



Announcements

Future Announcements By eMail

What Are Announcements?

- **Purpose** - In between the bi-monthly publications of our e-newsletter, **HealthQuest e-News**, we periodically email **"Clients Only" Announcements** when special or important information must be communicated to our clients. The emphasis here is on the underlined words. For example: to clarify, inform and protect our clients from misleading or erroneous nutritional Media information, disguised as facts, or from any source, even when being reported by "experts," or warnings about Hypes (Nutritional and Medical). Announcements may also include new or revised business policies, procedures, price changes, closed dates, Special Events Calendar, Upcoming Lectures and Seminar Announcements, etc. Please read, print and insert all Announcements in this "Announcement" section of your PEP binder for current and future reference, as needed.
- **Important To Read Announcements Before Contacting Our Office:** If/When you notice something new or difference in services, invoices, policies, procedures, programs, etc., please review your Email InBox list for any recent Announcement or Newsletter. We endeavor to communicate prior to initiating information and we are glad to clarify information. However, the primary purpose for client announcements and newsletters is to save time by reducing the need for incoming emails and phone calls, so please take time to read every word of each announcement and newsletter before calling. Note: Clients, who call first, will be assisted in finding their email or, the document in this PEP Binder, so they will be able to reference them again, when needed in the future.

HealthQuest e-News Newsletter –

- You should have received a Welcome Letter and a sample of our HealthQuest-e-News, within 24-48 hours, after you subscribed from our website or we added you to our subscribers e-mailing list. If not, please check your Junk Mail. Adding our email address to your Email Address Book will help prevent our mass client emails from going to Junk Mail. If you find that you have truly not received them, please go to our website and subscribe to our newsletter or call us for assistance. Reading each Free issue of newsletter will reduce money and time in consultations with Dr. Smith.



Announcements

WHAT WE DEFINE AS NUTRITIONAL EMERGENCY!

Call Dr. Smith When Symptoms Persist For Four Days?

- **Cleansing Signs** - Symptoms and Signs of Internal Body Cleansing (or Detoxification), generally, appear suddenly and last for a few minutes, hours or days and are gone by the fourth day. If they are still present on the fourth day, they may not be cleansing signs, therefore, contact Dr. Smith for further instructions. Not all clients experience cleansing/healing signs/symptoms.
- **Nutritional Emergency Consultations** – A Nutritional Emergency is any time you experience new symptoms or resurfacing of any pre-existing symptoms for three days, and they are not gone by the fourth day. Changes in your healing process may require an adjustment in your program to assure continued healing. For example, until you have been on your program long enough to strengthen your immune system, this low resistance state can lead to more health challenges for you. Therefore, it is very important that you call our office and schedule a Same-Day Consultation (we call a Nutritional Emergency Consultation) whenever you experience symptoms that persist to the fourth day. Dr. Smith will, then be able to determine their cause and provide further instruction. Delays in doing so often lead to more or worse health challenges. Keep records of what you experience so you will be able to accurately report to Dr. Smith, such as listing each symptom with the date/time of onset, intensity, frequency, duration, date/time of changes and when they abate, if application, along with any other related information prior to calling Dr. Smith.
- **How Clients May Sabotage Their Own Healing Success:** Be sure to read and follow the instructions in my short article on this topic to avoid sabotaging the success of your clinical nutrition program, and thereby, the success of your healing process.
- **Avoid Self-Treating or Delaying Contacting Us:** Clients who “Think This/These Symptom(s) Will Go Away,” or try to self-treat by taking over-the-counter drugs, herbs, homeopathics, vitamins or minerals, not recommended or pre-approved by Dr. Smith OR stop or adjust dosages in their clinical nutrition therapeutic supplement program, without consulting with Dr. Smith first, WILL absolutely self-sabotage (delay, interfere or stop) their healing progress and cause additional health challenges, which will require more Nutritional Emergency or additional consultations to try to undue the consequences of self-treatment or altering a program designed by Dr. Smith. Thus costing more time, energy, and money to manage or reverse the consequences of not following these simply instructions, “Call Dr. Smith first!”

Please read each PDF document posted on the PEP Binder webpage. Some information you will need to know now and other information is provided for when you will need it in the future. Print each document and insert the document behind the appropriate Tab Number (#), so you will have it available when you need it.