



How To Design Supplement Program

Instructions on Designing Your Supplement Program & Scheduling Nutritional Re-Evaluations

Dr. Donna F. Smith

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IMPORTANT NOTE:

The information in this document has been copied from the complete instructions document titled, "**STSP™ Program Instructions**" so you can jump right in and get started in designing your **Therapeutic Supplement Program** as quickly as possible. hence titled the "Short Version."

However, be sure to read at least the **Table of Contents (TOC)** pages of the "**STSP™ Program Instructions**" document so you are familiar with the titled of each chapter. Answers to questions about your Nutritional Evaluation Reports, Scheduling Re-Evaluations and designing program and ordering your Therapeutic Supplements, including when and how to take your supplements are in this document.

The "**STSP™ Program Instructions**" document also provides instructions for how to design your **Health Maintenance Supplement Program** when you have finished your Clinical Nutrition Therapy (all 14 biological areas have zero for their percentage scores) or even though there are still areas to improve, you want to take a break from CN therapy and simply maintain the level of health you have attained thus fair.

Therefore, if you have read the entire "**STSP™ Program Instructions**" document (not just the TOC), and did not find the answer to your question(s), please feel free to call me.

(940) 761-4045



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Step 1 – Re-Hydration & Hydration Maintenance

Re-Hydration Protocol Introduction (Short Version)

For complete information on the importance and purpose of the Re-Hydration Protocol, read the “Re-Hydration Protocol” section in the document, titled, “**STSP™ Program Instructions.**”

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.

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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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.

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.



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- 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.
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



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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.

Hydration Maintenance

After completing Step 1- 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



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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.

The next step, Step 2, is to review your Nutritional Evaluation Report pages and design your first Therapeutic Supplement Program. Therefore, the next 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."**



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Step 2 – Designing Supplement Program

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 1/2 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 1/3rd 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

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

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?

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

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 13th 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.

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.



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Re-Evaluation Schedule: Healing & Financial Pace Plans

HEALING PACE PLAN	First Re-Evaluation	Actual Date	All Other Re-Evaluations	
Any Healing Pace Plan used to design first Therapeutic Supplement Program.	14 th Week After Start Initial Supplement Program		# of Weeks From date of Last Re-Evaluation	Actual Date
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	
FINANCIAL PACE PLAN	First Re-Evaluation	Actual Date	All Other Re-Evaluations	
Any Financial Pace Plan used to design first Therapeutic Supplement Program. (Shipping Fee Not Included)	14 th Week After Start Initial Supplement Program		# of Weeks From date of Last Re-Evaluation	Actual Date
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.**



How To Design Supplement Program

Instructions on Designing Your Supplement Program & Scheduling Nutritional Re-Evaluations

Dr. Donna F. Smith

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.

Program Design Checklist

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

Check off each step as you complete them.



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Conclusion

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.

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 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

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.