

Healthy

from the



Inside

Out

March 2016



Clinician Corner

By: Ellen Weinberger RN, BSN, MSN FNP BC

The FDA warns consumers not to use Zi Xiu Tang Bee Pollen capsules, which are “marketed as a product for weight loss and body reshaping.”

The FDA has tested multiple Zi Xiu Tang Bee Pollen products ...including those that claim to be “genuine” and “anti-counterfeit,” have been found to contain:

- Sibutramine - removed from US market in 2010 for safety reasons, including substantially increasing blood pressure & pulse
- Phenolphthalein - Studies indicate it presents a cancer-causing risk, not an active ingredient in any US approved drug.

The FDA reports these adverse events

- Serious cardiac issues
- Heart palpitations
- Tachycardia (increased heart rate)
- Suicidal thoughts
- Chest pain
- Diarrhea
- Anxiety, insomnia
- Increased blood pressure
- Seizure

“Products that contain hidden drugs pose a real danger to consumers,” said Carol Bennett, acting director of the Office of Compliance in the FDA’s Center for Drug Evaluation and Research. “This is especially true when products have names that mislead consumers into believing they are safe and natural.”

All products aren’t made equally. Supplements sold in gas stations, chain stores, and even “health” stores don’t adhere to strict standards. Be careful.

There are more false vitamin & supplement products than the FDA & FTC can track & shut down. It’s up to you, the consumer, to purchase from reputable companies, like Dr. Smith.

Dr. Smith offers pure products from superior GMP manufacturers. Our products are often free from allergens like wheat, gluten, milk, soy, eggs, fish, shellfish, nuts, artificial coloring, & fillers. Many are Vegan, Vegetarian, & Kosher approved*

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Clinician Corner

By: Ellen Weinberger RN, BSN, MSN FNP BC

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Dr. Smith believes in his products. After 30 years, he's seen the clinical & scientific evidence. Pure & high-quality vitamins & supplements improve health, energy, & vitality.

In the next few months, we'll be introducing *new* vitamins & supplements plus bringing back favorites like Med Thin & Alipide.

We're excited to continue to help you be Healthy From The Inside Out!

*Please read all labels, including Dr. Smith's, carefully to avoid allergies



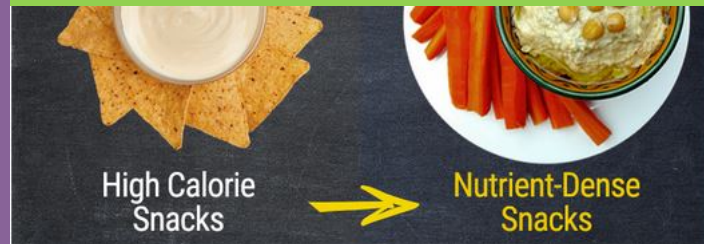
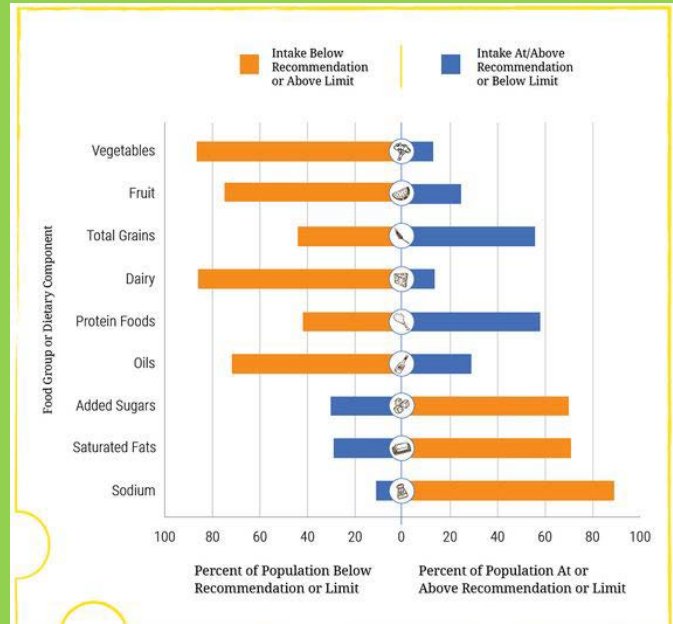
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Dietitian Corner

By: Debra Burke, RDN, LD

Did you know eggs are back & fat is in?!
 All new Dietary Guidelines are out!
 Long gone are the days of the pyramid.
 There's a whole new way to help Americans be healthy.
 Unsure about the new dietary guidelines?
 Ready to make a healthy change?
 Let's do a few 30 minute private sessions.
 Call 770-438-8446 & book your sessions.

Nutrition and Health Are Closely Related



Over the past century, essential nutrient deficiencies have dramatically decreased...the rates of noncommunicable diseases—specifically, chronic diet-related diseases—have risen...A history of poor eating and physical activity patterns have a cumulative effect. ~ Dietary Guidelines for Americans 2015-2020

DIETARY GUIDELINES FOR AMERICANS 2015-2020 EIGHTH EDITION

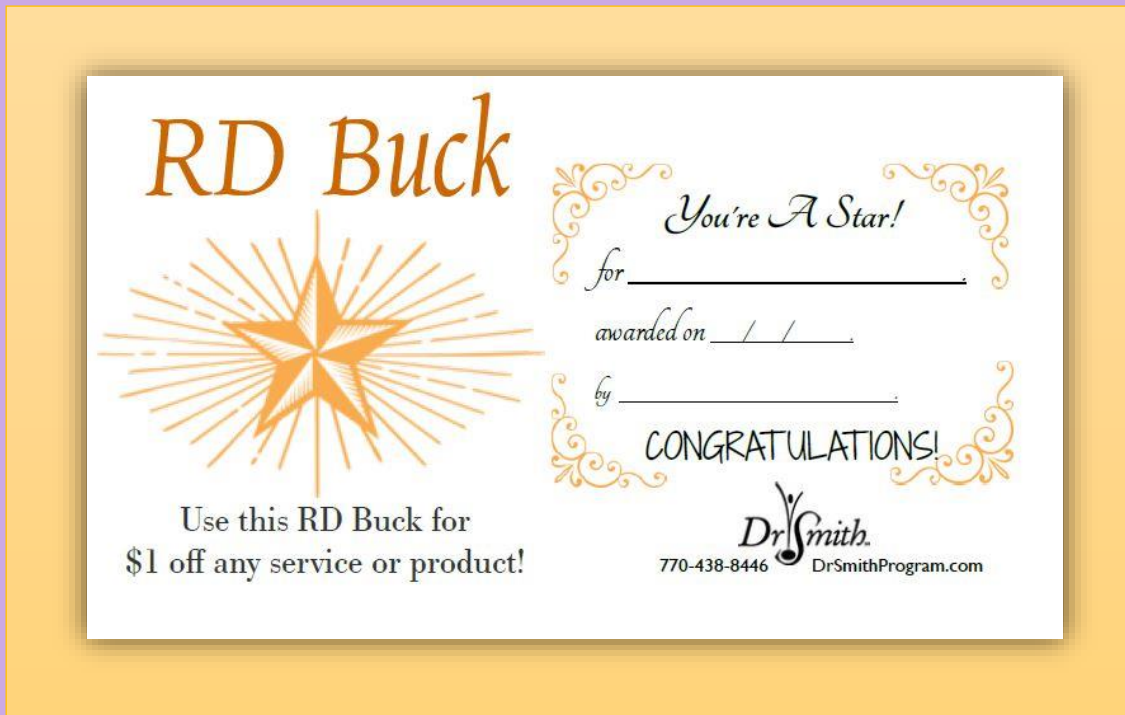
About half of all American adults—117 million individuals—have one or more preventable chronic diseases, many of which are related to poor quality eating patterns and physical inactivity. These include cardiovascular disease, high blood pressure, type 2 diabetes, some cancers, and poor bone health. ~ Dietary Guidelines for Americans 2015-2020



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Medical Members

new just for you!



RD Bucks Reward Positive Change!

Get RD Bucks at visits with Debra, your Registered Dietitian (RD)
RD Bucks are a Member-only benefit & spend like cash

Book your *free* RD Visit

Did you know Membership includes a *free* Dietitian visit *each* month?
Call 770-438-8446 or book in-clinic or online (page 8 in March Health Guide*)

Free \$5 Coupon for Members in March

get 5 RD Bucks (\$5 Coupon) with March RD visit – book now



Have you seen our new recipes?

They're for Medical Members Only.

Members [log-in](#) to your free online patient account, then click the INSPIRATION tab.

<u>3 Ingredient Brownies</u>	Super healthy! Super Easy! Plus, they're flourless. They're so simple, why not try them & see what you think? whip these up for work, school, & home parties
<u>Cozy Crock Pot Recipes</u>	Stress-free recipes packed with taste. Full of nutrition to keep you healthy
<u>Energy Packed Snacks & Mini-Meals</u>	Energize your day! Fuel your body & mind with Debra's expert suggestions. Easy, tasty, on-the-go, less than 200 calorie options for everyone.
<u>Health Benefits of Holiday Spices</u>	Add these spices to relieve heartburn & achy muscles. Boost memory & immune system. Add some aphrodisiac. Settle indigestion. Help treat flus & sore throats.
<u>Key Lime Cheesecake Cups</u>	Surprise your sweetie. These are delicious. Perfect them now & they'll be a summer hit!
<u>Mini Cinnamon Apple Tarts</u>	Fantastic sweet treat all year long. Especially July 4th, Fall-Winter, Thanksgiving, & December Holidays. Tasty, attractive, & super simple!
<u>Nutrient Rich Shopping List</u>	Not sure what to buy? Want new ideas? Use this list! It's nutrient rich to fuel you inside & out.

Other Member Benefits Include

- ✓ RD Bucks
- ✓ Free Clinician Visits
- ✓ Free Monthly Dietitian Visit
- ✓ 60% off additional monthly Dietitian visits
- ✓ Online Booking
- ✓ 15% off purchases

Not a Member? [Learn More](#) & Join



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Clinic Corner

By: Stephanie Albritton, Clinic Manager

“No-Show” Policy

Dr. Smith values providing exceptional services, the highest quality of products, and warm patient support. To ensure your services are as accessible and convenient as possible, we began a “No- Show” policy.

A “No Show” occurs when a patient:

1. doesn't cancel at least 12 hours prior to their appointment **AND**
2. doesn't show within 15 minutes of their appointment

A patient with two “No-Shows” in a twelve month period will need to make a deposit when scheduling future appointments. Deposits range from \$10-\$25 depending on the appointment.

As a courtesy to other patients and to avoid a “No-Show” deposit, please arrive on time for your appointment.



New Products Coming Soon!

All new supplements to help you be Healthy From The Inside Out.

Be on the lookout!

Patients ♥ Online Accounts

Go to : www.DrSmithProgram.com and click “Create Account”

- Purchase services & products
- View scheduled appointments
- Update billing & personal info



March Madness With Packages

Includes Clinician Visit & Rx Appetite Suppressants

8ASP

40%
OFF

- ✓ 16 months to use
- ✓ 8 Visits + Rx meds
- ✓ \$609

6ASP

30%
OFF

- ✓ 12 months to use
- ✓ 6 Visits + Rx meds
- ✓ \$529

4ASP

15%
OFF

- ✓ 8 months to use
- ✓ 4 Visits + Rx meds
- ✓ \$429

3ASP

8%
OFF

- ✓ 6 months to use
- ✓ 3 Visits + Rx meds
- ✓ \$349.50

Available for purchase March only

Purchase Today



Book Visits Online!

Medical Member Benefit

Step 1: Sign-In @ DrSmithProgram.com

Online Services
Sign-In or Create Account

Been here before?

If you've already created a personal login, then please enter your information below to continue.

email / username

password

[Forgot password?](#)

New to our site?

Please enter your first and last names, then click the button below to continue.

first name

last name

Have account?
Log in!

Need account?
Create!

Step 2: Choose Office & Services

3) Unsure of Services you need? Use this guide

Return Patient? Add ✓

Clinician (Dr/NP) => Return Patient
*free for Members, required for Rx meds

Dietitian => Overcome Obstacles
*Members get 1 free session/mo + RD Bucks + 60% off additional sessions (just \$30 for 30 mins)

New Patient? Add ★

New Patient Appointment => Clinician (Dr/NP)

Dietitian => New Fundamentals Session 1
*do at or within 2 weeks of Clinician Appt

Dietitian => New Fundamentals Session 2
*do 1-2 weeks after Session 1

Step 3: Select Day & Time

Step 4: Confirm

You're Booked! See You Soon!

Your appointment is booked!



Step 1: Sign-In

The sign-in form is split into two columns. The left column, titled 'Been here before?', contains a 'Log in' button and a 'Forgot password?' link. It has input fields for 'email / username' and 'password'. The right column, titled 'New to our site?', contains a 'Next >' button and input fields for 'first name' and 'last name'. An 'OR' separator is between the two columns.

Have account?
Log In!

Need account?
It's easy!

Step 2: Return or New patient?

Return Patient => *Medical Membership*

New Patient or Last Visit 2+ years => *New Patient Health Package*

Click [here](#) & choose

This form allows users to select a membership program and start date. It includes a dropdown for 'Which Program, Package, or Membership would you like?' (set to 'Medical Membership') and a date picker for 'When would you like to start?' (set to 5/6/2015). Below is a section for 'Medical Membership' with descriptive text. At the bottom, there is an 'Agreement to Pay Recurring Fees' section with a checkbox for 'I agree with the above terms' and a 'Make Purchase' button.

Select start date
Bills this day each month.
Consider good payment date & starting today for benefit access

Check

Click

Step 3: Review Shopping Cart

The shopping cart review form lists items: 'Medical Member Sign Up Fee', 'Medical Member: Clinician Visit', 'Medical Member: Dietitian Visit', and 'Medical Membership Monthly Fee'. At the bottom, there is a 'PROMOTION CODE' field with an 'Apply' button and a 'CHECK OUT' button.

promo code

Click

CHECK OUT

Step 4: Confirm

The confirmation form is divided into two sections. The top section, 'Billing Information', includes fields for 'CC Number', 'Cardholder Name', 'CC Expiration' (Month and Year), and 'Postal code'. It also has a checkbox for 'Store this as my billing information'. The bottom section, 'Email', includes a 'Contact Email' field and a checkbox for 'Store this as my email address'. A 'PLACE ORDER' button is at the bottom right.

Check

Enter email. Click

PLACE ORDER

Credit card for Member fee

Visa, MasterCard, & Discover accepted
American Express **not** accepted

DON'T use FSA card

Submit monthly fee to FSA for reimbursement

FAQs

Update card online, in clinic, or call 770-438-8446.
Dr Smith *does not* store card numbers. For details download [Dr. Smith & Online Account Security. The MindBody Advantage](#)

Congratulations, you're a Medical Member!

Let's book your visits online. [Learn how](#)

