



DYSBIOSIS SUPPLEMENT PROGRAM

Instructions and Schedule

Donna F. Smith, Ph.D.

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IMPORTANT REMINDERS

- **Print 2 copies of 4 pages – Pg. 10 & 11 (These Instructions) & Pg. 1 & 2 [Dysbiosis Questionnaire (DQ)].**
- **Complete Dysbiosis Questionnaire (DQ) Before Starting Supplement Program. Start on a Monday.**
- **Adhere To Schedule & Supplement Dosages Precisely For Program To Work or Must Start Again!**
- **Update DQ on Col. #1 Date of Auto-Ship Schedule & send to A.C.N. for monthly monitoring.**

The Dysbiosis Supplement Program is a one-time program, unless a client chooses after completing these instructions to take an antibiotic or any drug(s) that destroys their Eubiosis state OR has no control over this choice, such as when being hospitalized after an accident and drugs are administered to save one's life. **Contact Dr. Smith for healthier choices to antibiotics or other drugs and if you suspect the Dysbiosis Supplement Program is required again for any reason.** In this case, it is important to follow the instructions in this document, as soon as possible. Each day, that passes, germ overgrowth proliferates rapidly.



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EUBIOSIS AND DYSBIOSIS DEFINED

The Dysbiosis Program provides the instructions to re-establish the intestinal flora required to guard and protect against the overgrowth of yeast, bacteria, virus and other germs. When this occurs, these germs can spread throughout and infect the entire body.

The definition of **Eubiosis** is sufficient intestinal flora. Intestinal flora is friendly intestinal bacteria that manage germ exposure to prevent the above. A lack of Eubiosis is termed as **Dysbiosis**. Another term for Dysbiosis is the Leaky Gut Syndrome. Weight loss or gain is a challenge when in Dysbiosis. Yeast causes refined sugar and other food cravings; and germs eat the nutrients from your foods, leaving you in a starved, depleted state, craving more.

Probiotic Supplements Alone Do Not Correct The Cause

Some Nutritional Health Care Practitioners, like Dr. Smith, provides Probiotic Supplementation, which is effective as long as Probiotics are consumed. Once Probiotics are discontinued, germs multiply and re-infect the body again. In other words, Dysbiosis resumes. Being one of the few doctors in the U.S., who know that these specific herbs provided as directed have the nutrients the body needs to grow its Probiotics (intestinal flora), Dr. Smith prefers to assist her clients in restoring Eubiosis by providing the Dysbiosis Supplement Program.

In severe cases, Dr. Smith may dispense billion count Therapeutic Probiotic supplements and this Dysbiosis Supplement Program, simultaneously, for fastest results. In these cases, the Probiotic supplement will immediately reduce current levels of germ overgrowth, while the Dysbiosis Program supplements heal the bowel walls and initiate the growth of intestinal flora. Once the client is out of their severe state, Probiotic supplements are discontinued and the body continues to grow its own intestinal flora to manage current daily exposures, promotes over-all body health and thus prevents recurrence of Dysbiosis. (Keep in mind the importance of client adherence to the **Dysbiosis Prevention** instructions, so they may avoid inadvertently causing Dysbiosis again.)

Dr. Smith's recommendation to include Probiotic supplementation may be based on the findings from the first or second-month Dysbiosis Questionnaire if either or both indicate slower progress than expected, clients symptoms of Dysbiosis are multiple and severe, or the client has requested the **fastest Eubiosis Restoration Program** available.

To demonstrate the effectiveness of the Dysbiosis Therapeutic Supplement Program and the excellent client follow-through on the enclosed instructions in these documents, Dr. Smith has had only one client require both Probiotic supplementation and the Dysbiosis Program due to severity.



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To date, we can also report that:

- Clients are highly interested in the fastest Eubiosis Restoration Program
- Only one client has had to repeat the Dysbiosis Program due to client error in following instructions.
- Only one client has had to repeat the Dysbiosis Program due to a medical emergency where she received antibiotics during treatment.

Consequences Of Long-Term Dysbiosis

Dysbiosis which also leads to Leaky Gut Syndrome in time creates the internal environment for multiple infections to spread throughout the body and in time, may even lead to Cancer.

Having no intestinal flora allows germs (yeast, virus, bacteria, etc.) to plant germ spores (their babies) and within three months, germ spores mature. When this occurs, the body is not only infected by the parent germs, but now re-infected by new germs. This ongoing process causes germs to multiply rapidly. Also, germs excrete waste and their waste also infects healthy cells and tissue.

Having no intestinal flora to act as guards to prevent their permeability through the bowel walls, allow germs to pass into the blood. When this occurs, germs will then infect every cell in the body. Over-all body health begins to decline more rapidly when this occurs.

Dysbiosis Prevention

1. Avoid taking drugs in the future that destroys your intestinal flora, such as antibiotics, tetracycline, NSAIDs, birth control pills, to name a few..
2. Should anything occur in which you are advised or think you need to take a drug that would destroy your intestinal flora, contact Dr. Smith first. For example, if you have a bacterial infection, healthier and more effective homeopathic and/or therapeutic, whole food vitamin/mineral or herbal supplements may be taken, instead, that will assist your immune system in digesting bacteria and/or other germs. These are safer and more effective than taking antibiotics and do not destroy your intestinal flora.
3. However, if for any reason you choose to take an antibiotic or any drug that destroys your intestinal flora, contact Dr. Smith to immediately repeat this program.
4. If unsure if you have taken a drug that destroyed your intestinal flora, contact Dr. Smith.



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5. Should an accident or any medical crisis occur where you are rushed to Emergency Room or admitted to a hospital for treatment, antibiotics and other drugs, perhaps even surgery may be required to save your life or assist you in your crisis, which will result in destroying intestinal flora. However, the priority here is saving your life. Once you have been dismissed from the E/R or hospital, contact Dr. Smith so that you may repeat this Dysbiosis Program and to determine if any additional support is needed to assist your recovery and to assure a more complete recovery.

MONITORING PROGRESS - DYSBIOSIS QUESTIONNAIRE, BLOOD OR URINE TESTING

1. The Dysbiosis Questionnaire is in lieu of a blood or urine test each month to evaluate the effectiveness of your Dysbiosis Program and your body's ability to produce sufficient intestinal flora.
2. Dr. Smith does not charge a fee to review the Dysbiosis Questionnaires. Grand Total Scores will be recorded in your chart and monitored. Increased growth of intestinal flora until it is sufficient is indicated by a decrease in the Grand Total Scores from Questionnaire to Questionnaire as more Dysbiosis symptoms abate.
3. However, should there be an increase in a Grand Total score, Dr. Smith will contact you for feedback as to possible causes for the increase and this consultation is fee-based.
4. Upon a future re-evaluation, should it be determined that your intestines is not producing the friendly bacteria as well as expected, this Dysbiosis program may be repeated until your intestines is producing sufficient its friendly bacteria (flora) on its own. Otherwise, this is a one-time program so once you have finished all of the Aloe, Garlic, Slippery Elm bottles (and Golden Seal, if provided), you do not need to order more of these supplements.
5. To date, the only time a client has had to repeat the Dysbiosis Program has been either because:
 - a. The Dysbiosis Program instructions were not followed precisely as directed in this document.
 - b. The client chose not to prevent or was unable to prevent Dysbiosis from re-occurring. (Refer to Dysbiosis Prevention below.)
 - c. Fortunately, both of the above has rarely occurred.



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DYSBIOSIS QUESTIONNAIRE

This questionnaire will assist Dr. Smith in monitoring the effectiveness of the Dysbiosis Program. Follow the instructions below will prevent the need to order a blood or urine test every month to monitor your progress, thus saving you money. To neglect providing this questionnaire will prevent Dr. Smith's ability to monitor your progress and may result in repeating this program.

Before Starting the Dysbiosis Supplements, Complete The Dysbiosis Questionnaire

1. To obtain copies of the Dysbiosis Questionnaire, go to the following web page in our website:
<http://www.advancedclinicalnutrition.com/dysbiosisprogram/dysbiosisprogram.html>.
2. The **passcodes** to open this web page is provided on your Invoice for the Dysbiosis Supplements.
3. **This web page can also be located** by scrolling down the Table of Contents (left column) of our web site to "Specialized Programs." With your cursor over the words, "Specialized Programs" pop-up web pages will appear. Click on the pop-up webpage titled, "**Dysbiosis Program.**" These **Dysbiosis Program Instructions** and the **Dysbiosis Questionnaire (Page 1 and 2)** are provided on this web page.
4. **Click on the PDF Document** for Page 1 and Page 2 of the Dysbiosis Questionnaire and print two copies of each page.
 - a. Complete one copy before starting the Dysbiosis Supplements and send this to Dr. Smith, either by U.S. mail, fax or email.
 - b. Use the other copy as a Master to photocopy additional questionnaires when needed.
5. **Do not have Internet Access?** If you do not have internet access, two copies of this questionnaire will be provided with your Dysbiosis Supplements. Please check your order and in the event you did not receive two copies, contact the office immediately.

Updating the Dysbiosis Questionnaire When Inventory Is Due

6. After completing your first **Dysbiosis Questionnaire** before starting Dysbiosis Supplements, please complete another Dysbiosis questionnaire on each **Column #1 Date of the Auto-Ship**



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Schedule. Repeat this until the score in **HX** (History) Box and the **GT** (Grand Total) box are the same. (Refer below for instructions on completing the Dysbiosis Questionnaire.)

7. **Send all questionnaires** upon completion to Dr. Smith by U.S. mail, fax or email.
8. You will notice that the **Subject Line** of the **Auto-Ship Reminder Email** reads “Inventory and Dysbiosis Questionnaire is Due”. This is our friendly reminder to you that it is time to complete a Dysbiosis Questionnaire and sent to Dr. Smith the next day or by the following Monday, if you need the weekend to complete it.

How To Complete the Dysbiosis Questionnaire

Each time you complete a **Dysbiosis Questionnaire**, keep a copy for your records and insert it in its appropriate section of your **Personal Education Program (PEP)** binder. There may be times when Dr. Smith, also, asks you to refer to a past copy of a **Dysbiosis Questionnaire**. Instructions for Completing the **Dysbiosis Questionnaire** are as follows:

1. **Answer each question** that applies to you and circle the points that apply to you for that question or write in the point on the blank line, whichever is indicated.
2. **Add up all points** for each Section (A, B, and C).
3. **Total Score for Each Section.** For example, for Section A, put the total points on the “Total Score, Section A” line at the end of Section A. Do the same for Section B and C.
4. **Page 1** – Also, put the Total Score for Section A, B, and C on Page 1 (Middle Column) on the line titled “Total Score, Section A, B, C,” respectively.
5. **Grand Total (GT)** - Then add all total scores for each of the three Sections and put their sum in the Grand Total (GT) Box.
6. **Historical Score (Hx) – Section A: History** has both historical and current symptoms and events. Historical questions generally ask “Have you ever ____ or Did you ____.” Points received for each Historical question that applied to you represents points that will not be changed each time you complete a questionnaire. Therefore, rather than having to read each historical question again, add historical points and write them in the Hx box each time you update your questionnaire, do the following:
 - a. **Master Copy** – On the Dysbiosis Questionnaire you printed for your Master Copy put a circle around the number for Questions **#1 through #7, #10, #15 and #16 in Section A – History**. Put a circle around the points that you answered for each of these questions also.



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- b. **Hx Box** - Add the points for all historical questions answered in Section A and put the total number of points in the **Hx Box** on Page 1, which is located to the left of the Grand Total (GT) box in the middle column.
- c. Each time you need to complete another Dysbiosis Questionnaire, you will make a photo copy of the Master and answer all questions that apply to you that are not circled in Section A, as well those that apply to you in any question for Sections B and C.

When Completing Dysbiosis Questionnaires Are No Longer Required

1. When the Grand Total (GT) Score is the same as the Historical (Hx) Score on Page 1 (Middle Column), you will no longer need to complete or send a Dysbiosis Questionnaire each month. When these scores are the same, this means all Dysbiosis Symptoms have abated.
2. Each time you complete a Dysbiosis Questionnaire, **your Grand Total Score should be less than the Grand Total Score on the previously completed Dysbiosis Questionnaire.** This indicates that your intestinal flora is growing and getting stronger. It takes many months, even over a year, for some people to grow sufficient intestinal flora. No matter how long it takes, continue completing and sending Dr. Smith your Dysbiosis Questionnaires on each **Column #1 Date of the Auto-Ship Schedule** until your GT score and Hx score are the same.



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THERAPEUTIC SUPPLEMENT INSTRUCTIONS

DOSAGES

ADULTS

The following supplements are required to assist your body in growing its own intestinal flora and returning the state of Eubiosis. When to take these dosages below is provided in the **Dysbiosis Program Schedule** on the last two pages of this instruction book.

1. Aloe

- a. **Aloe Vera Juice 32 oz. (Nature's Sunshine)** - Drink 2 ounces in 2, 4 or 6 ounces of juice or water daily or one ounce, twice daily, on the days you are instructed to take Aloe Vera Juice. You may use this Aloe Vera Juice Drink instead of water to take other Program of Care supplements, if desired, except Garlic Forte or Golden Seal. Garlic Forte and Golden Seal are not taken on the days when Aloe Vera Juice is consumed. Preferred juices are 100% Organic Apple, Pineapple, Papaya or Red Grape. Fresh-squeezed is also preferred for those who own a juicer. One, 32-ounce bottle required.
- b. **Aloes Resin 500 ml. (Medi-Herb – Australian Clients Only)** – Drink 30 ml. in 2, 4, or 6 ounces of water or juice daily or 15 ml., twice daily, on the days you are instructed to take Aloe. All other instructions in Aloe Vera Juice 32 oz. above are the same. Two 500 ml. bottles required.

2. Garlic Forte (One bottle required)

- a. **Garlic Forte 40 T** - Take two tablets daily. Take one tablet 30 minutes before breakfast and supper/dinner, on the days you are instructed to take Garlic Forte. Aloe is not to be taken on the days Garlic Forte is taken. Garlic Forte may be taken with other Program of Care Supplements.
- b. **Garlic Forte 60 T (Australian Clients Only)** - Take three tablets daily. Take one tablet 30 minutes before breakfast, lunch and supper/dinner or two tablets before breakfast and one tablet before supper – take only on the days you are instructed to take Garlic Forte. Aloe is not to be taken on the days Garlic Forte is taken. Garlic Forte may be taken with other Program of Care Supplements.

3. Slippery Elm

- a. **(Nature's Sunshine 360 mg. (4 bottles @100 C) or Medi-Herbs 400 mg. (3 bottles of 120 C [Australian Clients])** -- Take 6 Capsules daily. Consume 3 capsules twice daily or 2 capsules, three times a day, 30 minutes before the meal, just like other supplements on your Program of Care. Yes, you may take Slippery Elm with other Program of Care supplements.



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CHILDREN

All instructions and procedures in this document, including when to take the Dysbiosis Supplements, are the same for children as adults, except for dosage. The **Dysbiosis Program Schedule** (last two pages of this instruction book) include the adult dosage, so after printing, white out the adult dosage and write in the children dosages that apply to the age of the child taking these supplements.

Though the Dysbiosis Program is an generally a six-week program for adults, this program may take three months or longer to complete for children, depending upon the age of the child, e.g., the younger the child the longer, the program. No matter how long it takes, the Dysbiosis Program is not finished until all of the supplements are consumed as directed.

Please note that if you miss a day of dosage, the process is interrupted and you must begin again. In other words, even if you administered the below dosages daily for three months (90 days) and then missed Day 91. Then Day 92 becomes Day 1 again for this program and this will require purchasing the three Dysbiosis Supplements again. Whether you will need to purchase the same number of Slippery Elm bottles is dependent upon whether you currently have any unopened bottles.

Children Dosages

ALOE VERA JUICE (Nature's Sunshine):

- 0-5 years, ½ ounce
- 6 to 12 - 1 ounce
- 13 or older - 2 ounces (Note: If child has an adult size body, give 2 ounce, no matter what age, on the days instructed to take Aloe.

ALOES RESIN 500 ml. (Medi-Herb)

- 0-5 years, 12.5 ml.
- 6 to 12 - 25 ml.
- 13 or older – 50 ml. (Note: If child has an adult size body, give 50 ml., no matter what age, on the days instructed to take Aloe.

GARLIC FORTE TABLETS AND GOLDEN SEAL CAPSULES

For tablet dosages less than one tablet daily, crush one tablet, then divide the powder according to the dosage to be administered. Put left over powder in an air-tight container. Then label it with the amount of child dosages within the container, so that the remaining amount may be administered at the appropriate dosage on the following day(s).

Children Ages	Garlic Forte Dosages	Golden Seal Dosages
0-2 years	One-fourth tablet	One capsule
3-5 years	One-third tablet	Two capsules
6-9 years	One-half tablet	Three capsules
10-12 years (older = adult dosages)	One tablet daily	Four capsules



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NOTE: GARLIC CLOVES – if Garlic Forte Tablets are not recommended for children in the following age group, use whole, fresh garlic. Organic Preferred. Instructions for when to take are same as Garlic Forte.

- 0-2 years, 1/8th of a clove
- 3-5 yrs, 1/4th of a clove
- 6-8 yrs, 1/3rd of a clove

SLIPPERY ELM CAPSULES

- 0-2 years, two capsules
- 3-5 years, three capsules
- 6-8 years, four pills
- 9-12 years, five capsules. However, if a child 9-12 years has grown to an adult body size, give adult dosages.
- 13 or older – six capsules (adult dosage)

MONITORING YOUR SUPPLY OF DYSBIOSIS SUPPLEMENTS

Important Note

Slippery Elm - Monitor your supply of Slippery Elm to be sure you have enough to last through the taking of Aloe and Garlic Forte. In other words, as long as you have some Aloe or Garlic Forte, you must also be taking Slippery Elm. Therefore, because measuring Aloe is more challenging, when you open your last bottle of Slippery Elm, count the number of Garlic Forte pills, considering the days you will be taking Garlic Forte, to check to be sure you have enough Slippery Elm to last until you will have consumed all of the Garlic Forte. You should have more Slippery Elm capsules than Garlic Forte tablets. If you do not, contact us immediately for one more bottle of Slippery Elm.

Consumed all of Aloe OR Garlic Forte, first - If you consumed all of the Aloe first, then you will just simply finish all pills of Slippery Elm and Garlic Forte and this program are finished.

In the week that you finish the Aloe, if there was not a sufficient amount to complete the 5-day week, for example, you finished Aloe on a Wednesday, you can resume taking Garlic two days later. So if you finished Aloe on Wednesday, you may continue taking Garlic Forte on the following Saturday, and take daily until you finish all of the Garlic. Slippery Elm, as you know, is taken daily until all bottles are consumed.

The same instructions above apply if you consumed all of the Garlic Forte before finishing the Aloe, including if you consumed the last pill of Garlic Forte on a Monday to Thursday and did not have enough Garlic Forte to complete its 5-day week.



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ENHANCING THE DYSBIOSIS SUPPLEMENT PROGRAM

A client may require any one or more of the following additional supplements to enhance the Dysbiosis Supplement Program, though “requirement” is rare.

1. **Golden Seal** - If Golden Seal is provided, you will take 3 tablets daily, either one tablet, three times daily, 30 minutes before the meal, or two tablets before one meal and one tablet before another meal on the days you take Garlic. Golden Seal is not taken in the weeks you take Aloe. . If Golden Seal is not provided, omit these instructions. When indicated, Golden Seal may be provided for clients who need additional inflammatory, hepatic, and/or microbial support.
2. **Intestinal Cleansers** - For some clients, therapeutic intestinal cleansers are required to detoxify their colon for optimal health. If you require intestinal cleansing, Dr. Smith will incorporate them into your therapeutic program.
3. **Additional Fiber** - Mix equal parts of Psyllium Seed or Hulls, Linseed, Almonds, and Pumpkin Seeds - then put 2 Tablespoons on cereal, salads or in liquid drinks daily. For example, one cup of Psyllium Seeds or Hulls, Linseed, Almonds and Pumpkin Seeds mixed together, then spoon out two Tablespoons daily. This may be used for children also.
4. **Therapeutic Probiotics** – If required for severe cases or when requested by clients for fastest Eubiosis Restoration, separate instructions will be provided regarding **Dr. Smith's Five-Star Therapeutic Probiotic Supplement Program**. Where other practitioners may have their clients take 1-2 (generally one) kind of Probiotic for the duration of treatment for a number of weeks, Dr. Smith starts with the highest billion count in powder form for quick absorption, to provide a rapid, immediate, yet safe reduction in germ overgrowth for a few days. Then from highest to a high count, to a moderate to a lower count therapeutic Probiotic, she orchestrates this gradual process of decline in count over 30-45 days. As Therapeutic Probiotic Supplement support is decreasing, the Dysbiosis Therapeutic Supplement Program's initiation of intestinal bacteria growth is increasing, thus for a short time, their synergistic over-lapping affect shifts the Dysbiosis state swiftly, safely and powerfully towards Eubiosis.



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SCHEDULE – CHART

SCHEDULE – FOR DYSBIOSIS PROGRAM							
Complete a Dysbiosis Questionnaire before starting supplements and each Column #1 Date of the Auto-Ship Schedule.							
WEEK	MONDAY	TUES.	WED.	THURS.	FRIDAY	SAT.	SUNDAY
1							
3							
5							
7							
Put actual date (M/D/Y) for Mon-Sun on Week Row	Aloe Dose:	Aloe Dose:	Aloe Dose:	Aloe Dose:	Aloe Dose:	None	None
	Slippery Elm 6 daily	Slippery Elm 6 daily	Slippery Elm 6 daily	Slippery Elm 6 daily	Slippery Elm 6 daily	Slippery Elm 6 daily	Slippery Elm 6 daily
WEEK	MONDAY	TUES.	WED.	THURS.	FRIDAY	SAT.	SUNDAY
2							
4							
6							
8							
Put actual date (M/D/Y) for Mon-Sun on Week Row	Garlic Forte Dose:	Garlic Forte Dose:	Garlic Forte Dose:	Garlic Forte Dose:	Garlic Forte Dose:	None	None
	Slippery Elm 6 daily	Slippery Elm 6 daily	Slippery Elm 6 daily	Slippery Elm 6 daily	Slippery Elm 6 daily	Slippery Elm 6 daily	Slippery Elm 6 daily
*If Golden Seal is recommended, take on same day as Garlic Forte.							
CLIENT:		START DATE			END DATE:		
REFER “SCHEDULE INSTRUCTIONS” ON NEXT PAGE							



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SCHEDULE – SPECIFIC INSTRUCTIONS – QUICK REFERENCE

When printing, print two copies of Page 12 and 13.

Dosage

- The dosage is the total amount to be consumed on the day indicated for each supplement.
- Tablets and capsules can be taken with other Program of Care Supplements. For example, dividing the total amount as equally as possible and consumed 30 minutes before two or three meals.

Week Rows and Day Columns

- Week 1, 3, 5, and 7, you are taking Aloe, Monday through Friday.
- Week 2, 4, and 6, you are taking Garlic Forte, Monday through Friday, and Golden Seal, if provided.
- Aloe is not taken in the same week as Garlic Forte or Golden Seal, and Garlic Forte or Golden Seal are not taken in the same week as Aloe. Additionally Aloe, Garlic and Golden Seal are not taken on any weekends in this Dysbiosis Program..
- Slippery Elm is started on Day One (Monday in Week 1) of the Program and is taken every day, Monday through Sunday. So unlike Aloe and Garlic, Slippery Elm is taken every weekend.
- **DAY ONE** for starting your Dysbiosis Supplements is **MONDAY (Column) on the Row for WEEK 1**. Therefore, you will notice that you begin with 2 ounces of Aloe from Monday to Friday and 6 Slippery Elm capsules from Monday to Sunday in WEEK 1.
- **Write the actual date** for Monday through Sunday on the Rows for each WEEK. For example, if Monday of Week 1 is March 21 (Year) for Aloe & Slippery Elm, then Monday for Week 2 is March 28 (Year) for Garlic Forte and Slippery Elm, and so on. When this schedule is completed, you will include this in your PEP Binder in Section #3, **so put the year with the Month and Day** so that you have the actual date in your records for when you started and completed the Dysbiosis Program.
- **On the Schedule, draw a line through the day or entire Row for the week once completed.**
- Communicate the start and end dates to Dr. Smith by email, fax, or U.S. mail so she may include this in your chart or send her a copy of your completed Schedule within a week from completing all supplements.
- This is a 3-4 week program. **No matter which bottle is emptied first** (Aloe or Garlic Forte), continue this Schedule as written, until all of one of these bottles has been totally consumed. Then you may skip two days, and continue taking the other until all pills are consumed. For example, if Aloe is consumed entirely before Garlic Forte, then after taking the last of the Aloe, you can skip two days, resume Garlic Forte until all of the Garlic Forte pills are consumed. Remember, however, there should always be a two-day break after every 5 days of consuming either Aloe or Garlic, whichever is bottle is the last bottle to be consumed. .
- Complete and sent to Dr. Smith a **Dysbiosis Questionnaire before starting supplements** and complete another questionnaire on every **Column #1 Date of the Auto-Ship Schedule** until the score for the Hx (History) Box and the Grand Total box are the same.