



Health Appraisal Comprehensive (HAC)

Summary Bargraph Report

How To Interpret the HAC Report

The **Health Appraisal Comprehensive (HAC) Summary Bargraph** is an essential Nutritional Evaluation or Assessment Report to assist Dr. Smith in monitoring your nutritional symptom progress and provides you with feedback on your improved progress as well. 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 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, 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. Therefore, keep in mind that when symptoms improve in clinical nutrition therapy, it is because your body is healing, and as it 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 (which is indicated by optimal test values), symptoms will resurface again.

Depending upon the severity or long-term duration of your clinical nutrition symptoms before you started your initial Clinical Nutrition Program, the optimal goal of 10-20% (or ideal goal of 0%) 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, or have had multiple surgeries. 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 medical experts that there was nothing that could be done to help them. What this really means is that drugs and surgery could do no more for them. The body has a limit at which even drugs cannot suppress its symptoms and surgery cannot be provided as some areas of the body cannot be removed 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 their Therapeutic Supplement Program of Care (POC) and drinking the right amount of Reverse Osmosis (R.O.) water for their body.

To maintain these improved results will require investing time in making dietary changes, according to the Therapeutic Dietary Plan Dr. Smith designed for you and the **Personal (Lifestyle) Education Program (PEP)** coaching clients receive on how to apply the laws and principles of health (i.e., laws of biochemistry, biology, physiology and psychology.); thereby living in harmony with these laws, instead of against them, which causes illness and disease. Refer to our web page, **Personal Education (PEP)**. Updated HAC & Nutritional Analysis of Lab Tests reflects your successful efforts.

Because the HAC Report is so important for evaluation of your over-all body symptom progress, the initial and updated HAC Reports are included, at no additional charge, whenever testing your biochemistry. However, the HAC Report may be required, periodically, in between laboratory testing to monitor your improved symptom progress and/or to evaluate the effectiveness of changes in your clinical nutrition program when required due to client feedback, pacing and other factors. In these cases, a fee is charged for the HAC Report.