



Client Handbook & Get Started Reading List

Dr. Smith provides this Get Started Reading List for new clients as it will answer many, many initial questions and reduce consultation time, thus saving clients a lot of time and money.

- **Client Handbook** contains vital Client Information regarding Dietary and Nutritional Principles (Fixed Laws) and was written by Dr. Smith because she could not find all this information in a single book to recommend to her clients. This is the first book to order from A.C.N. The information is timeless, such as:
 - how your body heals, cleansing signs, that may provide temporary discomfort as poisons are leaving the body, yet are signs that your body is healing,
 - additional Health Eating Guidelines, Food Preparation Guidelines, Healthy Sweeteners List, List of Alkaline and Acid Foods, and more.
 - Additional Reading List, Pediatric Nutrition, such as how to monitor and reduce a fever for children and adults.
- **Get Started Reading List. Other Important Books Sold Through Advanced Clinical Nutrition, include:**
 - a series of books written by Clinical Nutritionist Lorrie Medford, a colleague and friend of Dr. Smith's. There are short-reading and inexpensive books, with a power-house of information that will reduce consultations with Dr. Smith. Dr. Smith's recommended order of reading is as follows:
 - Why I Need Whole Food Supplements?
 - Why Do I Feel So Lousy? (**Liver Detox. Basis of All-Over Body Healing**)
 - Why I Feel Grumpy? (Chronic Fatigue -How To Make Energy)
 - Why I Feel Wacky? (Hormone Balance) Plus Dr. Smith's Addendum sheet which completes the knowledge in this book.
 - And for those who desire to lose and maintain ideal body fat and muscle – Why Can't I Lose Weight? And the Why Can't I Lose Weight Cookbook.
 - Why Do I Need Herbs? (To understand the use of herbs!)
 - Why Eat Like Jesus Ate? (A Reminder of God's Dietary Laws in A Modern World).
- **"Natural Cures – They Don't Want You To Know About" by Kevin Trudeau** – Dr. Smith has provided a Book Review, which has been inserted into each copy of this book. Mr. Trudeau has written an excellent book, however, needed a few clarifications to make the book 100% accurate. If you already have purchased this book, you may request a copy of Dr. Smith's Book Review for \$3 to essentially cover administrative, publication and/or distribution costs. No, Dr. Smith does not trust nor endorse everything written or promoted by Kevin Trudeau. However, with Dr. Smith's Book Review, this book of his is a very important book to read to improve and maintain health, and reduce consultations with Dr. Smith.