



OTHER SUPPLEMENTS

Not Dispensed through A.C.N.

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PURPOSE FOR THE DRUG & SUPPLEMENT LIST FORM

It is essential to communicate using the **Drug and Supplement List** form if you are considering or currently taking any supplements (vitamins, minerals, herbs, homeopathic remedies, protein powders, sports drinks, meal replacements, etc.) that have not been dispensed through **Advanced Clinical Nutrition (A.C.N.)**.

Dr. Smith asks that before taking supplements of any kind that has not been dispensed through **Advanced Clinical Nutrition** that you first communicate your desire to take the supplement by completing the **Drug and Supplement List** Form so she may review its ingredients to assure that:

1. You are not already receiving the nutrients in your current therapeutic supplement program.
2. Will not adversely affect your healing progress,
3. Will not interfere with your current therapeutic program, or
4. Undo or interfere with healing already attained from previous therapeutic supplement programs.
5. Does not contain any synthetic or isolated vitamins or minerals.



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Any supplement that does not do any one or more of the above, Dr. Smith will be glad to approve it.

GUIDELINES TO CONSIDER REGARDING OTHER SUPPLEMENTS

Periodically, a client may submit this form because information on the internet, from a local health food store, independent supplement representation, their physician or some other health or disease care provider or a friend or family member has suggested they take the supplement.

To make an informed decision about whether you should take this supplement, Dr. Smith has provided the following guidelines.

Making any decision to take a supplement not dispensed through A.C.N. should be based upon:

1. **Test Results** – whether your tests indicate you need it. If not, you are wasting your time, energy and money and will adversely affect our test values, which means adversely affecting your biochemistry. This then leads to additional health challenges.
2. **Symptoms** – choosing to take any supplement, whole food or not, based on symptoms alone is not a reliable source for making decisions about taking a supplement.
3. **Evaluating Ingredients** – Are the ingredients whole foods or not? As you know from reading Dr. Smith's article, "**Three Ways Supplements Are Manufactured Today**," that taking any synthetic or isolated vitamin and mineral is:
 1. toxic
 2. manipulates your biochemistry,
 3. causes deficiencies in the very vitamins and minerals the supplement is supposed to be providing and
 4. causes more health challenges, which will require more therapeutic supplement programs and/or being in clinical nutrition therapy for a longer duration than would be otherwise required.
4. **.Potency** – Even if your tests indicate you need the supplement and the supplement ingredients are whole foods, if the supplement is not potent enough



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to affect the biochemistry, i.e., make a positive change on your test results, if will be a waste of time, money and energy in taking the supplement. Supplements sold directly to the public without going through a nutritional professional are not potent supplements. Taking low potency supplements also takes money away from investing in therapeutic supplements through Dr. Smith that are potent.

5. **Priority of Treatment** – In analyzing the initial testing for our clients, it is common that clients have multiple priorities in nutrient deficiencies, biochemical imbalances and organ/gland dysfunctions. It is generally not practical due to the higher number of pills that would be required to take on a daily basis or financially feasible for clients to take therapeutic supplements for “all” their priorities. Therefore, Dr. Smith evaluates all the priorities, chooses the highest priorities of all of the priorities, allows clients to choose a Financial Plan (Turtle, Squirrel or Rabbit) to assist in ongoing financial feasibility so that in time all priorities and lessor priorities can be addressed. However, after some months, some clients may become anxious about, impatient or simply want to take supplements for priorities that are not currently being addressed. Rather than trying to self-treat using low-potency supplements on their own, it would be wiser to communicate with Dr. Smith what is priority to the client now and allow Dr. Smith the opportunity to revise their program to include the client priorities and the client’s test priorities. This is a proper, effective, safe solution to the client’s desire to address the concerns.
6. **Treatment Time-Line:** There is also a time-line for treatment that most clients are unaware. What this means is that when considering all the priorities that a client has, treating the priorities of the priorities is not the only consideration or criteria Dr. Smith adheres to when designing client therapeutic supplement programs. Treating in the proper order is also important.
 1. For example, treating one deficiency, imbalance or dysfunction may be dependent upon treating a different deficiency, imbalance or dysfunction first. Therefore, if a client arbitrarily takes supplements without Dr. Smith’s knowledge, whether they have purchased the supplement on their own or because another professional prescribed the supplement, the client is at risk of treating their biochemistry out of proper nutritional order which will interfere with their healing progress. This will then result in the client having to retake previous therapeutic supplements or have to take new therapeutic supplements to reset this time-line order for treatment in order to attain healing.



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Thus making an accurate and informed decision to take a supplement must be based solely on test results, whether the ingredients are whole foods and potent enough to positively affect test values, and the purpose for the supplement must be congruent with the treatment time line and priorities indicated in the test results.

Do you think most clients, yourself included, are truly qualified to make the above decisions on their own, without consulting with Dr. Smith?

QUALIFIED OR UNQUALIFIED ADVICE?

To make an informed, accurate decision to take the supplement, you also want to consider what is motivating you for wanting to take the supplement? The above information has provided one motivator. However, there may be others. For example, another common motivator is solicited or unsolicited advice from someone other than Dr. Smith. It is particularly challenging for clients to stand firm in face of pressure (whether real or perceived) when:

- well-meaning friends or family make recommendations
- convincing scientific information presented by a vitamin sales person or online search, or
- even more so when their physician or some other professional tells them to take a particular supplement.

To protect yourself, you must ask the following question: Are you being advised to take the supplement from someone who is qualified or unqualified? For example:

1. Is the person qualified to advise you nutritionally? To be qualified the person must have a degree in Clinical Nutrition or Naturopathy. Physicians are qualified to give advice on drugs and surgery, not nutrition, unless they also have a degree in Clinical Nutrition or is board certified as a Clinical Nutritionist (C.C.N.).
2. Any unqualified or qualified advice that is not based on test results is guessing and taking that advice puts you at risk because it is not accurate or safe.
3. Any qualified advice that is not based on analyzing your biochemical tests (blood, urine, saliva, stool or hair) from a **clinical nutrition** (not medical) **interpretation** is not going to be **accurate nutritional** advice.



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4. There have been times when a client has had an appointment with another professional who has performed testing and reports their findings to the client. The client may be motivated to take the supplement recommended based on their test findings not knowing about the treatment time-line and/or how these new findings line up with all the priorities they have.
 - a. There are generally two scenarios occurring here:
 - i. #1 Remember what was discussed previously about the fact that the initial tests Dr. Smith analyzes generally indicated multiple priorities and lessor priorities on each client. At Report of Findings appointments with Dr Smith, consultations are focused only on the priorities of the priorities. To discuss all the priorities and lessor priorities would make the appointment run longer than is necessary regarding the client's current program of care. However, this information will be presented in the future at the Report of Findings scheduled when it is time to address them. So often what is occurring here in this first scenario is another professional can test a client at some point in the future and present findings on one of these other priorities or lessor priorities and the client may think they need to address this right now because they were not aware of that finding.
 - ii. #2 Or this other professional may be performing a test that Dr. Smith does not provide and present new findings on her client.
 - b. **In either of these scenarios, what would be in the best interest of the client is to obtain a copy of the test from this professional and present it to Dr. Smith so the other professional's findings may be evaluated in proper perspective with the testing that Dr. Smith has provided to determine what are the priorities among all the tests and of those, what are the priorities of the priorities that should be addressed.** Otherwise, the client increases their present time financial investment, time and energy addressing lessor priorities that may have in time been corrected without the need of treatment, anyway, thus saving the client this money, time and energy.
 - i. For example, let's a client is suffering from symptoms in their colon and the priority areas for treatment in their therapeutic supplement program are the liver and gall bladder, which are



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adversely affecting the colon. If the other professional did some colon testing and recommended a supplement program for the colon (or drug treatment for that matter), the client could have saved their time, money, energy invested in that colon treatment (and adverse effects from taking colon supplements or drugs that were not needed) because the colon would have healed on its own and symptoms abated without treatment once their therapeutic supplement program has been given sufficient time for the liver and gall bladder to heal enough to not adversely affect the colon anymore.

- c. Dr. Smith is certainly supportive of clients having tests performed by other professionals that she does not provide and clients taking other supplements from other professionals IF they are whole foods, addressing a priority of their priorities, respecting treatment time-line and she is aware that the client is taking it so she can adjust the client's programs and monitor their test progress, accordingly.
- d. What is in the clients' best interest is that the priorities are addressed considering all tests performed **and** it is important that the professionals consult with each other regarding their recommendations rather than the client being a "go-between" among all the professionals they choose to retain for their over-all health care.
 - i. We have certainly observed the dangers involved when patients are on prescribed drugs from different physicians who do not know what the others are prescribing.
 - ii. Dr. Smith does not want a similar occurrence for her clients regarding their clinical nutrition therapy. She also does not want her clients to be put in an awkward mental or emotional state that results when professionals are not aware of each other's treatment and the client is playing the role of a go-between and suffers from conflicting treatments.
- e. **In these cases, it is the client's responsibility to introduce the professionals to each other.** If Dr. Smith was the first professional the client consulted and is the most qualified in Clinical Nutrition, then the proper introduction would be for the client to provide the other professional with Dr. Smith's contact information and say, "**Please contact Dr. Smith and discuss your findings with her and then**



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she will advise me on the treatment the two of you mutually agree is in my best interest.”

- f. Dr. Smith’s experience since 1981 has been that when the client neglects to do this, it is the client that suffers. If the client is timid, Dr. Smith suggests that the client simply says to the other professional, “I will consider this,” provides Dr. Smith with the contact information of the other professional and does not consume the supplement(s) recommended by the other professional until Dr. Smith has contacted the professional and communicated to the client their mutual evaluation of whether it is a priority for the client to take the supplement(s) now, later or not at all, as in the case of the colon supplement program.
5. When a **professional, health food store, internet search or independent sales person shows you clinical studies that sound very convincing**, you must first determine if the studies were performed on synthetic or isolated vitamins. If so, remember that the outcome of those studies even if accurate and factual just means that this is the outcome in a “laboratory” and the outcome is not the same in the human body. And you know why... because these types of supplements are toxic to the human body, manipulate its biochemistry, etc.
- a. If you are challenged to evaluate the studies on your own, just tell the person that you would like a copy so you may have time to read and evaluate it before making a decision. Then provide a copy for Dr. Smith and she can help you make an informed decision.
- b. **Even if the scientific study is accurate, factual and based on whole food studies, that does not necessarily mean:**
- i. you need that supplement (your next updated tests through Dr. Smith will determine this) or
 - ii. need that supplement right now even if its nutrients or the areas of the body the supplement would address is indicated on your previous test(s). Why?
 1. Because your previous test results have changed due to your current therapeutic supplement program and



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2. It may not be the right timing to address this (remember the treatment time-
 3. It may not be among your priorities and it is wiser to invest time, energy and money in your priorities.
 4. You may not ever need the supplement because its purpose will clear on its own if currently being affected by a higher priority.
6. Lastly, remember that to keep the public buying vitamins and minerals, i.e., to keep interest in the nutrition industry, every year or so (generally about every two years), you will observe the internet, news media (TV, newspapers, magazines), posters in health food stores, direct mail, etc. flooded with **“Breakthrough Discovery of a New Vitamin or Supplement Formula”** and many companies will stock this new supplement to meet the demands of the “uninformed” public.
- a. First, these discoveries are generally not new, but just shining a lot of attention on a nutrient (vitamin or mineral) not commonly known to the public.
 - b. Or the supplement is just taking well-known synthetic or isolated forms of nutrients and creating a new formulate using them. So the formula may be new but the ingredients are not.
 - c. Also the research or studies on these synthetic or isolated ingredients may not be new, but just presented in a new way because it takes a lot of time and money to perform new studies on a new formulation.
 - d. Though it is possible for a new discovery of a vitamin or mineral in whole foods and edible plants, like herbs, to occur at some point in the future, it may not be highly advertised because the whole food that the nutrient has been discovered in cannot be patented, so there is no big financial gain, only expenses, for manufacturing companies to let the public know about it.
 - i. Dr. Smith attends annual **Clinical Nutrition Scientific Symposiums** which is where new discoveries are introduced, so if there is a new discovery, she will certainly provide information on this in her newsletter to inform her clients.



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TAKING A SUPPLEMENT DR. SMITH HAS NOT APPROVED?

Should you choose to take a supplement that Dr. Smith has not approved, please note that there will be no judgment from her because it is your constitutional right to take any substance you so desire. However, to minimize any adverse effect from your decision you still want to be responsible to complete and send the **Drug and Supplement List** to Dr. Smith so she may be aware to:

1. Monitor your testing for any values that are adversely affected by it and thus make timely adjustments to your therapeutic supplement program to compensate for this supplement, where possible. This compensation may result in taking other therapeutic supplements to counter the adverse effects, where possible.
2. Change your current therapeutic supplement program to allow for this supplement, where possible.

Otherwise a lack of communication will result in:

1. sabotaging the effectiveness of your therapeutic supplement program,
2. cause you to be on your therapeutic supplement program longer than you would otherwise need to be or be on more therapeutic supplements than would otherwise be necessary.
3. Cost more time, energy and money to attain healing results.
4. Any of the above may occur anyway even if Dr. Smith knows about the supplement(s). However, not knowing puts you in a higher risk.
5. Also, not keeping Dr. Smith aware in a timely manner of any arbitrary decisions you make that affects your overall nutritional state, will inhibit Dr. Smith's ability to evaluate possible causes for any unusual test results or unexplained symptoms that may arise from taking unapproved supplements.
6. Additionally, when she is unable to accurately evaluate causes, Dr. Smith..
 - a. Is unable to help you overcome adverse causes.



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- b. Is unable to identify that the cause is the supplement you are taking so you can be informed of this and make an informed decision to stop or continue the supplement.
- c. May make her decisions based on incomplete and inaccurate information from you and thus this can result in your not receiving the advice you need from her to overcome the cause and its adverse effects.

CONSEQUENCES OF NOT ADHERING TO THESE GUIDELINES

Dr. Smith's has observed when these guidelines are not adhered to and clients neglect to communicate:

- When they want a change or think a change needs to be made in their supplement program because their personal priorities have changed or
- Is considering taking a supplement or is already taking a supplement(s) from some other source,

They generally sabotage the program Dr. Smith has designed for them. Their healing progress is interrupted and the client will either:

- give up because of frustration and stop their clinical nutrition therapy prematurely
- Or
- realize that it is a lack of communication and self-treatment that has led to this, communicates with Dr. Smith and the two work together to get the client back on the healing track.

Dr. Smith has also observed that the longer a client is in clinical nutrition therapy the more tempted they are to make arbitrary changes to the program she has designed, which includes adding other supplements without consulting with her.

When this occurs, the reason is generally some "personal" priority is not being addressed fast enough to satisfy the client, whether they are aware of it or not.

This is no fault of the client or the program Dr. Smith has designed. To understand what is happening to resolve this properly consider the following:



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1. As the body heals and progresses during clinical nutrition therapy, the priorities will change within their biochemistry.. This is evident on updated testing.
2. However, what is not so evident is that the client's priorities will change too. Though clients can appreciate and understand the wisdom of being on a therapeutic supplement program that addresses their test priorities, factors occur that they may or may not be aware of regarding changes in their personal priorities:
 1. The areas the client felt were priorities when they first started their clinical nutritional program are now replaced by new priorities. This may be because:
 1. The symptoms they had in the beginning are no longer present.
 2. Some symptoms may have improved, but are still present and the client would like faster results. However, they may not realize that the **Financial Plan** they have chosen is not allowing Dr. Smith to provide the additional supplementation that is required to help them experience faster results.
 - a. If you suspect this applies to you, simply communicate this with Dr. Smith so that either you can increase your Financial Plan or Dr. Smith can revise your current program to help you obtain faster results. For example, a revision may be working on your one personal priority to gain faster results and then later reduce that program to make room again for the test priorities.
 3. Because client programs are designed based on priorities of priorities to stay within the Financial Plan the client has selected, when these priorities improve from their therapy, symptoms of lesser or other priorities that were suppressed in the beginning by these priorities begin to surface. If the client does not understand this or has not yet communicated what seems like new symptoms to Dr. Smith so she can adjust their program to meet these changes, the client may wonder if their clinical nutrition therapy is working or not. Not understanding this may cause the client take other source supplements without realizing the consequences and that this is not what is needed in this case.



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4. There is some other reasons personal only to the client.

However, no matter what occurs along this healing journey, it is important for clients to remember that keeping Dr. Smith informed is always in their best interest and not doing so will always have consequences.

Client experiences throughout their healing progress varies and some clients may never experience some changes, phases, stages or processes that other clients experience. So it is not possible for Dr. Smith to inform a client of everything they need to know beforehand though she does her best to prepare them for what she knows the client will be experiencing. Therefore, only by communicating what you feel, think, want, don't want, don't understand, etc., along the way as each arises, will Dr. Smith be able to provide the knowledge and understandings you and other clients to understand your unique biochemical processes so you can stay the course and obtain optimal healing and make timely changes in your program to satisfy personal priorities as they change, too.

Thereby, also avoiding the:

- roadblocks (anything that interferes with your healing process),
- obstacles (anything that may cause you to stop or arbitrarily change (add other supplements to or delete supplements from) your therapeutic supplement program, or
- detours (influences from others – qualified or unqualified) that are not communicated to Dr. Smith so that whatever advice is being presented may be evaluated considering your nutritional tests and their priorities.

Lack of communicating with Dr. Smith, no matter what is occurring or not occurring in the client's life, progress or program, will always have adverse consequences for only one person and that is the client.



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THANK YOU FOR ADHERING TO THESE GUIDELINES

Thank you in advance for your honesty and cooperation in completing and updating the **Drug and Supplement List** form in a timely manner so Dr. Smith may have the information she requires to help you best, whether this form is communicating:

1. A supplement you are considering and would like to have Dr. Smith's evaluation and approval of the supplement before taking it.
2. A supplement you are currently taking and completing this form is the proper way to communicate this to Dr. Smith.
3. A new drug has been prescribed by a physician.
4. A current drug prescription has changed in strength, dosage, frequency, to a different brand name for the same purpose or some other change.

Thank you also for communicating in advance any personal priorities that have changed or decisions you may be considering that may have an effect on your therapeutic supplement program and healing process, so Dr. Smith may provide additional information so that all decisions you make are informed decisions. Dr. Smith respects and supports all client decisions; however, she does want them to be "informed" decisions.