your program more financially feasible, here are some tips to help you do this:

1. Select the next Healing Pace Plan listed under the one you originally selected. You may repeat this until you find a Healing Pace Plan that is financially acceptable to you.
2. If #1 above has not helped you design a financially acceptable Therapeutic Supplement Program, then the next recommendation is to reduce your supplement dosage in half from the amount recommended in the Nutritional Program Chart on Page 3. For example, if the amount on Page 3 is a total of six (6) pills per day, then reduce the dosage to a total daily dosage of three (3) pills and recalculate the financial investment in your Therapeutic Supplement Program.
3. Keep in mind that it is better to take fewer supplements at their maximum dosage (i.e., the dosage listed on page 3) in the Nutritional Program Chart, than it is to reduce the dosage as described in #2 above.
4. However, if reducing dosages to one-half the recommended dosage on Page 3 is the deciding factor regarding starting or not starting your Therapeutic Supplement Program at a financial investment that is acceptable, at this time, then follow the instructions in #2 above. It is better to start your therapy, even at the slowest healing pace, than to allow the cause of your symptoms and the symptoms themselves to continue to get worse by doing nothing.

Also keep in mind that **STSP™** is not short-term therapy. (Short-term therapy is described on the **Acute Symptoms** webpage). Therefore, it may take weeks, months or even longer to attain optimal healing results on your updated Nutritional Re-Evaluation Reports, i.e., for you to reach a percentage score of zero on each of your biological areas or the best percentage score that is possible using



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the **STSP™** system.

To stop your therapy before attaining optimal healing results will result in symptoms resurfacing because you did not stay on your supplements long enough to sustain permanent healing at a cellular level.

Therefore, it is important to design a Therapeutic Supplement Program with a financially-acceptable investment, so you can stay on your self-designed Therapeutic Supplement Program (based on updated Re-Evaluation Reports) until you attain optimal healing results.

Additionally, if you think you need to reduce your financial investment in your supplement program at any point in the future, be sure to make this change when you have received an **updated Nutritional Re-Evaluation**. That way you can design a new Therapeutic Supplement Program at a lesser financial investment based on the new priorities of your biological areas.

Otherwise, to make changes in your Therapeutic Supplement Program in between Re-Evaluations will result in wasting time, money and energy in respect to your current financial investment and sabotage the healing momentum that is in progress from the Therapeutic Supplement Program you are on.

Whether you are designing a program based on one of the above healing paces or your personal financial pace, be assured that you will get results. There is nothing wrong with slow as long as you are steady and that means you are consistently taking the supplements for the program you designed every day.

Remember the turtle and the rabbit both crossed the finish line, and so will you.



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## Ordering Policy and Guidelines

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1. **Order Supply:** To save money on shipping fees and to assure that you do not run out of your supplements before you are able to place an order and receive your next shipment, our policy is to order a minimum of a 30-day supply of all the supplements in your self-designed program.

Note: This does not apply to special circumstances, like for example, if you dropped and broke a bottle and needed to call in a reorder for one bottle of that supplement to replace it.

2. **Healing Momentum:** Another important consideration is your healing momentum, read the chapter below on "Healing Momentum," and do everything you can to make sure you do not break your healing momentum by running out of supplements before the next shipment arrives.
3. **Shipment Delivery:** Allow 3-4 days for delivery after payment of your order. Also, check your calendar when ordering around holidays to allow for extra shipping days so you do not run out before your shipment arrives, due to holiday's delaying shipping.
4. **Call-In First Order:** Please call in your first order of supplements, however, all other orders may be called in, emailed or faxed.
5. **Card Updates:** If your credit or debit card information changes, please call in the order so you may provide the updated information.

6. **Emailed Orders:**

- a. In the subject line of the email, type: **STSP Order – and Your Name.** This way when we check emails, we can do a search for all **STSP™** orders and process them as quickly as possible.
- b. In the contents of the email, list:

- i. The name of the supplement, ex: AC Carbamide



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- ii. The bottle count, ex: 90 Capsules
  - iii. The number of bottles you want to order, ex: 2 bottles.

**iv. For example: AC Carbamide, 90 Capsules – 2**

Remember there is no return or refund on therapeutic or maintenance supplements or any product that we sell that is subject to temperatures. So check your orders twice before placing them, so no errors will occur.

## Healing Momentum

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When some people engage in the **STSP™** program, they approach it much like they have been regarding supplements that they have been taking from walk-in or on-line stores. In other words, they think nothing about missing a dosage in a day or missing one or more days in a row.

However, what you are receiving here is real therapy. If you do not apply a conscious, consistent effort to take your supplements as directed every day, you will not get the results you are investing in through this program.

You will not only be wasting your time and money, but could also create some biochemical disturbances that can have some adverse consequences.

For example, if your body has gotten used to taking one or more specific supplement at the recommended dosage, every day for weeks and weeks and then all of a sudden it does not get the entire dosage or any at all, you can cause one or more of the following occurrences, depending upon the missing dosages:

1. Biochemical Disturbance caused by missing one or more dosage in a day.
2. Slowing down the Healing Momentum from missing one day of all supplements.
3. Interrupted the Healing Momentum from missing two days in a row of all supplements.



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4. Stopped the Healing Momentum due to missing three days in a row of all supplements.

Depending where your biochemistry is in this healing momentum or continuum, stopping the healing momentum may mean that you have to start all over again internally.

For example, when taking supplements that digest germs and worms, they must be taken daily without missing a single dosage, otherwise, you disrupt the “Germ/Worm Incubation” period.

So if you missed taking your supplements for even one day, you have to start all over costing you another three months or longer on those supplements before your Re-Evaluation would show that you no longer needed the supplements for germs or worms.

What you are doing here is very serious therapy for your body, so be sure to follow these instructions precisely.

## Want Faster Result?

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After you have been taking your supplements for six weeks, according to the Therapeutic Supplement Program you designed for yourself, which you designed based on its healing or financial pace, if you want faster results,

1. Add one or more supplements in the order listed on your Nutritional Program  
OR
2. Redesign your Therapeutic Supplement Program for the healing pace that is above the one you selected. For example: If your current program is a Turtle, redesign it based on the Squirrel or Rabbit Healing Pace.



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You can always add supplements to your current Therapeutic Supplement Program at any time as long as you stay on the supplements you have added until the next Re-Evaluation.

However, you do not want to stop any supplements before your next Re-Evaluation or you will have wasted the money, time and energy you just invested in the supplements you are weaning off and discontinuing or have finished. You also put yourself at risk of creating adverse consequences to your biochemistry when you stopped its healing momentum.

Your body comes to rely upon the nutrients from your supplements and is in the process of repairing damaged cells, growing new cells to replace those that cannot be repaired, balancing your biochemistry and improving the function of your organ/glands.

If you interrupt any of these processes, it is like trying to walk across a bridge to get to the other side, only to find out that the builder did not finish the bridge so you cannot get to your destination or left holes in the bridge putting you at risk of falling through and injuring yourself

Changes in discontinuing any supplement should be done when you receive your next Nutritional Re-Evaluation Report so that you know, scientifically:

1. If it is one of the supplements you no longer need because by staying on it until Re-evaluation your body has been able to utilizing its nutrients completely or
2. Which new supplement your updated Re-Evaluation is recommending to take its place or
3. Which supplements are now of highest priority to redesign a new Therapeutic Supplement Program at either a slower healing pace or lower financial pace, whichever, is motivating you to want to stop any supplements in your current program.

Remember the key to faster results is taking more supplements. I know how that sounds, but I am here to guide you with the truth and scientific facts – the more



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concentrated whole nutrients your body receives the more areas it can heal and the faster you will feel this happening through symptoms that have improved or abated.

Doesn't it also make sense that those who elect to design faster healing pace programs will also be engaged in this STSPTM system for a shorter amount of time than those who design slower healing pace. However, that is the beauty of the **"Self-Therapy Supplement Program (STSP™)"** system; you are in control and can design your clinical nutrition therapy in a way that fits you best, regarding your healing pace and/or financial pace goals.

If you want faster progress than what you are getting from the Therapeutic Supplement Program that you designed for yourself, but it is not financially feasible to add more supplements, then just be patient with yourself and this program, because you will get there.



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## Step 3 - Nutritional Re-Evaluation Schedule

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When you on a road trip, you must have a map or today a GPS System to guide you to new destinations.

Can you tell me right now exactly what you need to do (everything you need to do) to help your body heal, restore your health, improve your symptoms, become healthy and stay that way for the rest of your life?

Though you may know a few things you can do, you do not know everything you need to do because it is unknown to you (just like how to get to a new destination is unknown to you without our map/GPS).

And if this is a lengthy road trip, and some roads to some destinations may have detours not yet posted, you may need to get updated maps or update your GPS System along the way.

Similarly, your biological needs now will not be the same in a few weeks or months from now because it will change based on what you did or did not provide for your body today and these weeks or months prior.

Your **initial (first) Nutritional Evaluation Report** is like the map that got you in the car and moving in the right direction to your destination of health and prevention of disease. Updated **Nutritional Re-Evaluation** scheduled at timely intervals after starting your initial Therapeutic Supplement Program is like getting updated maps or GPS updates along the way. Re-Evaluations will inform you of the exact supplements you need when your “biological (body) terrain” changes and you need different supplements to keep you on the road to health, because you have gotten all your body needed from your first or previous self-designed Therapeutic Supplement Program.

So the only way to stay on top of your internal biochemical changes and new supplement requirements is to complete “timely” Re-Evaluations.

Below I have outlined when to reschedule your Re-Evaluations. The date is based on the Therapeutic Supplement Program you have designed and its resulting



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potential healing pace.

## Dates for Re-Evaluations

Because the life-span of the red blood cells is 12 weeks, which means every 12 weeks from the day you start your supplements, you will have an entirely new set of red blood cells.

For those who are taking their therapeutic supplements daily and making healthy dietary and lifestyle choices, the changes in their blood cells are positive (cleaner and more nourished) and thus they will have healthier blood to nourish and feed the rest of the cells of the body.

(Remember you are only as healthy as the health of your cells)

If a person has been making poor dietary and lifestyle choices, taking the wrong supplements based on guessing, or taking no whole food maintenance supplements at all, then obviously, the changes in their blood cells every 12 weeks will not so positive and they will be feeding malnourished toxic blood to the cells of their body, thus their blood is getting worse every three months.

Therefore, to evaluate the positive changes your biochemistry is making based on the lifespan cycle of the red blood cells and to evaluate how much healing your body can accomplish in this cycle, the first Nutritional Re-Evaluation is always set in the week after you have been on your initial Therapeutic Supplement Program for three months (12 weeks) no matter what healing or financial pace plan you used to design your Therapeutic Supplement Program.

Then your second Nutritional Re-Evaluation is scheduled based on your healing or financial pace plan.



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For example:

1. First Nutritional Re-Evaluation is due in the 13<sup>th</sup> week after you start your initial Therapeutic Supplement Program.
2. Second and subsequent Nutritional Re-Evaluations are due at the following intervals after your previous Re-Evaluation. For example, to calculate the date of your third Nutritional Re-Evaluation, you will use the criteria below and count from the date you completed the Symptom Survey Form (SSF) for the second Nutritional Re-Evaluation.



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Use the Table below to calculate the dates for all of your Re-Evaluations. Then **record this date at the bottom-right corner:**

1. Of the **Nutritional Program Chart (Page 3)** of your Report and
2. Of the **Symptoms Survey Form (SSF), Page 2**, in the **NOTES** section, after typing the words "Next Re-Evaluation Date:" \_\_\_\_\_. This way when we receive your updated SSFs we can verify that you have calculated the correct Re-Evaluation date for the supplements in the first order you place after receiving each new Nutritional Re-Evaluation Report.

<b>HEALING PACE PLAN</b>	<b>First Re-Evaluation</b>	<b>Actual Date</b>	<b>All Other Re-Evaluations</b>	
Any Healing Pace Plan used to design first Therapeutic Supplement Program.	14 <sup>th</sup> Week After Start Initial Supplement Program		<b># of Weeks From date of Last Re-Evaluation</b>	<b>Actual Date</b>
Horse Healing Plan			14 weeks	
Rabbit Healing Plan			14 weeks	
Squirrel Healing Plan			26 weeks	
Turtle Healing Plan			26 weeks	
Snail Healing Plan			38 weeks	
Less Than Snail Healing Plan			38 weeks	
<b>FINANCIAL PACE PLAN</b>	<b>First Re-Evaluation</b>	<b>Actual Date</b>	<b>All Other Re-Evaluations</b>	
Any Financial Pace Plan used to design first Therapeutic Supplement Program. (Shipping Fee Not Included)	14 <sup>th</sup> Week After Start Initial Supplement Program		<b># of Weeks From date of Last Re-Evaluation</b>	<b>Actual Date</b>
Over \$351 (30-day supply)			14 weeks	
\$251 - \$350 (30-day supply)			14 weeks	
\$151 - \$250 (30-day supply)			26 weeks	
\$101- \$151 (30-day supply)			38 weeks	
Less Than \$100 (30-D supply)			38 weeks	



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## Where to Record Date of Your Next Re-Evaluation

### Re-Evaluation Date and My Next Appointment:

- 1. Re-Evaluation Date:** The parameters of our software system provides for a different calculation for the Re-Evaluation Date than what I am recommending in this document. So please ignore any date indicated here, unless it agrees with your manually-calculated Re-Evaluation Date.
- 2. My Next Appointment:** You may use the blank space after the words "My Next Appointment\_\_\_\_\_", to record the date for your Next Re-Evaluation after following the guidelines in the Chapter titled, "**Nutritional Re-Evaluation Schedule,**" regarding how to calculate the date for your next Re-Evaluation.

### Personal Calendar and Re-Evaluation Questionnaire:

Remember to record your next Re-Evaluation date:

1. On your own personal calendar.
2. In the space provided on the **Client Information Form** you will complete for your **first Nutritional Evaluation.**
3. In the "NOTES" section at the bottom-right corner on Page 2 of the "**Symptom Survey Form (SSF).**" when completing the SSF for your next and each subsequent **Nutritional Re-Evaluation.**

When your **Re-Evaluation Due Date** appears on your Calendar, please go to our webpage "**4-Self-Therapy Program**" and click on the pop-out webpage "**A2 – Re-Evaluations.**" Complete and submit a copy of all questionnaires and forms on the Re-Evaluations webpage within seven days from Evaluation Due Date to maintain timely Re-Evaluations of your Progress and to continue qualifying for discounts off your therapeutic supplement orders.



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## Qualifications for Supplement Discounts

Therapeutic Supplements are sold to you at discounted prices and shipped to those who complete timely Re-Evaluations. If at any time, you no longer desire to be Re-Evaluated, then the date for your next Nutritional Re-Evaluation is the date for Therapy Closure. This means you may continue to order your therapeutic supplements for your current program at its current discounted prices until that date.

After the Therapy Closure date, a reduced discount price\* will be provided for those ordering their Health Maintenance supplements, which do not require Nutritional Re-Evaluations.

Refer to the Chapter titled, **“Therapy Closure & Health Maintenance.”**

\*To help our clients have access to both “therapeutic” and “maintenance” whole food supplements, whichever applies, we provide discounts. Higher discounts are provided for our **STSP™** clients because their financial investment is more than is required for maintenance.



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## When To Expect Signs of Improvement?

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Clients report feeling better within 4-6 weeks, or sooner, after starting the individualized Therapeutic Supplement Program I have designed for them.

The Therapeutic Supplement Programs that I design for my clients are based on the results from my Clinical Nutrition Analysis of the Laboratory Reports from testing their biochemistry (blood, urine, hair, saliva or stool), as well as research-based Nutritional Evaluations.

The above has been reported by every client since I first started designing therapeutic supplement programs for clients over 30 years ago.

Therefore, if you have followed the instructions in this document, precisely as written, and your monthly financial pace investment is \$150 or more, then you should also begin to feel better within 4-6 weeks or sooner.

However, I cannot say this with accuracy because I am not the one who is actually designing your Therapeutic Supplement Program, even though I have provided excellent guidelines to help you do this for yourself.

Still, I am very committed to helping you get the results possible through the **STSP™** system; therefore, if your monthly financial pace investment is \$150 or more and you do not experience one or more signs of improvement after six weeks, you may call and schedule a FREE 15-minute telephone consultation to discuss possible reasons why.

For those who design a Therapeutic Supplement Program for a financial pace plan of less than \$150, it may take longer than six weeks to experience improvement because of being on a very slow, but steady pace program. Just be patient, you will get results.



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## What Are Some Of The First Signs Of Health Improvement?

The first signs of improvement most clients experience are an increase in energy and an overall sense of well-being. For the body to heal, it must first improve its ability to produce energy. After all, what is death? It is the total lack of energy!

When you are fatigued or tired, this means all the energy your body is currently producing is being directed internally to keep your organs alive and working so you do not die. As soon as your cells have received nutrients from the supplements you are taking to generate more energy, you will notice you will start to feel more and more energy, until one day, you will look back and realize you have sufficient energy again and your days of tiredness and fatigue are behind you.

The sense of overall well-being occurs when your cells start feeling the energy that is now gently circulating throughout the entire body.

Others may experience a reduction of pain.

Because everyone is different, experiences in improvement can vary. However, everyone agrees that symptoms continue to improve the longer they are on their therapeutic supplements and they make timely changes in their Therapeutic Supplement Programs from updated Nutritional Re-Evaluations. .

## Client Communicator Helps You Monitor Improvement

Written instructions on completing the **Client Communicator** (CC) are posted with the **Client Communicator** form on the **"Self-Therapy Program" pop-out webpage titled, "Supplement Instructions,"** where this document is posted.

This form has been provided for you to list the symptoms that bother you the most so you can monitor their progress. Completing a new column on this form every four weeks from when you started your first therapeutic supplements is sufficient. However, some people like to monitor their progress once a week or every other week. You can choose what works best for you.



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You may think it is not necessary to utilize the **Client Communicator** – that you will remember what is happening to you as you experience your improvements. However, I can say with certainty people rarely do. Changes can be subtle at first where you may not even notice increments of improvement unless you are directly focusing on reporting them on this form and as the body improves in its symptoms, the mind tends to forget it even had that symptom.

Only by monitoring your symptoms in between your Re-Evaluations can you tell if the Therapeutic Supplement Program that you have designed is working for you or not.

The **Client Communicator** will help you know when to make changes to your Therapeutic Supplement Program, if needed, to assure your ongoing improvement so that when it is time to update your Nutritional Evaluation (or Re-Evaluation), you will have done everything you can to help yourself have the best percentage score improvements in your 14 biological areas.

It can be both enlightening and enjoyable to watch your intensity and frequency scores for each symptom become less and less until in time your symptom score is “zero” because you no longer have that symptom. It is a great sense of accomplishment and is another way you are proving to yourself daily, weekly or at least once a month that the **STSP™** system is working for you and you are working the **STSP™** to get your best results possible.

Completing the CC is also a great way for me to evaluate what is happening in your healing progress in the event you ask for additional help.

The **Client Communicator** will also help you monitor if/when you plateau so you know when to take appropriate action to break the plateau or call me for additional help if needed.



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## Symptom Plateaus – What Is It and What To Do?

Plateauing is where a symptom improves by one or more point in your fraction scoring (Intensity / Frequency) every month on the Client Communicator, and then one or more months may pass where there is no more reduction in the fraction score.

Note: Note everyone experiences plateauing. However, if it occurs, it is generally just before it is time to complete your Nutritional Re-Evaluation Questionnaires and Forms. Why? Because it is getting close to time to change the supplements in your Therapeutic Supplement Program to the supplements indicated on the next, updated Re-Evaluation Report.

**In other words, you are progressing to the point where your body has utilized the nutrients from the supplements you are taking sufficiently and now it is time to provide the nutrients it requires for its next level of healing, hence symptoms will plateau until you do this.**

Sometimes you can break a Plateau by increasing the dosages of the supplements that you are taking for that particular part of the body. Doubling or tripling the dosages for 3-6 weeks can sometimes give the organ or gland an extra boost of nutrients to help in move to the next level of healing. However, if this does not work, then resume your original dosage.

So if you plateau (stay at the same score for intensity and frequency) for two or more months in a row, or you have noticed that you were originally improving in your symptoms at one or more points per month, but now you are not, these are both good signs that it is time for an updated Nutritional Evaluation (or Re-Evaluation).

It is also more cost effective to invest in an earlier Nutritional Re-Evaluation to get a new direction and to revise your current supplement program than it is to continue buying and taking supplements that your updated Evaluation may indicate you no longer needs (hence one of the causes of plateauing).

This is all good news because the sooner you work through all the supplements your body will ultimately require to heal itself, the sooner you will reach your goal



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of optimal health and be able to stop your therapeutic supplement program and go to Health Maintenance.

## Cleansing Signs

Cleansing Signs are signs in the form of symptoms that communicate to your conscious mind that your body is detoxifying (removing from the body) germs, worms, chemicals, metals, cellular debris, metabolic by-products and other toxins from the body.

As these toxins move through the body, it can produce temporary symptoms that generally last only a few minutes, hours or up to three days. Cleansing signs or symptoms are not harmful; the harm is if these poisonous toxins stayed in the body and causes more damage, which leads to illness and disease. Symptoms may be upset stomach, nausea, achiness, headache, loose stools, coughing, etc.

If you suspect you are experiencing cleansing signs, you can reduce your supplements by one-half to one-third daily dosage until the signs have abated.

By reducing, not stopping, the dosages for a few days, it will also slow down the detoxification process, thus reduce the cleansing signs to the point where you will not have to feel them, though the body will still be working on detoxifying the toxins from within.

**If new symptoms arise or current symptoms intensify from a few hours to up to three days and have not abated by the fourth day, it is very important that you call me. This is my definition of a Nutritional Emergency.**



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## Need Additional Help?

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Now, let's say you have:

1. Followed all the guidelines in this document
2. Integrated all the Dietary Guidelines either 90-100% of the time or you have made all the dietary changes you are willing to do at this time, and
3. You have been on your newly designed Therapeutic Supplement Program based on the results from receiving your next Nutritional Re-Evaluation Report earlier than originally scheduled and
4. You are still not improving in one or more symptoms or you cannot get out of that plateau.

This is your sign to contact me for additional help. Generally, this means contacting me for a one-time consultation so I can:

1. Assess why you are not breaking through that plateau,
2. Tweak the information in this program to help you continue on your healing journey OR
3. Help you should the severity of the area(s) producing your most severe symptoms require more professional help than is possible within the scope of the **Self-Therapy Therapeutic Supplement Program (STSP™)**.

Think of it like this, you are going on a journey and you chose a good reliable vehicle to get you there. You also have a good reliable map that you used to plan and chart the course to take you to your destination. Then after you have journeyed 70% of the way, you cannot go any further.

There is nothing wrong with your vehicle (which, in this analogy, would represent your self-designed Therapeutic Supplement Program) and there is nothing wrong



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with your Map (i.e., the results from your latest Nutritional Re-Evaluation and/or the **STSP™** system itself).

The problem is simply this: In order to journey the next 30% of the way to your destination requires a either Jeep or Bull Dozer. In other words, you need a vehicle now that can handle more challenging terrain; you need a Jeep that dig in deeper over some rough roads, so we just need to tweak your program and get you over the rough parts that you cannot see using the **STSP™** system, because the **STSP™** system is not build for the really rough terrain.

OR

Maybe you need a Bull Dozer, to remove the blockages in your path, so you can keep going. A Bull Dozer might be a little more professional guidance from me or I may need to evaluate and then dispense therapeutic supplements that are not listed in your Nutritional Evaluation, but would be required to remove your blockages and get you back on your journey to health.

Or you can think of it this way using a medical analogy. The **STSP™** system is like providing a patient with the individualized care or therapy from the professional services of a Nurse Practitioner. A Nurse Practitioner can help the patient on many levels just as much and as well as the medical doctor. However, at times, the patient may still need the individual help from the doctor when the Nurse has helped the patient to the extent of her or his training or scope of practice.

For most people, the **Self-Therapy Supplement Program (STSP™)** will be sufficient to help them reach their destination to improve and maintain optimal health.

For a few others, the **STSP™** system will help them improve considerably; however, it is not designed for the health challenges that may ultimately require additional professional help.

In this case, you may consider the **STSP™** system will have cleared the path, helped you build a stronger and healthier foundational base of health, and completed a lot of the preliminary ground work of healing, so when/if you need



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some additional help from me, you will require less of my professional help than you would have otherwise needed because of all you have already accomplished through the **STSP™** system prior to contacting me

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## Acute Symptoms – Who Ya Gonna Call?

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### Acute Symptoms

1. Generally occur suddenly or without warning.
2. Pain may be intense, very painful or start mild and increase over the day or the next 24 hours.
3. Acute symptoms are what you feel when you sprain or break a bone, when you subluxate a vertebra (known as a pull in my back or hips), overdosing in a drug, ingesting some strong toxin, like when a child swallows the chemicals in some cleaning bottle, or have the symptoms of the flu, the most common acute symptoms from being exposed to germs or worms.

True medical emergencies are:

1. A sprained or broken bone,
2. Uncontrollable bleeding,
3. Mentally Unconscious,
4. Drug Overdose,
5. Ingested a Fatal Poison,
6. Have a wound that requires suturing, or
7. You are in a life or death state of health.

Except for the above, when you truly require medical assistance, you can contact me for anything and everything else.

I dispense therapeutic Herbs and Homeopathics that are formulated to digest germs and worms from the body, help in home emergencies and once released



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from the hospital as in the case of a broken bone, our remedies provide the nutrients the body needs to complete the healing of bones, muscles, ligaments, cartilage and other related anatomy of Musculo-skeletal system.

Our remedies can also heal the lining of the esophagus and stomach and other injured tissue from chemical poisoning, as well as neutralize over-acid stomachs and food poisoning.

In fact, you can go to the **Self-Therapy Program** pop out webpage titled, **“Acute Symptoms”** for a three-column list of over 100 conditions that we have therapeutic remedies that are safe, effective – they really work! And the over-all health of your body is enhanced, so much better, after using our remedies than they ever could be using OTC or online drug, or even prescribed medications.

Also, many people are unaware that 35% of their DNA is viruses, so there is no prescribed drug for viruses that produce the acute symptoms of the flu. If a drug can kill a virus, it has the potential of killing you.

However, we have Homeopathics that provide the nutrients that the body can use to digest germs, such as viruses, bacteria, gram positive bacteria, gram negative bacteria, mycobacteria, staph, strep, yeast, fungus, mold and so on. .

Because of pharmaceutical drugs, everyone who has taken them has “leaky gut syndrome.”

## Leaky Gut Syndrome

1. Step One - Contact me to complete my six-week **Dysbiosis Supplement Program** to provide the nutrients your body requires to heal the intestinal lining damaged from drug intake, so you can grow your own intestinal flora again and thereby heal your own Leaky Gut. Leaky Gut Syndrome is at the root cause of all degenerative diseases, including cancer, auto-immune, FMS, Lupus and more.
2. Step Two – Step One is sufficient to begin the process of your body’s own repair of leaky gut. However, after completing Step One should you ever



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take another antibiotic, NSAID or other drugs that cause leaky gut again, you only need to order the supplements for Step One and repeat the Dysbiosis Program again. (Even better, schedule the **Microbial Kit Consultation** so you can learn what to take instead of drugs, so you never have to create leaky gut again.).

I am one of the few nutritional doctors in the U.S., and perhaps even in the world, who knows which three therapeutic grade herbs, taken in a specific way, for six weeks will provide the nutrients required by the body to heal its intestinal lining so they body can grow its own friendly flora (friendly bacteria) again.

I call this the **Dysbiosis Program**.

Friendly flora/bacteria monitor germ overgrowth in the colon and act as guards to prevent leaky gut (which is when an injured colon cannot prevent toxins and germs from passing through its wall, hence leaking into the other parts of the body).

Today people take Probiotic Supplements, which is ingesting friendly flora or bacteria in a pill, and if purchasing the brand that really works, they will monitor germ overgrowth.

However, probiotics cannot heal the colon lining, so in addition to still having a leaky gut, when they stop their Probiotics, germs proliferate again and more pass through the colon wall.

Now having said all of the above, let me qualify that in the case of a true medical emergency where you are hospitalized, antibiotics and other drugs can save lives. This is the true purpose of pharmaceutical drugs (emergency medical assistance). Drugs were never supposed to be used outside of a hospital or emergency room visit, except perhaps for a few weeks after being discharged.

So calling me you can get off this merry-go-around, correct your leaking gut and learn what you need to do to prevent recurrence, establish a "Health Chest" instead of a "Medicine Chest" so you are prepared to take appropriate, safe and healthier action whenever you have health challenges that are not true medical



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emergencies. And even in these medical cases, using our Health Chest remedies in recovery, you will heal faster and more complete than you would otherwise.

## Flu or Other Acute Symptoms or Short-Term Illness

If you have the Flu or some other short-term acute symptom episode or illness that prevents you from keeping the supplement pills down after swallowing them, then obviously, you must stop your supplements until you can. It is regrettable that you are suffering and you have stopped your healing momentum, however, it cannot be helped and thus you will just have to resume your supplements when you can and hope stopping them will have had a minimal over-all effect biochemically.

Having said the above, there is something that you can do to recover faster, resume your supplement program faster, and that is to call me.

For example, if you have the flu, I can dispense some safe and effective Homeopathics that will provide the nutrients your body needs to digest and remove the parasites (germs or worms) that are causing your flu symptoms and within a few hours or up to 24 hours you are feeling better and can resume your supplement program.

This is every clients experience when they keep in the Health Chest stocked with the exact acute remedies they need for the flu. You can be proactive and schedule a **Microbial Kit Telephone Consultation** with me, so you may:

1. Learn which remedy helps your body detoxify specific germs and worms.
2. You will receive written **Microbial Kit instructions** so that in the future you know the exact remedy to take for germs, such as Bacteria, Virus, Yeast, etc., and worms (small and large).
3. You also receive help in putting together your own Microbial Kit so you can take quick action whenever you unexpectedly experience acute symptoms of the flu or other signs of germ or worm exposure.



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Being sick for days to a couple of weeks is very hard and stressful on your body, not to mention the pain and discomfort you would be experiencing unnecessarily, the loss of time at work or at home and stopping your healing momentum when you must stop your Therapeutic Supplements for that time, whereas, a call to me will help prevent all of this and you will be back on your feet, so to speak, in a matter of hours, or within 24-72 hours depending upon how quickly to contact me.

## Short- and Long-Term Clients

### Defining and Helping Short and Long-Term Clients

We have two types of clients engaging in the **Self-Therapy Supplement Program (STSP™)**: long-term and short-term.

- 1. Long-Term Clients:** These clients, once they have started our therapeutic services, stay the course and do not close therapy until it is truly no longer needed because they have attained optimal health.\*\* Then they access our Health Maintenance Services to stay healthy and prevent disease.

When your vehicle needs to be repaired, it requires the professional services of mechanic (vehicle therapy) and then to keep it in good working order after it is fixed (therapy closure), it requires Vehicle Maintenance Services and Products (gasoline, oil changes, etc.).

The body is like your vehicle – when it is not working right, it needs Clinical Nutrition Therapy (either the **STSP™** system and/or personalized professional help from me). Once healed, CN Therapy is closed and Health Maintenance supplements are required to help keep your body in good working order.

- 2. Short-Term Clients:**



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- a. These clients use our Therapeutic Services, like the **STSP™** on a short-term basis, off and on, throughout their lives.
- b. For example, once they start our therapeutic services, they stay in therapy until they are satisfied with their improved level of health and symptom improvement they have attained and then they stop therapy for a while.
- c. Months or years later they return to our therapy again when either new symptoms appear or old symptoms resurface. Old symptoms will resurface if they did not stay in Clinical Nutrition Therapy long enough the first time to complete the healing process for the cause of those symptoms
- d. These clients may or may not access our Health Maintenance Services. For those who do, they are able to maintain the healing longer that they received from their short-term therapy, and those who do not, generally return to us sooner because they have not yet established the routine of health maintenance in their lifestyle, so they are creating new causes that are producing new symptoms faster.

It is also important to know that sometimes people are both, they start out as short-term clients, but in time become more committed to their health and developing a principle-centered healthy lifestyle and thus the next time they return for therapy again, they stay the course to truly become healthy and learn how to maintain it.

## Satisfied or Optimal Level of Health – Your Choice!

### Short-Term Clients Look for That Satisfied Level of Health

This means the client is satisfied with the improvement they are experiencing through our therapy, however, they are not interested at this time to continue working on areas of the body that show abnormal test results, but are not currently producing symptoms. So short-term clients will return in the future when these areas start to produce symptoms and we will help them again at that



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time.

## **Long-Term Clients Are Committed To Optimal or Wellness Health**

This means that the client's testing indicates they are in homeostasis (the true definition of health) or as close it (optimally) as is humanly possible for them.

Long-term clients will stay in therapy to work on all abnormal test results whether they are producing symptoms at the time or not. They have learned that it takes less time, energy and money to correct biochemistry with abnormal test results than it does to wait until their biochemistry gets worse and starts producing symptoms.

By optimal health as humanly as is possible, this means, for example, someone who starts our therapy while young, obviously, has a greater potential to completely restore their health to homeostasis than someone who starts much later in life.

However, I have observe that regardless of age or when one starts, the body is amazing when you are committed to staying the course and providing everything it requires to heal itself.

We understand that the highest health goals take time to master, so we are here to help our clients as they progress from one level to the next higher level of commitment to their health. We are here to help you whether you want our help on a short-term or long-term basis.



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## Step 4- Therapy Closure

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### Therapy Closure – Defined and Procedures

We have all lived long enough to know that we suffer the consequences of poor closure and that everything has a proper procedure for its beginning, middle and end. Clinical Nutrition Therapy is no exception.

#### **The Beginning and Middle of Therapy:**

Therefore, now that you have properly started you in Clinical Nutrition Therapy utilizing the **STSP™** system, **(the beginning)**, everything from here on out is considered the **middle**, the part where you receive therapy for a while, until you are satisfied with your level of health improvement and desire to close therapy OR you stay in therapy until you have attained optimal health or homeostasis, and then we close your therapy because you truly no longer need it.

So this Chapter relates to when it is time to complete the protocol for a proper Therapy Closure (End). Completing the Therapy Closure Procedures assures you are closing in good standing with me and my company.

#### **1. Therapy Closure Procedures –**

- a. **Written Notification:** Please provide an email or formal letter sent by postal carrier stating your intention to discontinue the **STSP.™** Therapeutic Supplement Program with an effective date. If no effective date is provided then the date we “read” not receive the email or letter is the effective date.
- b. **Shipment In Process:** Please note that any shipment for supplements that are in process cannot be cancelled. In other words, if you called in or sent us an email to order the supplements for your Therapeutic Supplement Program, you have activated a shipment that cannot be cancelled at any time between the date and time of that phone or email order and the date/time you actually receive the



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shipment of the supplements from that phone or email order.

## 2. Weaning Off Discontinued Supplements –

- a. Calculate the date you will finish the last bottle of each supplement on-hand, including any shipment in process, then when you get to the last week of each bottle, follow the instructions in the section on **“Weaning Off Discontinued Supplements”** in order to do this over a two-week period of time, properly and safely wean off of all your supplements



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## Step 5- Maintenance Supplement Program

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### Design Tips For Health Maintenance Supplement Program,

1. Just like the analogy of Vehicle Maintenance, your body will need supplement maintenance too.
2. **Health Maintenance Supplement Program** includes the Whole Food Multiples and any other supplement you need to support acquired or hereditary weaknesses.
3. **Multiple Vitamin MYTHS:** – To dispel some false information that is circulating regarding taking nutritional supplements, you need to know that:
  - a. **“More is Not Always Better”** – in this case more can lead to an excessive amount of many different vitamins and minerals, which causes its own set of health challenges, just like deficiencies cause their own health challenges.
  - b. **All in One Multiples:** “The Human Body was not designed to digest and then metabolized a long list of low or high quantities of all the vitamin and minerals than can fit into a bottle.” .
  - c. **Separate The Multiples:** In regard to supplements, it is best to separate multiples into three separate supplements – multiple vitamins, multiple minerals and multiple trace minerals. I have done it for you below, under **“Whole Food Multiples.”**
  - d. **Acquired or Inherent Weaknesses:**
    - i. **Inherent Weaknesses:** This is any weak or dysfunctional area of the body (organ, gland or body system) that was present at birth.
    - ii. **Acquired Weakness:** This is any weak or dysfunctional area of the body (organ, gland or body system) that was acquired



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after birth.

So in addition to the Whole Food Multiples below, add any other supplement that appeared frequently on each Nutritional Evaluation.

Therapeutic Supplements that tend to appear frequently are often due to some acquired or hereditary weakness and will be needed for the rest of your life to help you maintain a higher level of health.

For example,

1. **Acquired Weakness Supplement** - those who were born with a gall bladder, but had it surgically removed at some point after birth has an acquired weakness, and may need the supplement, A-F Betafood, appear frequently as this helps the body compensate for the lack of a gall bladder. If this applied to you, you would want to add A-F Betafood as one of your Health Maintenance Supplements.
2. **Inherent Weakness Supplement** – if a person is born with weak lungs, they notice any number of lung supplements appear frequently in their Nutritional Evaluation Reports, like Allerplex, Pneumotrophin PMG, etc.

## Health Maintenance Program Design

Your **Health Maintenance Supplement Program** should consist of the following:

1. **Whole Food Multiples** (Catalyn, Min-Tran or Organic Bound Minerals, and Trace Minerals) plus
2. **Cyrofood** or any supplement that had GEN on Page 1 of your Report instead of a percentage score. This will provide ongoing general body support.
3. **Weakness Support Supplements** (acquired or inherent) –
  - a. Add specific supplement(s) that can help compensate or support the



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body where it is experiencing an acquired or inherent weakness.

- b. Add specific supplements that appeared frequently in your Nutritional Evaluation Reports.

## **ALL IN THE FAMILY (AND FRIENDS)**

Because the general public does not have access to whole food multiples at walk-in health food stores, our Whole Food Multiples are available for purchase for anyone in your family and your friends. You need to spread the word so they stop taking synthetic and isolated All-In-One Multiples that are causing a myriad of health challenges that may not appear until years later.

**Let's look at these three parts to designing your Health Maintenance Program more closely:**

## **Three Parts To Designing Health Maintenance Supplement Program**

### **Part 1 – Whole Food Multiples**

To assure that you get your daily nutritional requirements, you need to take the following three supplements:

1. **Catalyn** - Multiple Vitamin Catalyst – the ingredients in Catalyn become a catalyst for the body to make all the other vitamins it requires.
2. **Min-Tran or Organic Bound Minerals** – this contains whole food nutrient minerals.
  - a. **Min-Tran** is a multiple mineral supplement that also supports the thyroid, is like a natural tranquilizer as provides nutrients that calm the nervous system.



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- b. **Organic Bound Minerals** is like Catalyn in that the ingredients help the body produce the minerals it needs. I also more Potassium for those who need some extra.
  - c. I recommend you alter these two mineral supplements – buy one of them every other month or every other bottle to get the benefits of both.
3. **Trace Minerals B12** – provides your body's requirements for Trace Minerals.

## Part 2 – General Body and Bone Health Support

### 4. Cyrofood – Dosages: Adults 6 pills; Children (See Below)

- a. Cyrofood comes in pill and powder form. It is for everyone who wants to support calcium metabolism and bone health.
- b. Cyrofood is required for:
  - i. Pregnant women,
  - ii. Children under 16 or 18,
  - iii. Adults over 50 years of age
  - iv. Any one concerned with or wanting to prevent osteoporosis, arthritis or other bone health challenges.
  - v. STSPTM clients who want to maintain the bone healing they have received through **STSP™**.
- c. With Meno-pause (women) and Andro-pause (men) hormonal changes and living for 50 years or longer, older adults need some extra help with their bone health.

Research studies have reported for example that a high number of people die within five years after breaking a hip, because the hip has a direct link to the heart. This is just one reason to keep your bones



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strong as you age.

- d. There are two times in a female's life where she has the greatest opportunity to build stronger bones through supplementation than any other time throughout her life. These are two times as a child during the development of her growing structural system (hence children under 16 or 18 years require Cyrofood, i.e., until puberty ends) and when she is pregnant. So adding Cyrofood during these times is essential for all children and pregnant women.

## Part 3 – Acquired or Inherent Weakness Support

5. **Weakness Support Supplement** – Add whichever one or more supplement that has appeared the most in all or the majority of your Nutritional Evaluation Reports. More on inherent and acquired weaknesses in the middle of this chapter. Dosage: Whatever the dosage was that appeared on your Reports (ideal dosage) or at least 3-6 daily per supplement.

After reading the above three parts to designing your own Health Maintenance Supplement Program, you can see that they represent not just your daily multiple vitamin and mineral requirements, but general whole body support, bone health (since calcium is the nutrient required in most abundance) . as well as giving attention to support your biological weaknesses (inherent or acquired) if you have them.

The above should also give you more enlightenment regarding the importance of being on a Health Maintenance Supplement Program whenever you are not in Clinical Nutrition Therapy. There are many people who have given no attention at all to designing a maintenance supplement program for themselves, whereas others who are trying to do this are self-designing inadequate health maintenance programs for themselves, without even knowing it.



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## Ideal dosage for Whole Food Multiples (Children and Adults)

1. Age 12 and above – 6 daily.
2. Age 6 to 11 – 3 daily
3. Age 3 to 5 – 2 daily
4. Age 1 to 2 – 1 daily

If a supplement is in powder form, the label may have some instructions for dosing or you may consider that one capsule or tablet is equal to a half-teaspoon, or open a capsule and measure it yourself to convert the above information into dosages for powdered forms of supplements.

Tablets can be crushed or soaked in a small amount of purified water over night in a tightly sealed jar, then added to juice, apple sauce, massed banana or potatoes for the little ones.

If money is tight, you can reduce the dosages in half for any of the above ages for a while, but as soon as you can resume ideal dosages.

If you need help with any of the above, give me a call. All Health Maintenance Service consultations are FREE. Yes, that is right! You can schedule an appointment for me to call you to consult on any health maintenance related topic. I only charge for consultations for therapeutic services.

That is how serious I am about helping people have more professional help than relying upon sales people, advertisements, internet searches and books when it comes to health maintenance. So this includes answering general questions about any of the health conditions listed on the **"Acute Symptoms"** webpage, attached to the **Self-Therapy Program** primary webpage.

Well, come think of it, I am that serious about people getting professional help for Clinical Nutrition Therapy, also, but since I got eat too, I'll draw the line and just charge for consultations regarding test results, supplement therapy, dietary and lifestyle education. .



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Not only professional advice, but the public needs to have sources for buying health maintenance “whole food” supplements, so they are not forced to buy the synthetics and isolated forms of vitamins and minerals sold through walk-in and on-line stores.

## Program Design Checklist

The step-by-step protocol for designing your Therapeutic Supplement Program as outlined in this document has been listed on the **Program Design Checklist** for quick reference.

Simply check off each step as you complete the step.

## Conclusion

I know that I have totally overwhelmed most of you reading these documents. Just take a deep breath and realize that starting some new projects require a considerable amount of education and instructions. And you are embarking on the most important project of your life, and that is your HEALTH. Your health is your life because without health we have not life.

Additionally, it is God who compels me to write this for you. It is my destiny to educate and spread the truth verbally and in writing so others can benefit from both scientific and biblically-based knowledge regarding:

1. How the body really works, i.e., how God designed it.
2. What the body really need to heal, maintain health and prevent disease, i.e., what God wants you to eat, drink or use in your home and environment to promote health and longevity.



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3. And for me to be a resource for what my clients need to truly develop a healthy, principle-centered lifestyle, be it dietary, lifestyle or mind-body education, or resources for other products, tools, equipment or machines. .

Since 1981, I have done the homework for you and all of my other clients so I may be a pioneer and complete resource when it comes to:

- Clinical Nutrition Testing and Therapy
- Dietetics,
- Holistic Care and Natural Healing, what to use instead of over-the-counter or online drugs. (Refer to Acute Symptoms)
- Providing whole food therapeutic and maintenance vitamin and mineral supplements, herbs, homeopathics and other safe, effective, non-invasive treatments to promote health and prevent disease
- Lifestyle and Mind-Body Education to help you develop a harmonious, healthy lifestyle and environment to live and work in.

Therefore, please call me first for current or future help regarding the above.

As a resource, for products, health equipment and machines that we do not directly provide to our clients, my website has links to other companies where you can purchase these items, like Air And Water Purifications Systems, Shower Filters, Toothpaste, 100% Cotton Clothing, and so on.

I designed and launched the **Self-Therapy Supplement Program (STSP™)** to give people affordable access to professional Clinical Nutrition Testing and Therapies, in addition to whole food therapeutic and maintenance supplements at a great discount.

And for those who require more advanced professional help, I provide a Clinical Nutrition Analysis and Therapeutic Supplement and Dietary Programs based on testing the biochemistry of their blood, urine, hair, saliva and stool. This includes people who need post-surgical nutritional supplement support and time-sensitive nutritional support when facing life-threatening medical conditions or diseases.



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The **Self-Therapy Supplement Program (STSP™)** is basic, it's foundational and it provides true healing for the human (and animal) mind and body. It has the potential to taking you all the way to optimal health, or for some, you may still need clinical nutrition testing (blood, urine, hair, saliva or stool) and further professional guidance to take you there.

However, even in these more severe cases, getting all you can out of the **STSP™** will lay a foundation of health that can clear the path for you so you may require less of my direct professional guidance than you would have otherwise needed to accomplish your health goals.

Until I see or talk to you again, may God bless you,

**Dr. Donna F. Smith**  
**(940) 761-4045**



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## About Dr. Smith

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**Dr. Donna Smith** has a Ph.D. in Clinical Nutrition, a Doctor of Naturopathy (N.D.) degree, is 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 Clinical Nutrition Therapy to correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

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



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enhance life and/or sports performance. Her clientele encompasses 37 U.S. States and six 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).

**Please note: I am more active on Facebook than any of the other social media pages listed above. I invite you to friend me on Facebook!**

## E-Books By Dr. Smith

- **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).



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- **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.