



Advanced Clinical Nutrition

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Since 1981

Greetings!

Thank you for attending our mobile Clinical Nutrition Clinic where you obtained your Body Composition Analysis and have given us the opportunity to share the truth about how to heal your body, maintain optimal health, and prevent disease.

First, I would like to introduce myself. I am Dr. Donna Smith and one of the doctors that Thomas Edison spoke about when he said, "The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease."

We now know that what is required to identify the cause of disease, as well as prevent it, is Clinical Nutrition Testing and Clinical Nutrition Therapy. If you are not familiar with the term "Clinical Nutrition," you may be familiar with one of its other terms, such as Orthomolecular Medicine, Functional Medicine, or Medical Nutrition. I prefer the term "Clinical Nutrition" because the term "Medicine" today refers to therapies that use pharmaceutical drugs or surgery. Though these treatments may be beneficial in saving lives in "emergencies," which was their original purpose and is truly their singular purpose, neither are treatments that promote cellular and tissue healing, health maintenance or the prevention of disease, whereas Clinical Nutrition Testing and Therapy accomplishes these goals.

I, like you, live in a toxic world. We are constantly exposed to a variety of pollutants in our air, water, food, and environment, such as heavy metals, germs, worms, dyes, food colorings, and a myriad of chemicals, which includes the chemicals in pharmaceutical drugs. Though we can learn how to eliminate a lot of toxicity in our homes, work places and environment, we are not always in total control of everything we are exposed.

I was 24 years old when I was first introduced to Clinical Nutrition Therapies, such as Herbs and Homeopathy, God's true medicines, organic farming, and in years to follow, other methods that were also classified as "natural healing." That year, at the age of 24, was also the last time I took a pharmaceutical drug for anything that ailed me, and that fact holds true at the time of this writing, when I am celebrating my 65th year of age. Instead, over these years, I have used "therapeutic grade" herbs, homeopathics, and whole food vitamin/minerals supplements to heal myself of viral and bacterial infections, exposures to fungus and yeast, and other harmful exposures. Manufacturers of therapeutic grade supplements sell only to healthcare professionals, like myself, who test you for what you need before dispensation.

Through Clinical Nutrition Testing I identified that I was in the process of developing a degenerative disease called, "Lupus." when I was in my 40's. I was asymptomatic at the time, which means I had no symptoms, so had I not been proactively and routinely monitoring my health through Clinical Nutrition Testing, I would have missed the opportunity to heal myself before symptoms surfaced. In less than six months, I had reversed this disease process by providing what my Clinical Nutrition Testing indicated my biochemistry needed to heal itself, i.e., the specific therapeutic, whole food supplements that actually provided what my body needed to heal itself. Thus, I prevented the full development of this horrible, debilitating and painful disease. This is just one example in my life where my routine practice of obtaining Clinical Nutrition Testing, followed by Clinical Nutrition Therapy and then a Health Maintenance Program, once therapy is completed, has assisted me in reversing disease processes and, thereby, preventing the full development of disease. And I can say the same for clients I have helped since I starting my business in 1981.

One of my Clinical Nutrition Tests three months ago revealed that though my chronological age at that time was 64 (I have since had my birthday), my biological age was 46. In other words, internally, my biochemistry has only aged to 46 years. Because our Clinical Nutrition Therapy and Health Maintenance Services help me (and my clients) age slowly, both internally and externally, I have received comments, throughout my lifetime, that I look younger than my actual age.

And when you saw me, compared to three years ago, you would have noticed that the length of my hair on

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on the left side of my head, no longer has that one-inch width stripe of white hair color. That's right, I have succeeded in restoring my natural hair color more than 3/4th of the width of this stripe "so far" and by the time of this writing.

I am sharing some of my own personal health history with you for three reasons: First, to help you get to know me, second, to show you that it is possible to help your body heal itself, and third, if this applies to you, to encourage you in case you have been thinking you are going to have to live with your current level of ill health for the rest of your life — you don't. No matter how bad you think your health is right now, you CAN improve it through Clinical Nutrition Testing and Therapy.

Before, I talk to you about your own Clinical Nutrition Test results on the Body Composition Report, I want to say something about Edison's quote. He said the word "diet." It is important for you to know that though "Clinical Nutrition" Therapy does include Dietetics, Clinical Nutrition and Dietetics are not the same. Where "Dietetics" relates to the Diet (what you eat and drink), "Nutrition" is Nutritional Biochemistry, i.e., the internal effects (positive or negative) resulting from what you eat, drink and are exposed to. "Clinical" Nutrition, then, is when the internal effects of your diet and exposures have reached a "clinical" stage where the body is no longer optimally functioning and is in the process of developing one or more diseases, or is currently at the disease state. Therefore, at a "clinical" stage, the body requires Clinical Nutrition Testing and Clinical Nutrition Therapies to identify and provide what it requires to heal itself. Though diet is certainly fundamental to health and prevention of disease, at the "clinical" stage, Diet changes alone will not heal the human body.

Because people are aware of Registered Dietitians (R.D.) from their work in hospitals and nursing homes, some people may think a Registered Dietitian and a Clinical Nutritionist are the same professions, which they are not. Because of this lack of awareness of what a Clinical Nutritionist does, they may not know how safe and effective Clinical Nutrition Therapy is or realize that the therapy they have been searching for, that can truly help their body heal, is Clinical Nutrition Testing and Therapy. Not only am I a Clinical Nutritionist (Ph.D.), I am also a Doctor of Naturopathy (N.D.), and a Canadian Chartered Herbalist (C.H.). So I am well trained in a natural healing methods, have over 36 years of clinical experience, and a track record of over 90% success in helping people improve their health, no matter what their health challenges. So I am quite confident I can help you and your loved ones, too.

The Brochures you received today will help you understand exactly how Clinical Nutrition Testing and Therapy can help you, provide an overview of our Clinical Nutrition Therapeutic and Health Maintenance Services and lists a variety of case histories showing you just how successful we are in helping people improve their health. These brochures are also located on our website Home Page.

After reading this letter, your **Body Composition Analysis (BCA) Report** and Interpretation, as well as all other literature you received from us or is located on the "RF-BCA—How To Read" webpage, if you have questions, would like more personal help in understanding how the BCA Report relates to your current state of health, or you would like to discuss how you can obtain Clinical Nutrition Testing, Therapy and/or our Free Health Maintenance Services, please call my office. Your BCA Report also provides you with a one-hour FREE Telephone Consultation with me.

In the event you are not ready to contact me, please keep everything we have given you in a safe place. That way, when you are ready or when you are desperate to obtain safe and effective therapy that really works, God will lead you back to that place you stored this information and give you that divine reminder to call me. I can't tell you how many people have done just that. Contacting me years later saying, "I was praying to God for who could help me and the next day, I opened a drawer and there was your information right on top—and I know it was not on top of the drawer contents the last time I opened that drawer." God is watching out for you and I am here to work with Him to help you whenever you call. So I hope to hear from you soon.

God bless you,

Dr. Donna F. Smith