



REPORT OF FINDINGS (RF)

INTRODUCTION

By Dr. Donna F. Smith

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PURPOSE AND DEFINITIONS

PURPOSE

The purpose of this introduction is to provide in writing the information about your **Report of Findings (RF)** that was once provided verbally. Emailed **Report of Findings (RF)** are in lieu of verbal RF appointments.

1. Open all attachments and save them in your computer as they pertain to this **Report of Findings (RF)** and may not be given again, unless updated.
2. Read all attachments in the order presented and at least once, word for word, then you can easily check the titles of the Table of Contents to reference what you need to know.
3. Sometimes I provide information before you need the information.
4. I am here to help you become as self-sufficient as you can be and to understand your human body.
5. **Therapeutic Supplements** will help you become healthy, while your **Personal Education Program (PEP)** gets to the cause of being unhealthy. Once you are healthy, **Health Maintenance Supplements** will keep you healthy. However, we live in a toxic world and that must be regularly addressed.
6. To be healthy, you will a required a **Clinical Nutrition Professional** to order the Laboratory Tests and provide Homeostasis regarding your biochemistry on the Laboratory Testing of your blood, urine, hair, saliva, stool and genetics.
7. I also write occasionally in the pronoun of she, her, me or I instead of Dr. Smith.



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TERMINOLOGY

Many people use the word ‘alternative’ therapy; however, the correct term is holistic (non-medical) or allopathic (medical) therapies.

However, I want to go one step further – the word “alternative” means you have a **choice. Choose to no air, water or food and see how long you live...not long!** So, it is obvious that what sustains the human body, or biochemistry, is what heals the human body.

Clinical Nutrition and Dietetics is not a choice, they are not alternatives. You do not have a choice regarding the three most important nutrients – air, water or food. That is food according to how the human body works, it does not work well with junk food, for example.

Though **Clinical Nutrition and Dietetics** are non-medical therapies, or non-allopathic therapies, however, because they actually heal the human body, they are vital, and have daily human nutrient requirements.

In other words, **Clinical Nutrition and Dietetics** do not provide temporary relief of symptoms like other non-medical therapies, they actuals heal the human body. Therefore, symptoms leave because you have healed what was causing them. If the symptoms return you or some else has recreated the cause of it.

Clinical Nutrition and Dietetics actual improve and then heal the human body!



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BLOOD TEST DESCRIPTION AND EXPLANATION

We currently use Quest Diagnostic Laboratory and this document defines the various blood tests included in our blood panels. At the time of the writing of these definitions, we were using Lab Corp. Therefore, the definitions are in order of Lab Corp Laboratory, not Quest Laboratory. However, regardless of the Laboratory used, the definitions for each blood test are the same.

**Read the “Blood Test Description and Explanation” document first,
then if you want more, you can go to the internet.**

Why? I have provided a brief paragraph to define each and if any Clinical Nutrition information was available to me at that time, you will find the Clinical Nutrition information in this document. On the internet, you receive only the “medical” version of each test.

By knowing Clinical Nutrition, you are more equipped to help yourself and you may even know information that is not known by the medical community.



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DEFINE AND CAUSES OF HEALTH & UNHEALTH!

HEALTH

You are Healthy when your biochemistry (body chemistry) is in Homeostasis.

We provide the Laboratory Reports of the biochemistry such as, blood, urine, hair, saliva, and stool and genetics.

HOW YOU BECAME UNHEALTHY

To be unhealthy, one or more of these categories or facts are true, you:

1. Moved out of the range of Homeostasis,
2. Are injured (accidentally, abuse or war).
3. Acquired a weakness in your lifetime – like a surgically removed gall bladder.
4. Received an inherent weakness in the womb.

Number 1 above represents 95% of the population and the other three represent 5% of our population. In other words, one or more of the following is deficient or excessive, when compared to the range of Homeostasis.

Many people believe that they have inherited one, or more, disease, however, it was not inherited DNA. What they really received was their parents or grandparents' way of life.

Also, in my 43+ years, I have had many people become **surprised** when their symptoms began to leave, after decades of thinking they had inherited a disease that gave them permanent symptoms or they had been told this by well-meaning, but misinformed, professionals.



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THERE ARE TEN CAUSES FOR BECOMING UNHEALTHY...

YOUR....

1. Air
2. Water
3. Diet (What you Eat or Drink)
4. Lifestyle
5. Exercise (moving every part of your body through stretching, walking, and rebounding). The other healthy exercise is swimming, however, the water is not healthy, unless the water is pure Sea Water (Ocean) or pure water in streams and lakes.
6. Environment
7. Sunshine (15 minutes at least)
8. Medications
9. Toxicity - Toxicity, also, covers anything out of your control that poisons your biochemistry.
10. Decisions you made or agreed to, i.e., in one of the four Stressors.

This defines how you got unhealthy and I am grateful you started looking until you met me at **ADVANCED CLINICAL NUTRITION**.

LABORATORY REPORTS

Laboratory Reports do not show homeostasis (health).

When out of range (high or low), the Laboratory Report shows that there is disease in the specific test of that biochemistry.



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HOW DO I KNOW WHAT YOU NEED?

LABORATORY REPORTS & NUTRITIONAL TESTS

Whether your human body is in Homeostasis, or not, is shown in the Laboratory Reports and Nutritional Tests, such as the **Health Appraisal Comprehensive (HAC)**. At **ADVANCED CLINICAL NUTRITION**, the blood, urine, hair, saliva, stool and genetic biochemistry is tested, along with the individual tests within the biochemistry.

Your symptoms are not reliable alone, when determining what needs to be healed or not. Symptoms, however, confirm the degree of severity observed in the Laboratory Reports and Nutritional Tests. Therefore, clients in **Clinical Nutrition Therapy** receive Laboratory Reports and Nutritional Tests, rather than guessing based on symptoms alone.

I review each Laboratory Report of your biochemistry and Nutritional Test of your symptoms, with the following in mind and to know:

1. Which nutrients are needed to heal, considering:
 - a. The order of priority for client.
 - b. The order of priority from testing, if not the same.
 - c. Chosen **Financial Supplement Plan (FSP)**.
 - d. The **HAC Report**.
 - e. Symptoms to be monitored on the **Client Communicator (CC)** and
 - f. Areas and/or Symptoms to be monitor, which are not yet supported by client's **FSP**. Why? Because if these areas or symptoms get worse before their indirect improvement and/or homeostasis in the current **FSP**, regardless of the **FSP**, they have priority status.
2. About the practices and biochemistry from tests, questionnaires, forms and the client.



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3. What **PEPs** are required based on testing, as well as how to stay healthy, according to the way the human body is designed.
4. When to update the **Client Communicator (CC)**, when Testing indicates to monitor one or more biochemistry or symptom.
5. How to save client time, effort and money.



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HAC REPORT

The **Health Appraisal Comprehensive (HAC) Summary Bargraph** (Questionnaire and Report) are essential Nutritional Tests or Evaluation to assist Dr. Smith in monitoring your nutritional symptom progress and provides you with feedback on your improved progress as well. The **HAC** is required whenever there is retesting of Laboratory and/or Nutritional Evaluations, even when the results are zero, as we always require verification.

The numerical percentages at the end of the black bars are determined by the points for each clinical nutrition symptom answered on the questionnaire you completed, titled, **“Health Appraisal Comprehensive.”** The percentages are based upon the research and calculation from the Cornell University’s Medical Index for Nutritional Symptoms.

Therefore, this **HAC Report** is a “scientific test or evaluation” of your current symptoms in the 10 Biological Systems and their sub-systems. The Bargraph line for each of the 10 Biological Systems and their sub-systems include a percentage number to indicate the severity of your symptoms, along with three columns to indicate if that percentage is Mild, Moderate or Severe. Our goal is to help you improve your health so that you attain the ideal percentages for each area, which is “0%”. Your optimal goal is 10-20% or less.

Symptoms are messengers from a sophisticated communication system to/from each cell to/from the brain to get your ATTENTION to take the appropriate action to provide what it needs or to stop some dietary or lifestyle practice that is interfering with its ability to heal and repair itself.

In other words, you obtain a **Clinical Nutrition Analysis** of your biochemistry to determine the cause of the symptoms, rather than take a substance that will suppress or manipulate them. As you are aware, when symptoms improve in **Clinical Nutrition Therapy**, it is because your body is healing, then heals. Like any messenger, who leaves once the message has been delivered and the appropriate action has been taken, symptoms naturally leave also.

However, if you stop your therapy before cellular healing is complete symptoms will resurface again. Only your Laboratory Test values tells when you are healthy or not.



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Depending upon the severity, or the long-term duration of your clinical nutrition symptoms before you started your initial **Clinical Nutrition Program of Care (POC)**, the optimal or ideal goal may not be possible. This is more common in those who have been in a severe nutritional deficient and toxic cellular state for decades, suffer from multiple drug side effects, have had multiple surgeries and/or injury that did not heal.

Still **Clinical Nutrition Therapy** often brings a higher percentage than any drug because the human body will become resistant to drugs in time. In other words, human biochemistry can only be manipulated or suppressed for a time and then it rebels.

If this is your case, your optimal goal would be for your percentages to stay in the Mild Column of the Summary Bargraph. Clients, in this situation, are often pleasantly surprised, however, to report they feel relatively symptom free, with good energy and strength. They often share that they previously thought they were destined to suffer for the rest of their lives.

Some were even told by well-meaning experts that there was nothing that could be done to help them. What this usually means is that drugs and surgery could do no more for them. As said, the body has a limit regarding drugs, and surgery (or organ removal) cannot be provided in every area without causing death.

The majority of our clients notice that it generally takes at least 3-4 months to move most areas from the severe to moderate column and moderate to mild column. This is a realistic goal of what to expect on their **HAC Reports** in the near future by simply adhering to the **Therapeutic Supplement Program of Care (POC)** and drinking the right amount of Reverse Osmosis (R.O.) water for your body == because this is what it takes to heal.

However, to maintain these improved results will require investing time in making dietary changes, according to our **Dietetic Service**, and **the Personal (Lifestyle) Education Program (PEP)** as they get to the causes and maintain health. In other words, they apply the laws and principles of health (i.e., laws of biochemistry, biology, physiology, quantum physics, and psychology). Thereby, you are living in harmony with these laws, instead of against them, which causes illness and disease.



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YOUR SYMPTOMS ON THE HAC REPORT

Though the **HAC Report** is keeping track of the symptoms in the 10 biological body systems and their sub-systems, as you know, and you have indicated in your Initial Questionnaires the symptoms that are bother you the most OR more technically, those I need to address first because these are interfering with your ability to function.

When you become or get close to becoming “Symptom-Free,” not only is that great news, it shows that you have taken “enough the right therapeutic supplements” that the human body will no longer have to produce the symptom to get your brain’s attention. However, only the Laboratory Reports can indicate that the cause is also “healed,” i.e., so those symptoms stay away.

Your **HAC Report** reveals when all 10 biological body systems and their sub-systems are Symptom-Free and though it is great news, please continue to provide the **HAC Questionnaire**, even when zero.

Symptoms are not reliable alone when determining what needs to be healed or not. However, when symptoms are considered with your Laboratory Reports and Nutritional Tests, they confirm the degree of severity observed.

About Symptoms:

1. Some symptoms are present immediately.
2. Symptoms may not appear at first even when out of the Homeostasis range.
3. Symptoms may appear in time when out of the Homeostasis range.
4. Symptoms appear the closer the biochemistry gets to the disease stage.
5. Therefore, Symptoms may be non-existent, mild, moderate, or severe with the human body being unhealthy (dysfunctional) or disease.
6. Being Symptom-Free does not mean you are healed. Remember, only an updated Laboratory Testing will indicate that healing has occurred.

Since I opened my Clinical Nutrition business in November, 1981, I have tested each client, rather than guessing, at Symptoms. This has been one of my keys to success!



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DIETETICS

Our **Dietetic Services** are based on what to eat and drink that actually nourishes the human body as it is designed.

Most people think they know what to eat and drink to be healthy. However, my clinical experience has shown me that most people do not know how to eat and drink according to how the human body is designed, i.e., pure and quality air, water and food.

Regarding the other seven causes, many people do not apply what they know that is healthy. What most people are is “impatient with themselves.” It takes time to build new practices (or habits) of healthy eating and drinking, much less all they control regarding the above causes. However, it helps to have a professional “buddy” and for you stay the course.

Our **Dietetic Services** include:

1. Our **Dietetic Information Services** has one payment and includes two emails:
 - a. One email from Dr. Smith that provides our **Dietetic Information** and **Dietary Questions**.
 - b. One email from you to answer Dr. Smith’s **Dietary Information** questions in your own words so that she may test your understanding of #1.
2. Our **Dietetic Consultation Services** has one payment per email to implement the **Dietetics Information Services**.
 - a. You may need one or more **Dietetic Consultation** email.
 - b. **Dietary implementation of knowledge in #1** is known by your questions and answers regarding #1 and #2 of the **Dietetic Services**.



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- c. We provide our **Dietetic Consultation Services** at your pace. That is why we provide this service per email. **Think of it this way** – whether it took six, twelve or more months, that is nothing when you consider the many years to come where you are truly eating and drinking healthfully. Healthy according to the how the human body was made.

To have the knowledge of our Dietetic Information Services (#1) and struggling to implement it means you do not have #2 or have not had #2 long enough to master Dietetics.

**Though Dietetics is a big part of health,
there are nine other factors above that determine health.**

**Many people focus on only Dietetics and
invest insufficient time, effort and./or money in the other nine!**



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ABOUT FINANCIAL SUPPLEMENT PLANS (FSP)

As you know the **Therapeutic Financial Supplement Plans (FSP)** are the Turtle, Squirrel, Rabbit and Horse. These are High-Potency **Therapeutic Supplements** and have nutrients to bring you to Health, i.e., healing and keeping you healthy.

You receive one shipment per month according in the **Auto-Ship Schedule**. Every shipment has a supply for a minimum of 45 days, unless your location requires more days. Why 45-day minimum? This allows the fifteen days needed in case of back-orders, due to harvesting, transportation, weather, holidays, OR weaning off of a supplement because you are healed (ideal) or some other area or symptom became priority and your current **FSP** did not accommodate both, etc.

Any plan can be increased at any time. However, when a client is getting **new Testing** that is the only time you can lower a current plan **and** not waste the healing accomplished since the last received.

A client who is suffering, will often see a lot of symptoms on their:

1. **HAC Report**, especially in the severe column,
2. **Client Communicator (CC)** and/or
3. **Laboratory Tests**.

... therefore, a Rabbit or Horse Plan is needed, if the client wants health improvement in a reasonable amount of time. A client may choose to stay at the Horse to heal as soon as possible and lower this plan when all symptoms are gone, except when #3 above is a factor.

When the Horse is not possible, as there is no savings or a loan, the client may choose a Rabbit. They either stay at a Rabbit pace to receive faster healing (the Horse is the fastest) or reduce the Rabbit when they become free of symptoms and choose one of the following.

The other two plans are the Squirrel (Moderate Pace) and the Turtle (Slow and Steady Pace). These two are chosen for finances reasons only. Though they both heal in time, they require **patience** because they are low at bringing symptom relief soon.



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ANALYSES OF LAB & NUTRITION TESTS

#1-KNOW YOUR BODY

One of the important tools of analysis lies in my responsibility to know your body, likes/dislikes, lifestyle, and exposures. This takes months, even years. The results are shown in the irrefutable science of the Laboratory and Nutritional Reports, so we can start here.

Knowing you and the science helps me provide the best therapy to get you healthy (**Therapeutic Supplements**) and the **Personal Education Program (PEP)** to get to the cause of why you need the Therapeutic Supplements in the first place.

#2-MIND-SET: MEDICAL, CLINICAL NUTRITION OR BOTH?

Analyzing your biochemistry correcting, among other things, is knowing your mind-set. You want to have a **Clinical Nutrition** Mind-Set and a Medical Mind-Set! In other words, you want to know **Clinical Nutrition** and when to use it **AND** you want to know when to use to use medicine, using both for your good.

Ninety-five percent (95%), or more, of our clients have a Medical Mind-Set in a **Clinical Nutrition** setting. In other words, they are trained to think medically about their body instead of the way it was naturally made. Since you already have a Medical Mind, I will teach you how to think with a **Clinical Nutrition** mind.

For example, who do you call first or second? A person is thinking medically when they are using the Emergency Room, Hospital, Medical Clinics or Offices. However, instead of calling on them first for medicines (drugs and/or surgery), what if they did better by calling on **Clinical Nutrition** first and never needed the medicine?



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Know these important facts:

1. For over 2,000 years, drugs did not exist. Drugs did not come to America until 1950. Therefore, if you were born after 1950, you have not been properly exposed to Clinical Nutrition (Herbs, Homeopathy, Naturopathy, Dietetics, etc.), if at all.
2. Pharmaceutical drugs:
 - a. Do not heal the human body and mind.
 - b. Drugs were never created for daily intake once you are stable. Getting stable only takes a few days or weeks, not months or years.
 - c. When you take drugs every day, you can get sicker in other unrelated-drug areas also and you can become more dependent on drugs you are taking,
 - d. Drugs that no longer manipulate the human body is because the human body resists them.
 - e. In time, drugs can no longer suppress your symptoms, so you take another drug or start looking for **Clinical Nutrition**, even if you do not know what it is called.
3. Therefore, when/if you have a true life-death situation, need a suture or a broken bone needs to be set, then call them first and call me second. The medical industry exists for only these three reasons, so use them for their expertise, if needed.

For everything else use our Clinical Nutrition and Dietetics Services.

Clinical Nutrition is being called, Functional Medicine, perhaps sounding more medical helps. However, medicine is not what is needed 90-100% of one's lifetime when the difference is known between the **Clinical Nutrition** and Medical mind-sets.

These three articles in the **VILLAGER PUBLICATIONS** help you and others understand.

1. *"Taking Vitamins or Nutritional Drug?"* (3 Ways Supplements Are Made), Published by The Villager, May 27, 2021, Page 11.
2. *"My Most Important Decision Regarding The Care of My Body" (the Role of Healthcare and Diseases Management)*, Published in The Villager, March 23, 2023, Page 15.



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3. “*Are You Confused About Nutrition Today?*” (Here’s Why). Published in The Villager, March 25, 2021, Page 7.

Someone with a **Clinical Nutrition** mind-set knows when to call us first and second.

#3-NOT YOUR FIRST PRIORITY

Priorities (highest to lowest) are seen in the science and yourself (see #1). However, there are times when the highest priority is not the first priority. You may have one, or more, area of the body that has to be healed first, i.e., before you can heal the scientific priorities and that area may or may not be giving you symptoms.

You can understand better by knowing about my first client with this health challenge. Her symptoms were 1) Irritable Bowel Syndrome daily, 2) Spastic colon weekly and 3) one Bowel Movement every two weeks. For 10 years. she had seen both allopathic (medical) and holistic (natural) professionals, however, each one treated my client’s symptoms and failed.

After I analyzed her, I found her Liver, Gallbladder and Bile Duct were not functioning. Therefore, I gave her the Therapeutic Supplements to heal her Upper GI. In 24 hours, she started having daily bowel movements (#3), in a week, she had no more spastic colon (#2) and in a month, she no longer had Irritable Bowel Syndrome (#1). I never had to treat her Bowels/Colon! So, the Upper Gastro-Intestinal System (Liver, etc.) was adversely affecting the Lower GI (Colon/Bowels).

This example is a great way to show you why I want to get to know you. Science showed me the Upper GI challenges; however, I could see nothing wrong with her Lower GI. She had bowel/colon symptoms, yes, however, the science was showing me all is well there. However, I knew her – currently, historical and symptomatically. So I trusted the science and her body to know the truth about what was really wrong.



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#4-THE NUMBERS ON THE LAB REPORT CAN BE DECEIVING

In the medical industry, the professionals look at the numbers of the Laboratory Report and once the chemistry is out of range, meaning diseased, they stop there. However, since I have looked at the Lab Reports, I have seen the numbers are deceiving at times.

As you know, it is important that each chemistry is in Homeostasis, as this is Health. It is our area of expertise and goal. Medical professionals have been trained to address Lab Reports out of range, not Homeostasis.

However, when the numbers do not improve and they have been given the correct drug, medical professionals automatically think the patient is at fault. This may not be true. When the numbers do not go up or down, as they expected, it may be because of #3 above. So, the medical professionals will either talk to the patient (they think is doing wrong), try another drug, try surgery or give up.

There are other reasons, too many to name here except for #3, that causes the numbers to keep going up or down from test to test or several tests. However, trust your body.



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#5-ARROWS (↑↓)

Arrows (up or high and down or low) means you are out of the range for Homeostasis. Remember **Therapeutic Supplements** provide the nutrients you need according to your Laboratory Reports and/of Nutritional Tests/Evaluations.

#6-DIRECT AND INDIRECT BENEFITS

The Laboratory Reports and Nutritional Tests of your biochemistry show the organs, glands or body systems that are to receive **Therapeutic Supplements**. When your biochemistry improves and then heals, you are receiving “Direct Benefits” from these **Therapeutic Supplements**.

“Indirect Benefits” is receiving improvement or healing from the same **Therapeutic Supplements** recommended for another reason--report or test.

#7-REPEATS

The same arrow is up, or down, every month. It seems to be stuck. It seems to be always up, or down, instead of moving toward or being in Homeostasis.

In other words, the individual test in the Laboratory Reports seem to repeat itself. Your Nutritional Tests can show the same percentages for one or more symptoms.

It is important to know what is happening in the process of healing, rather than just looking at the numbers. You are used to watching the numbers and if they are not improving you automatically think your body is not improving. **However, that may not be true**, whether the arrows are up, down, repeat or are doing a pendulum swing, etc.

The key is to know the healing process as it is happening in your biochemistry.



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#8-PENDULUM SWING

A **Pendulum Swing** occurs when at least two tests show arrows in opposite directions. For example, one, or more, individual test has an arrow upward on your first biochemistry Laboratory Report of all your blood, urine, hair, saliva, and/or stool, and the next Laboratory Report has an arrow downward or vice versa.

Just like a real pendulum will swing in the opposite direction, going back and forth, taking less space and time each time, until it finally stops in the center. One, or more, individual test in biochemistry may require a pendulum swing until it find Homeostasis.

However, medically, you have been taught to only look at the number on a given Laboratory Report and if the number is not within range that is THE problem.

The real question to ask is “What is occurring in the course of healing” or “How do I bring the biochemistry to Homeostasis.”



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#9-LOW FINANCIAL SUPPLEMENT PLANS (FSP)

Your Laboratory Reports and Nutritional Tests reveals when your Financial Supplement Plan (FSP) is low. i.e., testing has a lot of the following AND/OR the client may be struggling to improve...

For examples...

1. Arrows up or down.
2. Repeats are frequency, i.e., every month, especially.
3. The Pendulum Swing appears stuck, i.e., it may occur more than three months and longer for some.
4. **Personal Education Program (PEP)** – You are:
 - a. Having one or more challenge regarding PEPs thus far.
 - b. Not implementing your **Personal Education Program (PEP)**.
 - c. Have questions regarding one or more **Personal Education Program (PEP)**.
5. **Client Communicator** does not include ...
 - a. New Symptoms that stay once they appeared.
 - b. New Symptoms that appeared and disappeared before the next due date for the **Client Communicator**; however, Dr. Smith does not know.
 - c. Old symptoms resurfaced. (An old symptom is any symptom that originated BEFORE Dr. Smith.)
 - d. An intensification in new or old symptoms.

In cases like this, the solution is to raise the **Financial Supplement Plan (FSP)**. However, if there is no money to raise, not even a loan, just remember that **you must** have patience with your body to get there, because all Plans work. Some Plans just work faster than others because the person is addressing more priorities and able to take more supplements.



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#10-TEST VALUE SAME NUMBER AS BEFORE (HIGH OR LOW)

There are many reasons; however, here are some of the most common.

1. The date is close to a retest date.
2. The cause, dosage or ingredients needs more time.

Remember that your test showed that it was going to take some time before we were going to see the results we wanted. Often, the cause is very toxic or unhealthy.

This is also a reason your Symptom Score may not change at first on the **HAC Report** or **Client Communicator**. If you are unsure where you are with any value, email Dr. Smith.

#11-NO SYMBOL GIVEN

No symbol only occurs when retesting, i.e., not on the initial tests. Why? Because no symbol is indicating that the number (values/results) is the same as the last test.

#12-CHECK MARK (✓)

A check mark (✓) means you are improving. In other words, your biochemistry is moving in the correct direction (Homeostasis). If you do not notice symptom improvement, you will also notice improvement in your biochemistry in due time. The symptom usually goes away before the biochemistry improves.



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#13-ASTERICK (OR STAR)

The best is saved for last: Yeah! This specific biochemical test is in HOMEOSTASIS (Perfect Health). Homeostasis can also mean your biochemistry is in the “range of Homeostasis.” In other words, you have reached your goal of Health in that biochemistry test.

The next goal is to have ALL biochemical tests in Homeostasis.

Getting to Homeostasis was challenging and now here comes the greatest challenge – to stay in Homeostasis in all biochemical tests and, therefore, always be symptom free!

However, it is ALWAYS worth the effort and it can be done!!



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SOLUTIONS #1-11 ABOVE

The solutions are:

1. Correct the reason for number 1-11. For example, #9 -- increase your Financial Supplement Plan and/or have patience with current plan.
2. Look over list of causes for why a person is unhealthy and make the necessary changes once you know them.
3. Implement every **Personal Education Program (PEP)**.
4. Implement the knowledge of our **Dietetic Services**.
5. Implement Dietetics and PEPs until **mastered**. Even if it takes a year or longer.
6. Ask your questions or ask more questions by email.
7. Let Dr. Smith know when you need to adjust your healing pace.
8. Include short- or long-term Symptoms on the **Client Communicator** for Dr. Smith.
9. Be patient with yourself with all the above.
10. Did 1-9 above address them all for you? If not, please email me how I may help you.



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OTHER NON-MEDICAL THERAPIES

This section is for your information only and not a recommendation. You will know why after reading this.

Other non-medical therapy helps the symptoms, however, they are temporary and do not cannot heal you, no matter what the professional says!!

Though trained, that does not always mean they know how to help you, so screen them, if you choose their help for temporary, symptom relief Or they may injure you and/or move you out of Homeostasis.

However, Acupuncture is not healthy for you and not recommended at all.

Listen to what you feel about them.

FYI - Other Non-Medical Therapies are:

1. Physical Therapy.
2. Chiropractic.
3. Massage Therapy beyond stress relief.
4. Personal Trainer
5. Acupuncture – See above!

Since 1981, I have had experience with all non-medical therapies above, including acupuncture, so my input comes from both personal and professionally experience. . Each require Clinical Nutrition to be effective, because you must have the nutrients in place for these therapies to work, at all. Though Acupuncture is not recommended for any reason.

If you want to use these other non-medical therapies for your symptoms, call me first to see if your Lab Reports show you have sufficient nutrients or you are wasting your money.



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As mentioned, though **Clinical Nutrition and Dietetics** are non-medical therapies, yet, their differences are that **Clinical Nutrition and Dietetics** heal the human body and symptoms leave on their own because the cause has been healed.