



MARY AND JANE COMPARISON CHART

Same Injury • Medical & Clinical Nutrition Treatments • Healing Progress

By Dr. Donna F. Smith

Medical Services & Therapy		Facts Same		Instructions		Results	
	<i>Mary And Jane Accidentally Injured Their Left Ankle (#1-#18)</i>	Mary	Jane	Mary	Jane	Mary	Jane
1	On The Same Day,	X	X				
2	Broke Their Left Ankles In The Same Place.	X	X				
3	Had The Same Surgery On The Same Day.	X	X				
4	By The Same Surgeon.	X	X				
5	No Metal Implants.	X	X				
6	Prescribed The Same Medications	X	X				
7	Were Hospitalized In The Same Room	X	X				
8	They Were Being Discharged On The Same Day.	X	X				
9	With prescriptions for the same pain medication.	X	X				
10	PHYSICAL INSTRUCTIONS - Prescribed same instructions for staying off, standing on and when to start exercising ankles with 5 lb weights, then 10 pounds, the 15 pounds.	X	X				
11	Physician prescribed no special dietary plan	X	X				
12	First Medical follow-up appointment scheduled for the same day.	X	X				
TREATMENT (A+B) & FINAL ASSESSMENT (C)							
A	PAIN RX - S – Taken At Onset of Pain Every Time Q – Taken When Pain Most Severe for 3 Days Only then No Needed			3 D then N/A	Yes w/ Refills	Q	S
B	Physical Instructions - Adhered / L = Took Longer Than Physician Prescribed for 5# & 10# U = Healed Faster & Able to Stand and Weight Exercised on Ave.3 weeks earlier for 5#, 10# & 15% - i.e., on 10# at time MD expected her to be on 5#, etc.			Exceed	Unable	U	L
C	Medical Assessemnt – O = At 6 months still unable to use ankle weights @ 15 # / K = Exceeded ALL Physicians Expectations & dismissed from follow-up 6 weeks earlier..			Exceed	Unable	K	O
Of the 18 combined Initial Medical and Clinical Nutrition Facts, Mary & Jane had sixteen left-ankle factors that were the same and two ** were different. Healing Progress Summary Below. A + B = Medical Treatment and C = Assessment of Medical Results (Exceeded or Not As Expected)							



MARY AND JANE COMPARISON CHART

Same Injury • Medical & Clinical Nutrition Treatments • Healing Progress

By Dr. Donna F. Smith

	Clinical Nutrition Services & Therapy	Facts Same		Instructions		Results	
	<i>Based On Clinical Nutrition Analysis Of Their Medical Records</i>	Mary	Jane	Mary	Jane	Mary	Jane
13	CN Therapy - Both dispensed the fundamental Whole Food Therapeutic Supplements (WFTS) that require specific nutrients the cells require to heal broken bone, support Musculo-Skeletal Function and post-op recovery.	X	X				
14	CN Therapy - WFTS specific to their individual biochemistry based on medical reports. **	X	X				
15	CN Therapy - WFTS and therapeutic dietary programs delivered and received by client on the same day.	X	X				
16	Consultation – Initial Clinical Nutrition Telephone Consultations scheduled the same day to discuss program implementation.	X	X				
17	Therapy Started - Both agreed to their start them on the same day.	X	X				
18	Progress Reporting & Program Monitoring , as well as the Re-Evaluation Consultations were individualized because Jane was a new client and Mary was not. **	X	X				
	CLINICAL NUTRITION THERAPY (TREATMENT)						
A	WFTS – Taken As Directed (All Therapeutic Supplements)			Yes	3 X & Stopped		
B	DIETARY PLAN – Percentage of Adherence			70%	0%		
	FINAL RESULTS (ASSESSMENT)						
C	PAIN - WFTS – Q = Assisted in Reducing Pain earlier than Physician Expected					Q	No Therapy ===== Can't Complete Healing
D	PHYSICAL PERFORMANCE: U = Exceeded Medical Phy. Performance Expectation					U	
E	THERAPY ASSESSEMENT: K = Completed Healing As Expected = 3 months					K	

RESULTS SUMMARY - **MARY** adhered to combined Medical & Cl. Nutr. Instructions & 1) Pain Drug Needed only 3 days, Managed Pain with Clinical Nutrition Therapy. 2) Exceeded MD expectations for standing on & using 5#, 10#, 15 # weights, Thus became pain-free faster, MD discharged her 6 wks earlier, cell/tissue healing completed 3 Mon. **JANE** = WFTS on 3 Days over 2 wks, then stopped. Mary & I did our best to help her raise standard of health, but unfortunately some people need more than a broken ankle to motivate them to care enough of about their body to take proper care of it. MD 3 & 6 mon. assessments = No Progress to 10# weight, difficulty walking & my 3 and 6 month CN assessment was obviously No Therapy = Cells Can't Completely Heal.

A + B = Clinical Nutrition Treatment and C + E = Assessment of Treatment Results (As Expected or Did not Adhere to Therapy So Did Not Heal.)