



# MELYNDA'S ANTI-AGING SKIN PROGRAM

## 10-Month Report (07/01/10 to 05/02/11)

Dr. Donna F. Smith

### Melynda's Report is presented in 3 Tables Followed by Medical Report

- **Page 1 - Figure 1 – 11 Skin Conditions Monitored**
- **Page 2 - Figure 2 – Graphic Table of Specific Skin Conditions**
- **Page 3 -Figure 3 – Descriptive Table of Specific Skin Conditions**
- **Page 4 - Report of Findings from Dermatologist Examination on 05/02/11**

## ALL 11 SKIN CONDITIONS IMPROVED

- **1<sup>ST</sup> Month** – 7 of 11 Conditions Improved; 3 Healed and 1 No Change.
  - **3<sup>rd</sup> Month** – 5 of 11 Maintained Improvement; 2 More Healed (5 Total) and 1 No Change.
  - **10<sup>th</sup> Month** – 4 of 11 Continued to Maintain Improvement; 2 More Healed (7 Total Healed).
- Therefore 11 Skin Conditions Had Improved or Healed by 10<sup>th</sup> Month.**

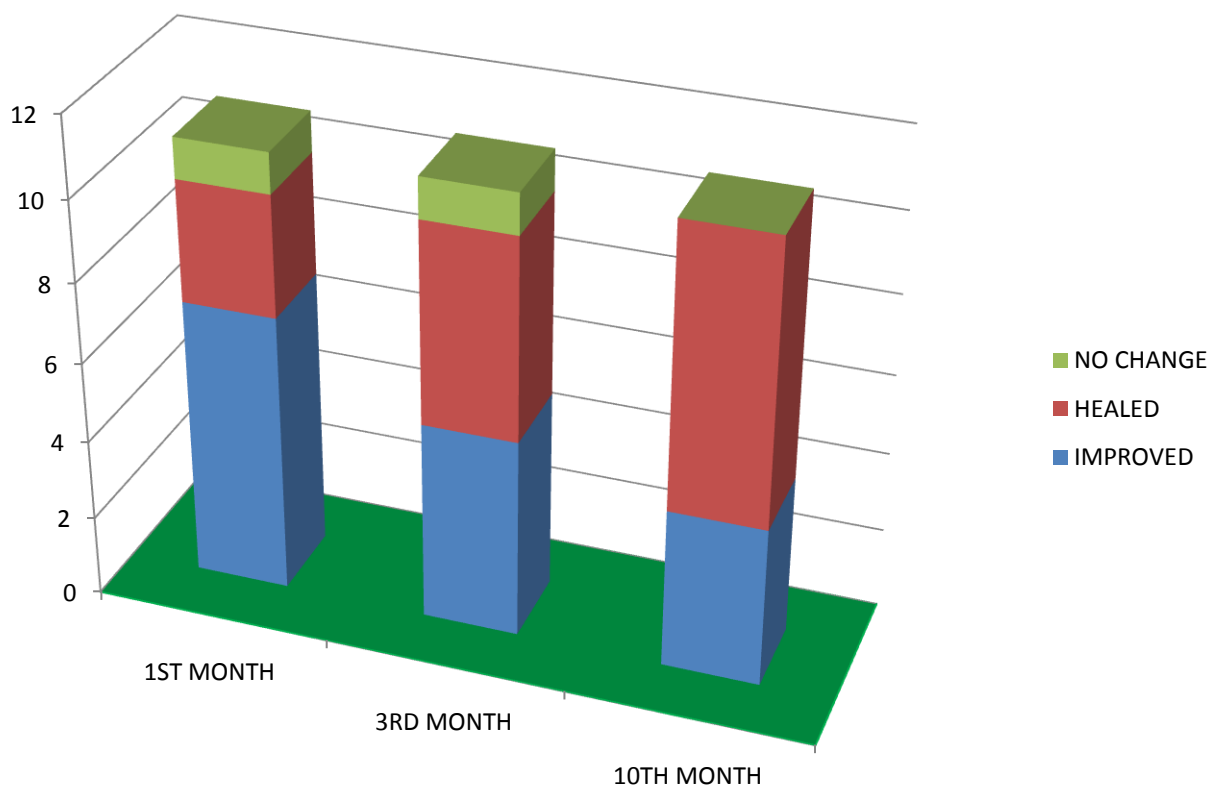


Figure 1 –Overall Improvement Monitored in 11 Skin Conditions – Please note that Green at top of the 10<sup>th</sup> Month Vertical Bar is above 10<sup>th</sup> Month line and though Melynda had no areas that indicated no change, Excel would not allow removal of green color at top of Bar.



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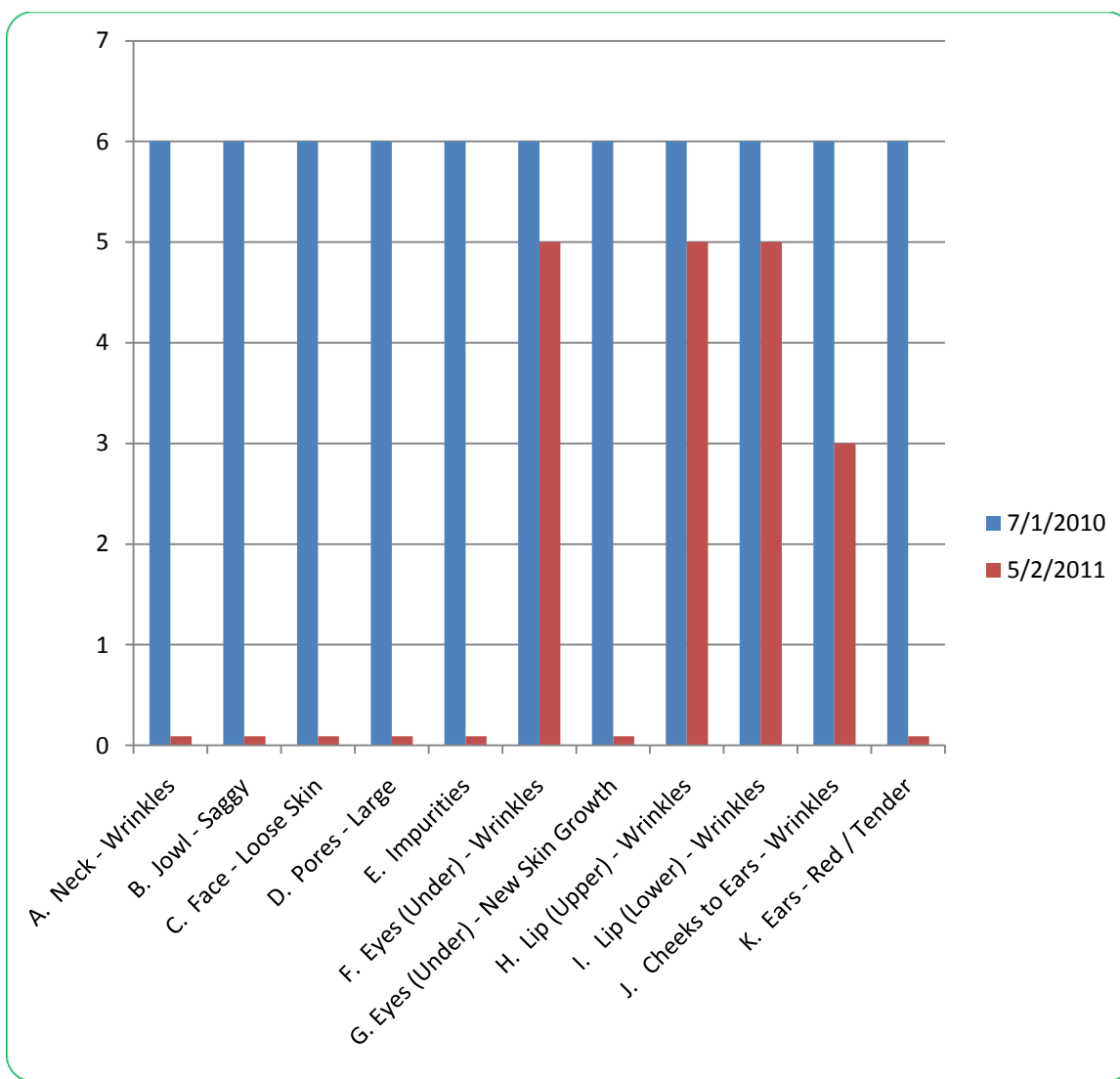
**Figure 2 - Graphic Table of 11 Specific Skin Conditions**

### How to Read Scores

**6** = Score for Skin When Started Dr. Smith's Anti-Aging Skin Program

**0** = Skin Condition has healed thus no longer present.

(Note: Healed Conditions = a small red block on the 0 score line.



**Figure 2 - Improvement in the 11 Specific Skin Conditions**



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### MELYNDA'S DESCRIPTIVE REPORT (Figure 3)

#### HOW TO READ REPORT – All Colored A-K Boxes Indicate Improved and/or Healed Skin

- **Improvement Observed and maintained when grey appears in consecutive months.**
- **Skin Healed; Skin Condition Gone.**
- **N/A = No Improvement Observed**

#### SUMMARY –

As of 5/2/11 improvement or healing observed in each 11 skin conditions. Updated Reports will indicate which of the improved areas below have healed, improved to the next level of healing, but not yet healed and/or have attained optimal healing. Wrinkles are a skin condition that may be healed when new skin cell growth can be generated. To grow new skin cells takes months and the time is individualized according to the condition of the skin at time client starts Dr. Smith's program, such as depth of wrinkles, length of time existed, skin texture, etc.

	<b>Skin Condition at Onset on 07/01/10 (Improved Progress To the Right)</b>	<b>08/03 2010</b>	<b>09/30 2010</b>	<b>04/30 2011</b>	<b>05/02 2011</b>
<b>A</b>	<b>Neck (Wrinkles) –</b> 3 neck line wrinkles from left to right gone in first month and have not returned.				
<b>B</b>	<b>Jowl – Saggy</b> Saggy skin under her chin to start of neck. Improvement in first month; saggy skin gone approximately 3 months later.				
<b>C</b>	<b>Face – Loose Skin</b> Melynda shares that beginning in the first applications in the first month, her skin has continued to be taut, skin glows, texture is wonderful and she maintains skin tone.				
<b>D</b>	<b>Pores – Large</b> Had a history of large pores from early on in life				
<b>E</b>	<b>Impurities</b> –Read Report Below from 5/2/11 Dermatologist Examination regarding No Impurities. (Defined below ***)				<b>Per Skin Exam</b>
<b>F</b>	<b>Eyes (Under) – Wrinkles</b> Originally, eye wrinkles were deep, ridged and quite noticeable. After the first month, softened, less deep and less noticeable. Each month gradually getting better, though still present. (See G. below)				
<b>G</b>	<b>Eyes (Under) – New Skin Growth</b> In April, 2011, Dr. Smith confirmed areas of new skin growth replacing old wrinkled skin with final stages observed 5/2/11. This was also confirmed on 5/2/11 at Melynda's Dermatologist appointment. Note: faithful use for 10 months to grow new skin.	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>Per Skin Exam</b>
<b>H</b>	<b>Lip (Upper) – Wrinkles</b> (Same as F. Above)				
<b>I</b>	<b>Lip (Lower) – Wrinkles</b> (Same as F. Above)				
<b>J</b>	<b>Cheeks to Ears – Wrinkles</b> Dramatic improvement, up to 50%, noted after the first month and has maintained from month to month since. New level of improvement expected in due time.				
<b>K</b>	<b>Ears (Red, Tender, Sore) –</b> Symptoms gone with first application of Dr. Smith's Skin Care Regime after Melynda had been suffering for months.				

Note: **Impurities** are external and internal toxic substances that get into the skin and clog pores, cause infections, destroy skin cells, accelerates aging, depletes nutrients, etc. **External toxins** from chemicals, metals and other pollutants in air, food and water; **Internal Toxins** from metabolic by-products, internal waste, cells that are damaged, decaying or dead, that could not be removed through kidneys, thus comes through the skin.



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### Melynda Reports Findings From Dermatologist Examination on May 2, 2011

On 5/2/11, after leaving Dermatologist's office, Melynda called Dr. Smith to enthusiastically report the findings from her facial skin examination. Her report is outlined below.

- My Dermatologist was shocked and wants to know your secret.
- He has a ton of skin care products which are available only by medical prescription and told me that with everything that is currently on the market, he has never seen the depth of exfoliation that has been accomplished by Dr. Smith's Skin Care program. He said the most he is able to accomplish with his medical skin products is only about 1/4<sup>th</sup> the depth that Dr. Smith was able to get with her program.
- He then proved this to me by using a magnifying glass and a laser with a sensor depth finder that measures impurities in the skin, which showed I have "NO impurities in my skin." He said he has never performed an examination on anyone that showed no impurities in their skin. The laser is able to read how deep the impurities or skin condition is within the skin – for example if a person had skin cancer or acne, the laser can read how deep down into the skin tissue the cancer or acne is. My doctor said that any bump on the skin indicates there are deeper skin tissue problems.
- He then confirmed your (Dr. Smith) findings that I have new skin growth underneath the old wrinkled skin that has now crusted over (the last stage of healing) and that any day now the crusted old skin will fall away and reveal the new skin.
- Then he said, 'Dr. Smith has been able to cleanse (detoxify) your skin from the cellular level to the skin surface. Something I have never seen before. You have the cleanest skin I have ever seen.' Meaning not just that the surface of my skin is clean, he means that all the way down deep through each layer of my skin tissue has been purified.
- I left his office so happy and though I could feel and see the amazing difference in my face, from the first application and every time since, I did not realize to the depth of how much you have helped me improve the quality and health of my skin and that it could be verified by medical examination.

#### **Official Report from Dermatologist Medical Examination has been requested by Melynda.**

Please note that when Melynda talked to her doctor about providing her with a Report of Findings, he agreed to send her a copy of his report and then shared that because of licensing regulations from the A.A.D., he is only able to provide a standard medical report. For example, "no skin condition, no skin cancer, etc." In other words, he could not include the amazing verbal findings that he shared with Melynda privately. Melynda is therefore willing to provide a notarized affidavit, upon request, regarding any findings that her Dermatologist reported to her verbally, yet is unable to include in his medical report.



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### ABOUT DR. SMITH

**Dr. Donna Smith** has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States.**

Some of her best selling e-books has been listed below. She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University,** Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods selected for the food chemistry's positive effect on the individual's biochemistry, which is also based on test results.

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers**, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

**Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services** are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and five international countries.

**For more information, to order** a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at [Services@AdvancedClinicalNutrition.com](mailto:Services@AdvancedClinicalNutrition.com). Meanwhile, please browse [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on [YouTube.com/DrDonnaFSmith](http://YouTube.com/DrDonnaFSmith), post questions on her blog at [DrDonnaSmith.blogspot.com](http://DrDonnaSmith.blogspot.com) and follow her on [Twitter.com/DrDonnaSmith](http://Twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](http://Facebook.com/DonnaFSmithPhD).



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### **E-BOOKS BY DR. SMITH**

- Anti-Aging Personal Care Program (Hair, Skin, and Nails) – 18 Pages
- Dental Health Program – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (169 pages – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- Fibromyalgia – A Clinical Nutrition Syndrome” (68 Pages).
- Dr. Smith’s Hair Color Restoration Program – Anti-Grey Solutions (59 Pages).
- Lyme’s Disease – Clinical Nutrition Approach To Healing (32 Pages).

### **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. This author’s intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision.