



DRUG-FREE AMERICA

By Dr. Donna F. Smith

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PURPOSE

The purpose of this **Personal Education Program (PEP)** called, **Drug-Free America**, is to help you have a more balanced perspective on the care of your human body.

For brevity's sake, whenever I refer to your body, I am referring to the whole human body – body, mind or soul and spirit. This, also means the physical brain, as it provided in the body.

Since I opened my Clinical Nutrition Business in 1981, many people have contacted me with a medical mind-set. To understand Clinical Nutrition requires a whole new way of thinking about your body, i.e., a Clinical Nutrition mind-set.

This is a reading only PEP, so your summary or homework is to write your favorite point, one point per each of the three documents posted.

You know the purpose of all the **Personal Education Program (PEP)** as they were outlined on the **PR-CC & PEP** document, so you are to begin with the information and tools of this **PEP**.



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MEDICAL MIND-SET

The origin of pharmaceutical (chemical/metal) drugs in America was in the 1950s. Since then, the medical industry has become prominent, so my experience has been clients, who were either born into the medical mind-set or have forgotten the thousands of years available for the care of the human body before drugs.

As consumers, we have accepted the medical industry until they became the authority over our bodies. The truth is, **we evolve as a human being** and need both the medical (drugs and surgeries) for true emergencies and **Clinical Nutrition** for healing with and without medical intervention. In other words, to obtain balance and health, **Clinical Nutrition** is required. We need both according to their real training.

Read #1 and #2:

1. The medical industry (drugs and surgeries) are trained in life and death situation. What I mean is...if you feel you could die this very minute, then call an ambulance!
 - a. The industry's focus for all medical training is "emergency medical assistance."
 - b. After all, who would want a leg amputated, without a drug.
2. The medical industry has abused drugs and surgeries:
 - a. Drugs –
 - i. Currently they are abused through daily and/or weekly, ongoing use. Drugs should be for short-term use, not long-term as is the reality, now.
 - ii. The medical industry is spending their time with giving drugs to manipulate or suppress the symptoms of diseases (i.e., Disease Management). Yet they heal no one. This is because they are trained in how to get you stable again, when in a true emergency, not to heal you.



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b. Surgeries –

- i. Surgeries are required in the case of accidents, war, and others who cause abuse.
- ii. However, surgeries are abused.
 1. Think of how many healthy babies could have been born without their mother receiving surgery.
 2. 99% of all hysterectomies are elected! That means the consumer chose it.
 3. I was told that I would be paralyzed in a year, if I did not have their surgery. I declined their surgery and I am not and have never been paralyzed. Read the next section if interested.

- c. Because of medical specialties, the right hand does not know what is happening to the left hand, and vice versa, so to speak. In either case, abuse can be caused.

DECLINED SURGERY AND NOT PARALYSED!

In 2/2022, the fear tactic was used on me to have medical surgery, too, when I simply wanted an MRI for more information regarding the results of my sports accident.

I was told that I would be paralyzed in a year, if I did not have their surgery. Well, I am writing this in 2025 and I am not paralyzed. In fact, from 2/2022, it was a year and a half before I remembered what was said to me at this neurological office, so now, it has been over three years that I have not been paralyzed!

I healed myself with **Clinical Nutrition** and this medical professional, at the neurological office, was not trained in the knowledge of **Clinical Nutrition**.



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There was no book on this, because the solution in every book was surgery. So, I may have to write the book on healing from a sports accident without surgery.

Here is the history, if interested – I had hired a **Personal Trainer** to avoid a physical accident because:

1. I was never taught how to exercise in a gym, having Tennis in High School, and
2. I was then in my 60's.

Looking back, the Personal Trainer worked me out, as though I was in my 20s, so I did have an accident.

INSURANCE ON YOUR BODY!

Insurance is not on you, even though you pay for it. If it were on you, you would choose the best service for your body.

Insurance is actually on a medical service. In other words, you have to pay for the Disease Management Service that provides drugs and surgery to manage your symptoms.

What is needed is referrals for Clinical Nutrition to heal the patients, and insurance to cover it, when chosen. In other words, Clinical Nutrition is a Healthcare Service that can heal and show you how to stay healthy, and is covered in other countries, so why not America?

When it comes to insurance, you want it to cover both - Healthcare Insurance to cover our Clinical Nutrition Services and other non-medical therapies and Disease Management Services to cover medical services (drugs, surgeries and hospital stays).



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PARADIGMS

Today, we are having paradigm shifts from all natural (from the origin of the Human Beings to 1949) to all medical (starting at 1950s) to **both**.

However, the balance of these two services have been left to Healthcare Nutritional Professional, like myself. In the future, the balance will be provided by the professional of both services, as the nutrition industry becomes more sought after because of people, like you!

UNDERSTAND FIRST

As you know from reading **the PR-CC & PEP** document,

1. Drugs do not heal the human body. Because of the long-term use of drugs, some people cannot heal, though fortunately, many who think or have been told they cannot heal are pleasantly surprised to experience healing.
2. The term “no cure” generally means that the medical industry has no drug or surgery that will cure the disease. Now, you know why.

So today, rather than understanding both services (their differences and what each has to offer you) and knowing the facts above, the medical industry wants to control **Clinical Nutrition** and rebrand us as “**Functional Medicine**.” I assume because this sounds more medical and because we are being known and prospering, taking over us will bring more money!

The medical industry, FDA and others who are like this, may think that adding Nutritional Drugs (synthetic or isolated vitamins and minerals) to foods or herbs makes them the same. However, they are not the same.

Read my **Villager Publication** titled, “*Taking Vitamins or Nutritional Drugs?*”

If they (the powers that be) choose to change the name of **Clinical Nutrition** to **Functional Medicine**, by any other name I will still smell sweet, and my degrees are fine for either, so it is okay with me. However....



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TO MAKE AN INFORMED DECISION

I want you to understand the difference so you can make an informed decision. For example, it is important that you have the “whole-food concept” in foods and supplements (in any form). In other words, the ingredients are as nature made them. i.e., water is the only substance that can be added or deleted without changing the ingredients. By any form, I mean—tablets, capsules, liquids, powdered, dried or (dehydrated), etc.

Our **Dietetic Service** and your **PEPs** are designed to help you develop a principle-centered diet, lifestyle and environment so,,

1. Your Health Chest is always complete, as you never know when a home emergency will occur. Our goal is for you to become as self-reliant as possible. The includes knowing when you need a professional – in Clinical Nutrition, Medical or both.
2. Once your body is healthy through **Clinical Nutrition Therapy**, your **Health Maintenance Program** keeps you healthy.
3. Call us first for **Short-Term Therapy** whenever you are sick or do not feel healthy.
4. When you have a **true emergency**, seek medical assistance. In these cases, call us second as your body needs our **Short-Term Therapy** to get healed again.

SERVICES, STORES AND ONLINE BUSINESSES

Understanding what the above section means is important because there are a lot of non-medical services, stores and online businesses that are:

1. Selling Nutritional Drugs and passing them off as vitamins or whole foods, instead selling low-potency herbs and homeopathics and/or pure food as nature grew it.
2. Selling low-potency Vitamins or Nutritional Drugs directly to the consumers, when high-potency, therapeutic supplements and Nutritional Doctors are required.
3. Keep in mind what I wrote below about the amount of time to train in our respective fields and the time required to do the service, for which one was trained!



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- a. Because it is very difficult for a medical or non-medical service to provide **Clinical Nutrition (full service)** when he or she has to divide their time by providing their specialty.
- b. First, with the time required to train for that specialty and secondly, the time required to provide the service of the specialty **AND Clinical Nutrition.**

They may change the name of what we do; however, I cannot see anyone taking over **Clinical Nutrition** because each of these fields and services take a long time, think of this...

1. How long it takes for a licensed, medical doctor to be trained, and
2. It took a long time for me to be a great **Doctor of Clinical Nutrition, Doctor of Naturopathy and Charter Herbalist**, etc. – all the fields in natural healing. I could say that it took me as long as it took medical doctor.

POSTED DOCUMENTS

So, the documents that have been posted are to:

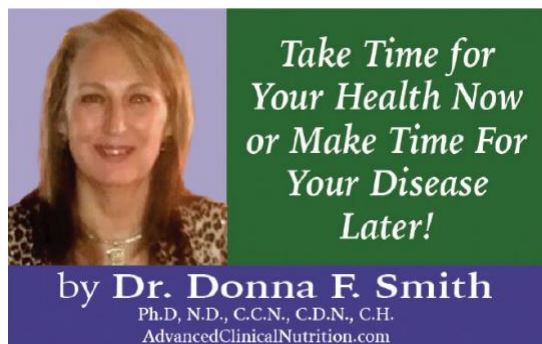
1. ***Drug-Free America!*** -- To demonstrate the truth that no matter what your age, with a medical mind, you are getting only drugs until they do not work for your disease anymore and then you get their surgery or you die prematurely – what a way to exist vs. live.
2. ***My Most Important Decision*** – My decision brought me peace, balance and Health! I hope the same for you!
3. ***What Motivates You!*** -- Balance starts with “Knowing Thy Self.”



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ABOUT DR. SMITH



Degrees & Certifications

Clinical Nutrition (Ph.D.)
Doctor of Naturopathy (N.D.)
Board Certified Clinical Nutritionist (C.C.N.)
Certified Dietitian-Nutritionist (C.D.N.)
Canadian Chartered Herbalist (C.H.)

Dr. Donna F. Smith is the owner of **Advanced Clinical Nutrition** (est. 1981) in Wichita Falls, Texas, where she provides **Clinical Nutrition Testing and Therapy** (aka Functional Medicine), based on the findings from a **Clinical Nutrition Analysis of the Laboratory Reports** from testing her clients' biochemistry (i.e., blood, urine, saliva, stool, hair, and genetics, etc.). She has a success rate of over 90% helping her clients improve their health and her clients, currently, reside in 37 U.S. states and seven international countries.

Dr. Smith also serves on the Board of Directors for the **International and American Associations of Clinical Nutritionists** (IAACN.org). She has served as a Head Start Board Member Dietary and Nutritional Advisor; IAACN Texas Chapter Board of Director Secretary; National Health Federation Founder and President of the Wichita Falls Chapter, and Co-founder of the Association of Alternative Health Care. Her professional biography has been published in several Who's Who Directories in the Library of Congress.

Interviews to date include a variety of nutrition-related topics by NBC and CBS network television news reporters, podcasts, such as The Female Millionaire, and radio, which includes a monthly series of Mid-Day Radio Talks with Susie Bradshaw KWFT Radio for 22 months, interviews by Dennis Courtney, M.D. Radio Talk Show in Greensburg, PA. and, locally, by Joe Tom White Morning Radio Show.



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She is also a contributing writer for *The Villager*, a South Denver, CO., newspaper (since 3/2021), *Wichita Falls Parent Newsmagazine* for six years and is a freelance nutritional health writer for a variety of publications, having written over 100 articles for internet and traditional magazines, such as the *American Chiropractic Magazine*.

Dr. Smith's public speaking engagements include various clubs, organizations, corporations, hospitals, clinics, universities and scientific conferences, such as the IAACN, national groups of scientists and biochemists of the American Society of Clinical Laboratory Science (ASCLS), Stephen F. Austin University, Midwestern State University, Columbia Southwestern Medical Center, Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Clinical Nutrition Testing, Therapy, Maintenance and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail, and telephone consultations. Lab Kits are mailed to each client's home, where they collect their specimen samples and then mail them directly to our Laboratories and/or have blood drawn and routine urinalysis collected at a local Quest Laboratory near their home.

Dr. Smith has successfully assisted her clients in improving their health, with the most frequent, but not limited to, increasing energy, balancing hormones, improving mental and emotional function, strengthening the nervous system, muscles, joints, and immune system, restoring overall organ/gland and body system function, improved skin, hair and nails, and in some cases even restoring natural color, managing weight, preventing/reversing disease processes and enhancing life and/or sports performance.

For more information, to order a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva and stool), including genetic testing, and to contact Dr. Smith, call (940) 761-4045. The first consultation is FREE!

Meanwhile, please browse her Visitor website at www.AdvancedClinicalNutrition.com and read Free **Articles by Dr. Smith**, including all of **The Villager's** publications. You may also connect and/or follow her on www.linkedin.com/in/drdonnafsmith and www.Facebook.com/DonnaFSmithPhD. Though she is more active on LinkedIn; than other social media formats.