



# ACUTE SYMPTOMS?

**“Call Me First”**

**By Dr. Donna F. Smith**

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***Mary and Jane Comparison Chart is also part of this article.***

## **ATTENTION**

Should you experience any acute symptoms between now and when you actually begin experiencing improvement through your therapeutic program, please call me immediately to schedule a “Nutritional Emergency” Consultation. “Immediately” means on the first day you experience the acute symptoms. Nutritional Emergencies are different than Medical Emergencies.

It is also important to call me first before taking any new drug, prescribed or over-the-counter. By “new” I mean, any drug or supplement that you are not currently taking or were taking at the time of your first contact with me. This applies to any pharmaceutical drug - topical, injected, and liquid or in pill-form. For example, the most frequently prescribed new drugs are antibiotics (oral and topical), whether prescribed by a physician, dentist or obtained over-the-counter.

**The above also applies after starting your Clinical Nutrition Therapy.**

***Read on to find out why.***

## **PURPOSE OF THIS ARTICLE**

This article provides your first Clinical Nutrition “therapeutic” instructions and education as a new client. Because “acute” symptoms can occur unexpectedly, at any time, please read this article as soon as possible.

This article will also define when it is important to call me 1st and when to call me 2nd.

Most new clients have:

1. a weak immune system and thus may experience the flu, cold or some other acute symptom,
2. suffer from health conditions or a disease,
3. may or may not be currently receiving Medical Services,
4. may be injured or have some home or medical emergency, or
5. have scheduled surgeries

...at the time or after contacting me for Clinical Nutrition Therapy and before they have been in Therapy for a sufficient amount of time to improve their health, as well as being coached on what they can do for themselves without the need for professional assistance, mine or their physicians.



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Therefore, this article will provide some preliminary guidelines to assist should any of the above apply to you.

Please note that for brevity's sake, references to “therapy” or “Clinical Nutrition Therapy” may also include “Naturopathic Therapy.”

## WHAT ARE ACUTE SYMPTOMS?

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For brevity's sake, I am defining “Acute Symptoms” as any symptom:

1. That appears suddenly and unexpected,
2. Was not present when you first contacted me.
3. That has intensified or become more frequent. In other words any symptom you had when you first contacted me that has become more severe in intensity and/or more constant in frequency.

If you would like to review a quick list of over 100 of the most common acute symptoms people experience throughout their lifetime for which we have safe, effective, proven Remedies, as well as listing some key daily lifestyle prevention instructions, that are included in my Health Chest Consultation and e-book, click on this webpage link below. Then scroll down the page until you come to **“Updating Your Medicine Chest to a Health Chest.”**

[Ordering W. F. Supplements](#)

### **NOTE**

“W. F.” represents “whole food” maintenance supplements, which are available for anyone to order. Whereas therapeutic clients receive “therapeutic” whole food supplements dispensed after a Clinical Nutrition Analysis of the Laboratory testing of their biochemistry (blood, urine, saliva, hair or urine).

For more information about my **Health Chest Consultation** and e-book, read below this list on the above web page. Though this consultation will be scheduled shortly after your start therapy so you are proactively prepared, you may also request that we schedule this at any time before this, such as after completing Step #1 to #10 in the **New Client Instructions** web page, and before starting your Clinical Nutrition Therapy. Also, the Health Chest e-book is included FREE with the Health Chest Consultation.



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After reviewing this list of acute symptoms, make a note to come back and read the entire **“Ordering W. F. Supplements”** webpage, as it also contains information that is helpful for the family members and friends you love, who are not currently receiving Clinical Nutrition Therapy.

You will understand why this web page is so important for family and friends currently taking supplements or in need of taking maintenance supplements, when you read the article, [“Three Ways Supplements Are Manufactured Today.”](#) If you have not already read this article, it is one of the steps after #11, on your New Client Instructions web page, so you will come to read this at the appropriate time.

## HEALTH BENEFITS FOR CALLING ME 1ST!

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Should you experience any acute symptoms between now and when you actually begin experiencing improvement through your therapeutic program, please call me immediately to schedule a “Nutritional Emergency” Consultation, so we may provide what you need to prevent your health from becoming worse or creating new health challenges. This also applies anytime you experience acute symptoms, i.e., before, during or after completing Clinical Nutrition Therapy, whether due to germ exposure, injury or any other cause.

Addressing health challenges at the onset of acute symptoms provides the following advantages. Onset of acute symptoms means on Day 1 or the moment you realize that you or a family member is suffering. So, before running to your Medicine Chest, the local pharmacy, emergency room, or whatever you normally do, look at all the benefits you will have by calling me first, you will:

- Feel better faster, i.e., symptoms will abate faster when you address the cause immediately.
- Require less time to heal, i.e., the longer symptoms are present; the more time the cause has to do more harm.
- Thus, less clinical nutrition therapy is needed, so your financial investment will also be less.
- Prevent the cause of your acute symptoms from not only getting worse, but adversely affecting other areas of the body.
- Improve your over-all health from Clinical Nutrition Therapy. In other words, your over-all health will be better after our therapy, than it was before using our therapy, in addition to getting to the cause of your acute symptoms.
- Not need or greatly reduce your frequency for over-the-counter or prescribed drugs – as you provide what your body requires to heal at the onset of acute symptoms and learn how to



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not interfere with its healing processes, your need to suppress symptoms through drugs is reduced or not needed, because symptoms will improve, then abate as a natural evolution of healing.

- Eliminate or greatly reduce medical costs. The above also leads to saving money that would have been used for medical costs, if you did not know about healthy, safe, effective and proven remedies through our services.
  - For example, my savings has been 100% as my total cost for medical services since 1975 has been zero. My son, born in 1985, is a true “drug-free” American, yes, not even childhood vaccinations.
  - Our Clinical Nutrition Therapy, Health Chest Consultation and e-book, and Personal Education Program (PEP) – Dietary, Lifestyle and Mind-Body Connection Consultations assist our clients in doing the same.
  - Please note that though I am delighted when they do, it is not my intention or purpose to help clients get off their currently prescribed drugs because this is legally outside the scope of my clinical nutrition practice. It is interesting to note, however, that once clients have received sufficient Clinical Nutrition Therapy to improve the areas of the body producing their symptoms, their symptoms begin to improve and then abate. When symptoms have significantly improved some clients will be able to ask their physician for help in weaning off their medications. Others will wait until symptoms abate. In either case it is important to monitor your symptoms closely for the right timing for you. So again becoming drug-free is a natural evolution of improving one’s health through Clinical Nutrition.

If Clinical Nutrition Therapy is unable to help the cause, I will immediately refer you for and coach you on how to receive medical service to minimize the long-term adverse effects of medical treatment to help you receive medical services that will work for you, and not against you. However, I am sure you will be glad to know that since starting my business in 1981, I have been able to help every client who has called me first.

This is because “Clinical Nutrition” is foundational to healing anything and everything related to the human and animal mind and body.

***Sounds like a bold statement?***

***Whether considered bold or not, it is a factual statement.***

To read the scientific facts regarding this statement, after you have read this article, return here and click on this link to the [“Library of Articles”](#) web page to review the **Diagram** of and read about the ***Pathway of the Metabolism of the Cell.***



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Also, if you are interested in educating yourself further, after reading this article, scroll up the above web page to this article or come back here and click on this link to my Library of Articles to read [\*\*“The Cause of All Illnesses and Diseases No Matter What The Medical Label \(Diagnosis\).”\*\*](#)

## PARTIAL OR COMPLETE HEALING?

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Now, having said all the above, it is important to know that there are cases in which a new client has waited too long to achieve complete healing (i.e., homeostasis, the true definition of health.) However, even in the few cases where this applies to new clients who contact me, they are still able to “improve” their symptoms. Even if the cause cannot be healed 100%, I and my clients are delighted by 90%, 80% or whatever degree of healing their body is capable of attaining at this late

Additionally, whatever degree of improvement that is possible, it is frequently more improvement than the client has experienced in all the years that have been using other therapies in their efforts to get the help they really needed, which has not led them to find me.

Also, by providing one or more “therapeutic” whole food supplement for that area of the body to be taken for the rest of their life, they are able to sustain that improvement, and slow down further degeneration in that area of the body. This is also preferred over taking a drug to suppress the symptoms produced by that area for the rest of their life.

## WHEN NOT TO CALL ME 1ST BUT 2ND

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The exceptions to my council to “call me first,” of course, are TRUE medical emergencies, such as:

- broken bones,
- open wounds requiring suturing,
- uncontrolled bleeding, or
- you are in a life-threatening state.

Contrary to what the medical industry wants the public to believe, these are truly the only four conditions that actually require medical treatment.

You will always be healthier when you limit medical services to true “Emergency Medical Assistance.”

A few examples of life-threatening states are:





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- a heart attack,
  - seizures,
  - ingesting a poisonous substance,
  - breathing a toxic gas or inhaling excessive amount of smoke.
  - Serious burns.

However, there is help for you even in these extreme medical emergencies. When you complete your “Health Chest - Updating Your Medicine Chest to a Health Chest,” Consultation and e-book so you will know what to do and what to stock in your newly created “Health Chest” for a heart attack, burns (mild to severe), poisoning, bleeding, etc., that can help in medical emergencies, even save lives, while waiting for medical assistance. Whether you are waiting for an ambulance or administer in the car on the way to the Emergency Room.

If you have not reviewed this list and want to review it now, click here to review the three column list of acute symptoms and the information below it.

[Ordering W.F. Supplements.](#)

## Prolonged Menstrual Bleeding Not A Medical Emergency!

Prolonged menstrual bleeding is a menstrual cycle that lasts longer than five days. The two most frequent causes are:

1. Hormone imbalance – the imbalance may be one, more or a combination of hormones being produced by the sex glands, thyroid, adrenal, pituitary, Hypothalamus or a combination of these glands, i.e., multiple glands with hormone imbalances.
2. Deficiencies in specific minerals.

Now, this can become a medical emergency if the above is not corrected, however, here are the facts that 90% of the women who have had a hysterectomy, because of prolonged menstrual bleeding, should have known:

Because physicians are uneducated in nutritional biochemistry, it has become a statistical fact that “90% of all hysterectomies are elective,” i.e., performed because the physician has convinced their female patients that a partial or complete hysterectomy is the only option they have, not because it is life-threatening.

The term “elective” means that there was no life-threatening risk. “Elective” means the patient has chosen or “elected” to have this surgery.



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Why would any woman choose to have any part of their body removed surgically, except that her physician said this was her only option?

Removing part or all of the female reproductive organs because of prolonged bleeding is like removing the parts of the engine of a vehicle because it has an oil or gas leak. Though, unlike the vehicle, which cannot survive the removal of its oil or gas-related parts, the human body can survive a hysterectomy.

However, there are long-term consequences to the over-all health of the human body when it is missing any of its parts.

More on this at one of your future “therapeutic consultations” and healthier solutions, than drug therapy, will be provided to minimize these consequences if you presently have any missing body parts.

## Two Other Common Female Symptoms Are

- Irregular menstruation, i.e., skipping one or months and then having a menstruation for one or more months, then skipping again or
- a menstrual flow of blood that is less than normal or for fewer days than five are also signs of hormone imbalance.

## Everyone Is Adversely Affected By Hormone Imbalance

Unless a person has specifically received Clinical Nutrition Therapy to correct the causes of their imbalanced hormones, I can safely say that everyone else is definitely experiencing hormone imbalance from children to the elderly.

Every new client that has male or female saliva and hair analysis as two tests in their Initial Assessment will receive a Hormone Assessment. These are two tests that I run on just about every new client because hormone balancing is often among their initial health goals, or the symptoms they are presented, has a hormonal cause, even if they are not aware of it.

And so far, every new client whom I have run these tests on, have indeed had hormone imbalance.

If you want to understand some of the primary causes that lead to hormone imbalance in people of all ages, read the brief report in my email newsletter listed In our Newsletter Archives about ***the Decline of Male Births - The Disappearing Male*** since 1950's and why. It is a scientific fact that since 1950 we the human race has been on a course of human extinction. To prevent this we have some major changes to make in our society to eliminate all the “hormone” exposures, including the task of keeping hormones balanced in our children, men and child-bearing women. This research is from the ***“Journal***





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**of American Medical Association.”** (JAMA, 1998). You will need your “subscriber” passcodes to open the [Archives](#) web page.

In case you are wondering what some other symptoms of hormone imbalance are, here is a brief list. You can also do an internet search for other symptoms if interested.

## Males and Females

1. headaches,
2. including migraine headaches,
3. joint and muscle aches,
4. PMS,
5. cramping anywhere
6. mental/emotional challenges, such as
  - a. irritability,
  - b. mood swings,
  - c. bi-polar,
  - d. memory loss,
  - e. lack of concentration,
  - f. even violent and abusive behavior
  - g. just to name a few.

## MEDICAL SERVICES SOLICITED

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In the event, you choose or require medical diagnostic procedures, medical treatment (drugs or surgery) in the Emergency Room, Doctor's Office, Clinic or Hospital, for any reason, please contact me:

1. BEFORE medical services are provided so you may:
  - a. Discuss the purpose for medical services. My clinical experience reviewing medical histories on and with my new clients, most of the surgeries and medical treatments (drugs) they have received could have been avoided had they received Clinical Nutrition Therapy first. In fact, the few exception to this are when medical services were needed for accidental injuries that where they broke a bone or needed suturing.
  - b. If your purpose for medical services is warranted is a “true medical emergency or life-threatening condition, I will be able to recommend the therapeutic nutrients your body needs to assure the best possible medical outcome. The more advanced notice prior to medical services the better the outcome.



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2. AFTER - as soon as you are discharged to assure successful recovery and healing. The Public, even Physicians, assume the body is capable of healing “completely” after the physician has completed their medical treatment and stabilized the patient for discharge; however, this is not true.

## Why The Body Does Not Completely Heal After Medical Discharge?

1. To completely heal after an injury or any health condition that has resulted in medical treatment (drugs or surgery), requires specific nutrients for the affected areas of the body and higher dosages of these nutrients than the diet can possibly supply today.

An example of this is a middle-aged man who can foretell weather changes by the onset of the pain he experiences in an old football injury, which occurred in his youth. Had his physician or coach known to refer him for clinical nutrition therapy, his injury would have completely healed and he would have to receive information about weather changes from other sources like the rest of us. LOL

2. Medical treatments, as well as a number of Medical Diagnostic Procedures, particularly the invasive procedures, have long-term adverse effects, if Clinical Nutrition Therapy is not provided immediately after medical services have been provided. Actually, they have both long-term and short-term adverse effects, making medical treatment a two-edged sword.
  - a. However, in a true medical emergency their short-term benefits outweigh their short-term adverse effects because true emergencies are life-threatening and saving lives by any means is priority.
  - b. Then once discharged, I can provide the Clinical Nutrition Therapy for these adverse short-term effects to prevent them from having long-term adverse effects.
3. If medication has been prescribed at the time of or shortly after discharge, the body is further challenged to heal because
  - a. The chemicals and metals in them increase nutritional deficiencies and toxicity in an already weakened body state (weakened from the stress of a life-threatening injury or health condition),
  - b. NSAIDS (non-steroid anti-inflammatory drugs) and pain killers are two of the most common types of drugs prescribed that block healing processes.
  - c. New health challenges develop as a result from their drug side effects.



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## How To Assure Medical Services Work For, Not Against You

In the cases where you choose to use Medical Services, like an Annual Medical Check-up, which I highly recommend, or you require medical services because you have a true emergency or life-threatening condition, contact me immediately so I may help you prepare for the best possible outcome and coach you on ways to help medical services work for, not against you.

- Before our consultation, please [click here](#) to read my article on this subject, titled, ***“Medical Services & Annual Medical Check-Up Guidelines,”*** which is posted on the **“Retesting”** webpage, attached to **“Forms and Questionnaires”** in the **Table of Contents** on my website.
- Reading this article first will allow us to use consultation time, focusing on the specific medical services you will be having at that time, thereby saving you money regarding my consultation fee.

Some new clients may be surprised that I highly recommend annual or every other year Medical Check-Up, at least, so I explain why this is important.

### **Medical facilities have all the equipment required to diagnosis disease stages.**

One false assumption the public makes is that just because they receive a medical diagnosis, they must also accept their treatment. However, you have a chose to use the parts of their services that can serve you best and decline the rest.

Through my clinical experience working with clients, I have observed that physicians do not routinely share medical options that are less costly, less invasive and “first do no harm,” therefore, please in my article I have given you a list of diagnostic examinations and testing that are safe, not invasive, and these are also less costly.

Some new clients are quite involved in medical services when they first contact me. Many have been on prescribed, even over-the-counter drugs for decades, some are awaiting the date of surgery, some have been discharged from a long period of medical services because nothing more that medical services can do for them. Some new clients feel their body is a “medical wreck” from all the treatments and surgeries they have had.

If medical services have been a regular part of your life and/or currently is, as your over-all health continues to improve through your Clinical Nutrition Therapy, you will, in time, require less and less Medical Services. Many clients are amazed when they realized that they have reached that place in time, where Medical Services are truly limited to accidental injuries and Medical Check-ups. Additionally, because their physiology is stronger, more flexible, their reflexes are faster and they are mentally focus vs. being easily distracted, they have are not having the frequency of accidents they were having before.



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Clients who include Clinical Nutrition Therapy prior to, at the same time, and/or after receiving any medical service, depending which applies to the type of medical services they are soliciting, experience the best possible medical outcomes..

Here are three of many examples of the “best possible medical outcomes” that occurred for clients, after they contacted me for Clinical Nutrition Therapy when faced with making a decision about Medical Services. The case history on “Granny” is a classic example of how to assure Medical Services are used “for” and not “against” you.

Their outcomes are briefly stated here. However, you can read an interesting summary of their individual cases, following this list, if you like.

1. **Granny (Age 90)** - Granny's 60-year-old son, whom I had helped over-come his health challenges, **called me 1st** before Granny made the decision to have cataract surgery. Read her summary to find out why, if she had not received Clinical Nutrition Therapy first, she would have had surgical complications that would have left her permanently blind. She received Clinical Nutrition Therapy before and after surgery. **The Best Possible Outcome for Granny was:**
  - a. She prevented permanent blindness. (Prevention is the best outcome)
  - b. Her 50%-50% chance of success or failure – resulted in 100% Success!
2. **Bill (Age 69)** - **Bill contacted me before having knee replacement surgery** because of the pain and lack of mobility he was experiencing from degeneration, resulting from an old football injury in his youth.. When he observed how quickly and effectively I had helped his wife, who had suffered for ten years with 40 bouts of diarrhea daily (Ouch!!), he asked me to help him, too. At that time, he was only two months away from the date of his surgery. He started Clinical Nutrition Therapy, and within a few weeks, postponed his surgery. **The Best Possible Outcome for Bill was:**
  - a. He canceled his surgery.
  - b. Prevented biological and tissue trauma caused from being cut by a surgical knife – high priority prevention!!!
  - c. Saved the money on medical expenses that would not be covered by his insurance.
  - d. Reversed the degenerative disease process occurring in his knee.
  - e. And healed his knee. (I don't think he ever regretted losing his ability to tell changes in the weather. LOL.)
3. **Mary and Jane – Mary called me 2nd** – from her hospital bed, she inform me of her accident that resulted in breaking and then having surgery on her right ankle. Jane was her hospital roommate, and not a client, who had also had an accidental injury causing her right ankle to break, in the same place as Mary, Both had the same surgery, on the same day, by the same physician and met when they were assigned to the same hospital room. This is a fascinating series of “same” events (15 to be exact) about these two women, so I highly recommend



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reviewing the **Mary and Jane Comparison Chart** on this event series and reading the differences in their outcomes after I designed a Clinical Nutrition Therapeutic Supplement Programs for each of them, based on their hospital medical records to assist them in:

- a. Post-traumatic shock recovery
- b. Post –op surgical recovery.
- c. Complete healing of the right broken ankle.
- d. The focus of the design of their therapy was the fastest recovery to become pain-free and mobile as quickly as possible, as well as to complete the healing in their right ankles. This chart is one of your email attachments with this article. **Their outcome?** You can read this in the two-page chart.

## SUMMARY OF BEST POSSIBLE OUTCOMES

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### Granny – Was Blind But Now Can See!

Granny received Clinical Nutrition Therapy prior to and after Medical Services.

Granny, as her family called her, was referred by her son after I had successfully helped her son, his wife, their three adult children, the grand-children, his sister, his niece (sister's daughter), two cousins, their spouses and children. I love helping entire and extended families.

Granny was 90-years old and almost totally blinded, due to cataracts in both eyes, which had been getting thicker and thicker over the last 10 years. When I met her, she could only see dark shadow images when someone or something was near her, but she could not distinguish what the shadow was, except knowing that people move and things don't.

She was considering surgical removal of her cataracts. Her son referred her to me because I have successfully assisted clients with therapeutic nutrients that help the body dissolve cataracts, after I first assist them in improving the health of their Retinas,

Cataracts are a film (opacification) produced by the body to protect weak Retinas from the light. Weak Retinas are light sensitive and thus constant light exposure can cause permanent Retina damage. This is why people complain of light sensitivity in the beginning stages of cataract formation.



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Had Granny had her cataracts surgically removed before she received Clinical Nutrition Therapy to heal the Retina, she would have been at high risk of becoming totally and permanent blinded, with no other medical options, due to irreversible Retina damage.

Because of my Clinical Nutrition Findings, I asked her son to get an Ophthalmologist or Eye Surgeon report regarding her surgical risks at 90 years old and prognosis for a successful surgical outcome.

Ophthalmologist stated that her chances for a successful surgery was 50-50, i.e., 50% that she would be able to see and 50% that there would be no change after surgery.. However, if there were complications that presented during surgery, she was at high risk of being totally and permanently blind for the rest of her life with no other medical options. Various complications, to name a few, were the amount of pressure behind the eye balls, fluid build-up, swollen tissue, infections, and the condition of the Retina and other eye tissue.

## Summary of Granny's Outcome

### Clinical Nutrition Analysis and Outcome

1. **Analysis:** Granny's cataracts had been present so long that they were too thick to “dissolve” with Clinical Nutrition alone. So cataract surgery was an option to consider. Clinical Nutrition Therapy was provide to assist the body with the nutrients required for cellular and tissue healing both Retinas and cataract tissue at the same time, as well as provide over-all nutrient support for the entire eye balls.
2. **Clinical Nutrition Outcome:**
  - a. Clinical Nutrition Therapy helped her eyes improve to where some layers of the cataracts dissolved, which allowed her to distinguish what the dark images were in front of her. Thus, she was able to get around much better. However, cataract surgery would be required to remove the rest of the cataracts.
  - b. Her Retina's had degenerated to the point that it took two years of Clinical Nutrition therapy to improve them sufficiently for cataract removal surgery. Once Clinical Nutrition Therapy was completed for “prior to” medical services, she was ready to schedule cataract surgery. After cataract surgery, she only required 3-months Post-Op Clinical Nutrition Therapy to complete her post-op healing if eye tissue and subsequent evaluations to monitor any effects on the Retinas. However, there were no post-op adverse effects on her tissue, her tissue healed and Clinical Nutrition Therapy was successfully discontinued.





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## **Summary of Granny's Cataract Surgery Outcome**

**Granny's cataract surgery was 100% successful.** The blindness was gone. She and her family were elated that she could see. Her surgeon reported to her son that in all the many years of doing cataract surgery, he had never seen any patient who had:

1. No pressure behind the eye balls,
2. Had no fluid build-up or swelling,
3. a Retina in good condition, which was not common with people who had cataracts, much less a 90-year-old with cataracts.
4. And she had no complications present during surgery, which also amazed him, especially considering her age.
  - a. Note: She also had no post-op medical complications, either.

Thus, he confirmed the benefits of Granny's two-year Clinical Nutrition Therapy and its contribution to the successful outcome of her cataract surgery.

**This is just one of many cases, where combining Clinical Nutrition Therapy with Medical Services and any other health care services assures the best possible outcome for the client.**

## **Bill's Scheduled Knee Surgery – Cancelled**

### **Bill's Medical History**

Bill is an example of my previous reference to a middle-aged man, who could tell weather changes by joint pain from an old sports injury that occurred in his youth. At the time I met Bill, he was 69 years old, his football injury was to his right knee, and the injury had occurred when he was in college. His pain was now constant and more severe, making it increasingly difficult to walk on his right leg, so he had scheduled knee surgery.

### **His Wife's Clinical Nutrition Therapy Prompted Inspired Him To Ask For My Help, Too.**

Four months before the date of his surgery, Bill's wife had been referred to me by a local physician. She had been experiencing diarrhea 40 times per day for the past 10 years. She told me that she knew the location of every bathroom in a 350-mile radius of Wichita Falls. We both laughed, but we knew this was not really funny! She also shared that in the past 10 years, she had seen many physicians locally, in Dallas, other cities, and had even been to the Mayo Clinic, and no one helped her. She also shared that over the years, she had become worse from the medical treatments she had received in their attempts to help her.

As Bill observed my success in helping his wife improve from 40 bouts of diarrhea to two bouts in one month, and none in the second month, he requested Clinical Nutrition Therapy for his right knee



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and postponed his knee surgery. Within 3-6 weeks he experienced his initial signs of knee improvement, within two month he had received significant improvement that canceled his surgery and 15 months later, his Clinical Nutrition Therapy was discontinued. Fortunately, Bill had learned just in time that he truly had another option, much safer and healthier than knee replacement surgery.

By the way, so I don't leave you wondering, Bill's wife had only one more bout of diarrhea after the second month, which helped us both discover two toxic “trigger” foods that was one of the causes for her diarrhea. Needless to say that she now knew to avoid these toxins. Through my Clinical Nutrition Analysis of her initial and updated testing, I found five causes – five areas of the body producing the same symptoms, diarrhea and only one cause was her intestines. So it is no wonder her physicians were challenged to help her because they focus primarily on the intestines, though some are now checking for allergic responses to gluten (Celiac Disease).

## Mary & Jane Broke Same Ankle – Who Healed?

Please refer to “**Mary & Jane Comparison Chart**” for the outcome these two women, one who followed the therapeutic program I designed for her and one who didn't.

1. **The one who did not adhere to her Clinical Nutrition Therapy** is a perfect demonstration of what I have said previously about the false assumption by physicians and the public, who think their body will completely on its own after being stabilized and discharged from the hospital.
2. **The one who did adhere to her Clinical Nutrition Therapy** and thus, completely healed her right ankle is a perfect example of the **best possible outcome for the patient when Clinical Nutrition Therapy is combined with Medical Treatment (drugs/surgery)**.

## INJURIES & SURGERY INCREASE DEFICIENCIES SPEEDING DEGENERATION

A typical outcome of injuries, when Clinical Nutrition Therapy is not provided at the time of injury in order to provide the specific and concentrated nutrients required to complete healing, is cellular and tissue degeneration at the injury site occurs at a faster rate than would have occurred in that site had there been no injury, or surgery for that matter.

- Surgery also accelerates degeneration because slicing through tissue is highly traumatic to the cells, tissue and nervous system just as it does in an injury. **So, this is like having two**



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**injuries occur in the same place.** The first when the injury broke through the skin and/or bone; the second was deliberate cutting into skin and/or bone.

- Cutting into the layers of the skin, muscles, or other tissue, as well as cutting, shaving, or purposely breaking a bone, etc., are highly traumatic to the human body, just as it is traumatic to the human body when an injury has occurred that results in breaking through layers of the skin, tears muscles or other tissue, or breaks or chips a bone.
- Also, drugs to anesthetize the injured site or the patient themselves, depending upon the severity and length of surgery, are among the most powerful (potent) and toxic drugs, which adds chemical insult to the injury site.
- Injuries and Surgeries initiate an instant demand on the body to rush nutrients to the site to begin repair, robbing nutrients from other areas of the body to meet this emergency need. If the patients' daily diet has typically been deficient, nutrients are not available to meet this immediate need. So not only does this result in the site's cells and tissue being deficient; the areas of the body that were forced to give up nutrients are left deficient.

The results of any trauma, whether physical injury, surgery, disease, illness, mental, emotional, electro-magnetic fields, toxicity, or other source of trauma, is rapid depletion of multiple, even myriads, of nutrients. And the areas of the body that are most adversely affected are those that are already experiencing “clinical” and “subclinical” nutritional deficiencies. So in time, the areas of injury, surgery and those weakened from nutritional deficiencies develop new or more severe symptoms and conditions.

That is, unless the public becomes educated in the importance of testing for and then correcting their nutritionally-deficient bodies, as well as detoxifying accumulated toxic substances, so they are healthier should they experience injury and/or require surgery because of the injury. Also, being healthy, they will avoid future surgeries due to life-threatening health conditions and diseases.

There is also a high risk that permanent damage will occur from injuries and surgeries when the site does not receive the nutrients that require for complete healing.

Hence Clinical Nutrition Therapy is essential before and after the patient has been stabilized and discharged from any Medical Facility, for any reason, as well as for over-all health improvement and disease prevention. .

Therefore, at some point in the future, pain is not just experienced when the weather changes, but pain becomes constant and more severe, resulting in disabling the injured site. This is what happened to Bill, which is why he had originally scheduled knee replacement surgery.

The “General” Public has been lead to believe that knee or hip replacement and other surgeries are their only options when the injured site, areas of disease or other health conditions, have reached the stage of degeneration where pain is constant and they are becoming more and more disabled.



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Another common factor that leads to surgery is when their drugs no longer suppress the pain and other symptoms. Because **Public Health Education** in America is still medically-oriented, the uninformed “general” public accepts the false assumptions that surgery is their only option.

Unfortunately, the Public is not often referred by their physicians to get the help they really need to heal, to recover completely from their surgery or an injury, and to prevent losing body parts because Physicians’ may:

- Not be aware of the benefits of Clinical Nutrition Therapy, thinking it is similar to the profession of a Registered Dietitian,
- Fear loss of income, both when surgeries are cancelled and when office visits are less or cancelled because the patient no longer requires medical treatment, after being healed through Clinical Nutrition Therapy.
- Fear loss of medical license, permanently or temporary suspension, if they refer their patients to non-medical practitioners.

Though these are understandable from the physician’s perspective, none of the above represents the best interest of their patients, which should be the primary goal of all health care professionals, not who provides the health care service.

Fortunately, truth always finds a way to surface though the self-serving try to suppress it, and as each person improves their health, receives complete healing from injuries and surgeries, through Clinical Nutrition, this good news becomes known by their family and friends and more and more of the public are becoming aware and seeking Clinical Nutrition on their own.

## DYSBIOSIS - PRIMARY CAUSES: ANTIBIOTICS & OTHER DRUGS

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Calling me first also includes prior to taking antibiotics or other drugs, prescribed by dentists, physicians, psychiatrists or obtained over-the-counter (topical or in pill form). Other drugs include cortisone, steroids, tetracycline, and many others. Because Antibiotics are one of the most frequently prescribed drugs, the information below will refer to “Antibiotics;” however applies to any drug that destroys intestinal flora, i.e., the friendly bacteria produced in the intestinal lining of the colon, a.k.a., the bowels.

This friendly bacteria or Flora prevents the over-growth of viruses, bacteria, yeast, fungus, and other germs. Antibiotics not only destroy Flora, they destroy the intestine’s ability to grow new flora. So, even if the offending drug has been discontinued, their damage has long-term health consequences.



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## What is Dysbiosis?

The destruction of flora and the intestine's ability to produce flora by Antibiotics and other drugs is called “Dysbiosis.” Without this Flora, germs proliferate and travel to all other parts of the body as well as the intestines. Infection caused by germs will then spread throughout the body, which in time becomes the source of infection in all organs, glands and body systems, if the person lives that long, because the first place germs travel is to the weakest organ, gland or body system. Then the result is a diagnosis of many health conditions and diseases, including cancer. In fact, yeast over-growth is foundational to the development of cancer, which is called, “Candida.”

## Probiotics Are Not The Solution

Though physicians may be educated on how to diagnose (label the symptoms associated to) Dysbiosis, the cause and how to “healthfully” treat Dysbiosis is not taught in medical schools. So typical physicians are not aware of the information I am sharing here.

Medical and Non-Medical Practitioners, who are aware of the cause of Dysbiosis, recommend “Probiotics,” as the treatment. However, Probiotics are simply ingesting friendly bacteria (flora). When the patient ingests Flora, such as Acidophilus, the Flora (friendly bacteria) will reduce the current quantity or population of germ over-growth.

So though this recommendation is helpful **for the time that Probiotics are taken**, Probiotics do not heal the intestinal lining. Therefore, Probiotics cannot assist the intestines in making its own flora again. Additionally, once Probiotics are discontinued, over-growth of germs proliferates again and not only will the patient return to their original quantity of germ infestation, in time, they will exceed it.

## DO YOU HAVE DYSBIOSIS?

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While reading the above, you may have thought, “I have taken Antibiotics, so I must have Dysbiosis, too!” Because I have yet to have a new client who did not have Dysbiosis, I would have to agree.

However, the good news is I am one of the few doctors in the U.S. who knows which herbs, taken in a specific way, will assist your intestines in healing its lining, so it can restore its ability to grow intestinal flora, again.

More good news – my Dysbiosis Supplement Program is a six-week program and as long as you do not take any drug that destroys your intestinal flora again, it does not have to be repeated.



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## ABOUT SUPPLEMENTS YOU ARE TAKING

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A frequent question I am asked is about food supplements currently being taken at the time they become a new client.

The answer to this is:

1. Continue taking the food supplements that you have been taking on a daily or weekly basis. Why? Because your body has come to depend upon them.
  - a. Yes, this means even synthetic and isolated vitamin and mineral supplements. If you have read my article, [“Three Ways Supplements Are Manufactured Today,”](#) you may have wondered about this now that you know that these types of supplements are actually drugs, not nutrients.
2. Once you begin to feel the first signs of improvement after starting Clinical Nutrition Therapy, you can wean off of the supplements you have been taking. I will review **your “Health History and Symptoms Questionnaires,”** which provides a place to list those you have been taking on a daily or weekly basis. Thus, I will be able to assess their effect on your biochemistry. It is important to wean off supplements just as your physician would want you to wean off drugs, otherwise, cold-turkey quitting them is too disruptive to your biochemistry and can lead to adverse health consequences. In the next chapter, I have provided instructions for weaning off food supplements.
3. Please do not start any new supplements or resume taking any previous supplements that you have not been taking daily or weekly.
4. If you think you need to resume a previously taken supplement for any reason, call me first.
5. If there is any supplement you have been taking that you feel you cannot live without, i.e., have any concern or anxiety about weaning off of it, please call me at least three weeks prior to finishing the last bottle of that supplement, if this will occur before your **Report of Findings Telephone Consultation** to discuss your test results.
6. Whether before, during or after your Clinical Nutrition Therapy, should you read or hear about a supplement that you have never taken before and it sounds like it would help you, and thus you may be considering purchasing it, call me first. That is until you have been sufficiently coached in how to discern the good, the bad and the ugly in respect to supplements sold directly to the public today.

I would love to be able to tell you that unlike the medical industry, you can trust the nutrition industry. However, this is not our reality. This is why I am dedicated to coaching my clients through telephone





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consultations and educating them and the public through my publications so they will have a reliable nutritional source for testing, therapy and education.

## HOW TO WEAN OFF YOUR SUPPLEMENTS

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To properly wean off any supplement, even those that I will dispense to you in your Clinical Nutrition Therapy, when you no longer need a particular supplement because your test value is in optimal range, do the following:

1. Reduce daily dosage in half for three days. In other words if taking six daily, take three daily for three days.
2. On the fourth day, reduce them in half again. If the amount is an odd number, like three, reduce to two daily.
3. Repeat the above every four days, until you cannot reduce them in half, i.e., you are at one pill daily.
4. When the reduced dosages is one daily, take one pill every other day, for four days.
5. Then take one pill every 2-3 days until you finish all bottles on hand, then discontinue the supplement.

If during the weaning process, you experience the recurrence of any symptom that had previously abated, call me.

## ABOUT CALLING DR. SMITH

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### All Client Calls Are Important

Since I opened my business in 1981, I have learned from some clients, after the fact, that they wanted to call me, but hesitated because they:

1. Felt they were calling me too much.
2. Did not want to intrude, or as they would say, bother me, especially with something that they considered was a minor concern or question.



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Therefore, it is important for me to communicate that:

1. **All** of your calls are welcomed.
2. **Delays in calling me** at the onset of any concern, question, symptom, or whatever the reason, can **result in health consequences that will require more time, effort, energy and financial investment to correct**. This has occurred in almost every case, were a client wanted to call me, but for the above reasons, hesitated from doing so. Then later had to call because what initially seemed minor had now become a major concern.
3. **What may seem minor to you**; may be major to me, so until you know the difference from a Clinical Nutrition perspective, call me. Additionally, the bottom-line to me is that minor concerns are still important.
4. **Each time you call me, you learn more** about how to properly care of your body, without drugs, and, in time, you will have sufficient knowledge to know what I would advise you to do under any circumstance, no matter what arises.
5. **The more you call me initially, the less you will need to call me on the back end**. So even if you need to call me a lot in the beginning, whether this is before or after starting Clinical Nutrition Therapy, this will not always be the case. I know this and I want you to know this too, so this does not prevent you from calling me.

## Procedures For Incoming Client Calls

Following these procedures when you call will assure that your needs will be met as quickly and efficiently as possible, not following these procedures may result in the opposite.

1. **Please schedule an appointment** with my assistant for the next opening in my schedule, whether this is the same day, next day or within the same week of your call.
2. **Please inform my assistant if your call is:**
  - a. **An Emergency**, i.e., you are currently in pain or suffering from some acute symptoms.
  - b. **Urgent**, i.e., you need an answer to your question on the same day you called.
  - c. None of the above.
3. **Please communicate to my assistant the reason or purpose for calling**, even if this may result in having to repeat the same information when you talk to me. Because of our schedule on the day of your call, there may not be sufficient time for my assistant to communicate your entire message to me, especially if we are attempting to work your consultation in on the same day of your call.



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4. **Please communicate the amount of time you think you need for your consultation.**  
Though you do not know for sure if answering your question will require more or less time, this will give my assistant some idea of the amount of time to schedule and we generally schedule some open time between appointments, just in case more time is needed, whenever possible.
  5. **Communicating the above will allow my assistant the opportunity to assess** the purpose and urgency of your call in relationship my schedule that day. For example, in case my assistant needs to:
    - a. **Check to see if I am available** to take your call at that time, thus not needing to schedule an appointment.
    - b. **Schedule an after-business hour’s** appointment on the same day.
    - c. **Lastly, reschedule a pre-scheduled appointment** to make room for your consultation with me, such as in an Emergency.
      - a. My clients understand and are compassionate people. **They know that if they had an Emergency, we would do the same for them.**
      - b. So if at any time in the future, your prescheduled appointment was changed at a moment’s notice for this purpose, we are confident that you would extend that same understanding and compassion, too.

***Thank you in advanced for following these procedures so we can work together to answer your call in the most efficient and expedient manner.***

## About Consultation Appointments

**To effectively and efficiently help all of our clients, a consultation appointment will be scheduled**, if I am not available to take your call at the time of your call. This applies, even, if the answer to the purpose of your call would only take a few minutes of my time.

Some clients may think that because an official appointment is scheduled that they will be charged for the consultation time.

1. First, we schedule appointments for all incoming client calls **because this is the most efficient procedure that assure we do not miss returning a call and it saves time for our clients and us**. It assures that everyone’s needs are addressed in order of priority (first) and order of the incoming call (second).



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2. Second, whether an appointment is scheduled, or I am able to take the call, thus no appointment would need to be scheduled, **does not mean that you will be charged for that call or appointment.** Below is a brief explanation of Free and Fee-Based Consultations.

## Free Consultations

Whether my assistant, or I, answer administrative questions, no fee is charged for:

1. **Administrative Consultations** – An Administrative consultation may be scheduled to ask a question about:
  - a. Preparing for, collecting or shipping your specimen samples, or
  - b. How to answer a question on the initial “Health History and Symptoms Questionnaire.
  - c. For new clients, we classify the above Administrative consultations as **urgent calls**, to prevent delays in completing your **Initial Assessment Processing** instructions.
2. **Business Consultation** - Examples are questions about:
  - a. **Invoicing**, such as how to read an invoice, a item that charged or not charged, changes in shipping address (whether temporary or permanent), etc.
  - b. **Shipment**, e.g. tracking UPS shipment, date a shipment was sent, contents of shipment, replace a broken item in shipment, which fortunately has occurred only once since 1981, when I established my business.
  - c. **Referrals** – such as, sharing information about people you know to inquire if I can help them.
  - d. **Maintenance Supplements** for a family member or friend. You are a “therapeutic” client and your testing will indicate which therapeutic supplements you need. For those who are not “therapeutic” clients, we have whole food “maintenance” supplements, such as multiple vitamins and minerals.
    - a. All supplements sold directly to the public, i.e., not formulated for therapeutic (clinical) use only and thus dispensed through nutritional professionals, are classified as “maintenance supplements,” just like all drugs sold directly to the public without a physician’s prescription are called, “non-prescription or over-the-counter drugs.”
    - b. This way we can give everyone the opportunity to have “whole food” maintenance supplements, rather than taking synthetic or isolated supplements, which are the types sold to the public today.



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- c. Dosage and purpose of maintenance supplements are included on the invoice for payment.
  - d. Health Maintenance Products, like air purification systems, water purification systems, etc. In other words, for most Health Maintenance Products, we would not charge for a consultation, just as you would not expect to be charged if you had questions about a department or health food store product you were purchasing.
  - 3. **Pricing**, such as for a maintenance supplement or newly recommended therapeutic supplement, Electro-Magnetic Field Remediation, our personal care products (skin or hair), or other “health maintenance” products, equipment or appliances.
  - 4. **E-book Consultations** - these are consultations that are included at no additional charge with the purchase of my e-books.

## Fee-Based Consultation Appointments

A fee is charged for consultations to discuss:

- 1. Symptoms and health challenges that require Clinical Nutrition Testing, Therapy, Education or some Specialized Program or Services.
- 2. Instructions on using therapeutic supplements
- 3. Test results that exceed the amount of time included in the Analysis Fee.
- 4. To monitor therapeutic progress.
- 5. Timely adjustments or revisions in therapy to meet changes in the healing processes in between testing.
- 6. Acute symptoms that require Health Chest supplements for short-term treatment,
  - a. Health Chest supplements and products may be needed for internal or external use, such as First-Aid, Cold, Flu, or other home emergencies that do not require Emergency Medical Assistance.
  - b. To reduce consultations for acute symptoms and injuries, I have written an e-book titled, **“Health Chest – Updating Your Medicine Chest to A Health Chest,”** which we refer to as the Health Chest e-book. [Click here](#) to scroll down the webpage to the three columns of over 100 acute symptoms and their remedies that are included in my e-book.



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- c. **For new clients, a Health Chest Telephone Consultation is scheduled** after their Report of Findings telephone consultation, which is scheduled to discuss their initial test results and how to implement their therapeutic supplement program.
  - d. My **Health Chest e-book** is included **FREE** with this consultation. Because some supplements in this e-book are therapeutic, this consultation is provided to coach clients on their usage to assure they understand how to properly use them as directed, as well as help new clients set up their first **Herbal First Aid and Microbial (Germs) Kits**, so they are prepared in advance for health challenges and injuries that may occur unexpectedly at any time in daily life, to name a few purposes for this consultation.
  - e. Upon completion of the Health Chest consultation and using the information in my e-book as directed, you will be fully equipped to use the Health Chest supplement safe and effectively, for yourself and family. Thus saving you time and money for consultations in the future, each time you or a family member experience an acute symptom or injury.
7. **Personal Education**, i.e., my **Personal Education Program (PEP) for Dietary, Lifestyle and Mind-Body Connection Education** to assist clients in developing a principle-centered healthy lifestyle so they can stay healthy once they complete therapy, avoid recreating their health challenges by making the necessary dietary, lifestyle and mind-body practices that had caused them, and to prevent creating new health challenges and diseases in the future.

## INTRODUCTION TO HARMFUL ELECTRO-MAGNETIC FIELDS (EMFs)

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One of the latest fields of research is the adverse effects of harmful **Electro-Magnetic Fields (EMFs)** on the health of the human mind and body. If you have not heard of this before, you may have heard of the report of brain tumors being caused by cell phone frequencies, as one example. Though harmful electrical frequencies have been a cause of symptoms, health conditions, and disease since the invention of the first electrical and battery-operated device, equipment or machine, it has taken over 100 years for this fact to be discovered by our scientists. .

### What are harmful Electro-Magnetic Fields?

**Electro-Magnetic Field** (also **EMF** or **EM Field**) is a physical field produced by moving electrically-charged objects. It affects the behavior of charged objects in the vicinity of the field. The electromagnetic field extends indefinitely throughout space and describes the electromagnetic





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interaction. It is one of the four fundamental forces of nature (the others are gravitation, the weak interaction, and the strong interaction). The vibrational frequencies of the EM field can be viewed as the combination of an electric field and a magnetic field. The Earth is surrounded by an Electro-Magnetic Field that acts like a shield to protect the Earth from the atmosphere of outer space (cosmos). Otherwise, for example, every living thing on earth would burn up from the sun's rays.

Since the invention of the first electrical and battery-operated device, equipment and machine, these man-made Artificial Electrical Frequencies (AEFs) have been adversely affecting the electrical frequencies of Electro-Magnetic Fields making them harmful to all living things on earth, including the Earth itself.

These artificial electrical and battery-operated frequencies also directly interfere with the directional flow, short circuit, block, and interrupt the electrical frequencies (messages) of human cell-to-cell communications, such as brain cell to liver cell and vice versa, as well as causing brain wave disturbances in alpha, beta, gamma and delta waves, as do harmful EMFs. The effects of harmful EMFs and artificial / battery-operated electrical frequencies can cause malfunction in any organ, gland, or body system due to the adverse effect on our human bioelectrical system, called **the Brain and the Central Nervous System**.

So, not only are these artificial electrical and battery-operated frequencies (AEFs) harmful to every living thing on Earth, as well as the Earth itself, they change the frequencies of Electro-Magnetic Fields (EMFs) making them harmful to all living things and the Earth, too. For brevity's sake, verbal and written references to “harmful” Electro-Magnetic Fields (EMFs) and Artificial Electrical Frequencies (AEFs) will be referred to as just Electro-Magnetic Fields or EMFs.

When a client's symptoms improve through their Clinical Nutrition Therapy, but not all of their symptoms improve as I would expect, these harmful frequencies are one of the first places I look for interference to their body's ability to heal.

**However, clients who are proactive and complete EMF Remediation (correction) for their body, home, property and work place soon after starting therapy, actually heal faster than clients who neglect to do this or wait until I recommend that they perform EMF Remediation are they will not be able to heal completely.**

Right now, you have enough to concentrate on with completing each step on the **New Client Instructions** webpage to prepare for, collect and ship your specimen samples to our Labs, completing your **Health and Symptoms History Questionnaires** and reading the educational documents posted on this webpage so you will be ready to start your therapy. However, once this is done, it is prudent for you to read my article on “**EMF Remediation**,” which is posted on the “**Pep Binder Documents**” webpage. You can [click here](#) to go directly to this webpage.

Therefore, we **provide the education and EMF products you need for Electro-Magnetic Field (EMF) Remediation** to:

1. Clear and ground harmful EMFs from your body, home, property and work place.
2. Protect for your body, home, property and work place against exposure to harmful Electro-Magnetic Fields (EMFs),



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3. Change all artificial electrical frequencies from household wiring to all battery-operated devices, equipment and machinery to safe frequencies.
4. Raise safe frequencies to a higher vibration to enhance your health and life.

I was aware of EMFs for years before EMF products were even manufactured to protect, remediate and enhance artificial frequencies. Then a few companies started to manufacture EMF cell phone protectors and EMF protector jewelry. Though there are more and more companies being established, so far they are still limited to these two products, except one. In 2006, I finally found a company who has everything we need according to the latest research, not just for partial EMF protection, as these other companies, but 1) full EMF Protection, plus 2) EMF remediation and 3) Health enhancement. For brevity's sake, I refer to each of these three criteria, as EMF Remediation and you will know what I mean by these terms when you read my “EMF Remediation” article referred to above.

**Now I had what I needed personally and for my clients. So our EMF Products for EMF Remediation are one-time purchases, relatively inexpensive, even more so when you consider the health consequences of those who have not completed EMF Remediation.**

Therefore, Clinical Nutrition Therapy is about anything that harms or interferes with human biochemistry, biology, and physiology, whether this is dietary and nutritional deficiencies, toxicity, scars, the client's psychological state (mental/emotional) and other Stressors, hereditary and acquired weaknesses, lifestyle practices and exposures, etc., including harmful Electro-Magnetic Fields.

## CONCLUSION

Becoming healthy requires Clinical Nutrition Therapy to attain healing in areas of the body currently suffering from “clinical” and “sub-clinical” levels of nutritional deficiencies, toxicity, biochemical imbalances and organ, gland and body system dysfunctions.

The definition of “Health” is not being symptom free or not having a diagnosis of disease. Health is defined by having your biochemistry in “homeostasis” according to the clinical nutrition reference ranges on laboratory testing of blood, urine, saliva, hair and stool and at the same time being structurally aligned. When biochemistry is in homeostasis, the body does not become out of alignment, except through injury. Though being symptom free is not a definition of “health, when your biochemistry is in homeostasis, you are also symptom and disease free.

Staying healthy requires knowing what to do to assist your body when it is adversely affected by the ongoing assault of chemicals, metals and other toxic substances due to living in a society that has air, food, water and environmental pollution. There is other educational information you will need to know to stay health and these will be shared with you through your consultations. **Health Maintenance** is the term for integrating and routinely applying dietary, lifestyle and mind-body connection principles and practices that help you stay healthy. Brushing your teeth is a “health maintenance” practice.



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Once you have completed your **“Health Chest” Consultation** and received my **Health Chest e-book**, which is **FREE** with this consultation, you will have the knowledge to self-treat over 100 of the most common acute symptoms caused by:

1. Living in such a toxic, polluted society.
2. Exposure to Germs,
3. Harmful Electro-Magnetic Fields (EMFs),
4. Stressors, chemical, physical, bioelectrical, mental, emotional and other Stressors.
5. Injuries caused by accidents, physical abuse, insects, animals, or the elements, such as fire.
6. Assist in preventing a true medical emergency from getting worse, even saving lives, while waiting for Emergency Medical Assistance.

Please note: Given sufficient time in your Therapy, your body will be stronger and more resistant to germs and as you implement your **Personal Education Program (PEP) - Dietary, Lifestyle, And Mind-Body Connection Education**, you will create principle-centered healthy lifestyle practices that will address each of the above.

This also applies, in the event you choose or require Medical Services, you will be equipped to use medical services so they work for, and not against you.

**Clinical Nutrition Therapy**, whether used alone or in combination with any other therapy, such as medicine (drugs/surgery), chiropractic, massage, physical therapy, acupuncture, Reiki, Laser, Reflexology, etc., will always result in the **best possible health care outcome**, because Clinical Nutrition is:

5. **Foundational** in assisting the body in healing itself, as well as assists you in...
6. **Sustaining benefits** from other therapy,
7. **Restoring nutrients** depleted through medical treatments,
8. **Detoxifying the body** when ingested or exposed to toxic substances in drugs, air, food, water and environmental pollution.
9. **Removing germs** and their waste from the human body.
10. **Treating acute symptoms** with Health Chest supplements that not only get to the cause, but the body is healthier after using them, than it was before.
11. And **provides the education and products you need for Electro-Magnetic Field (EMF) Remediation.**

**A Nutritional Emergency is not the same as a Medical Emergency and this will be defined more fully when you receive first instructions to start your Clinical Nutrition Therapy.**



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Therefore, information in this article clarifies when to call me first, when to call me second, and our guidelines and procedures for Telephone Consultations, so you can receive timely help to meet all of your health care needs.

For now, just remember these two:

## GOLDEN RULES

**If you experience any of the following call me first.**

1. Any new symptom,
2. Intensification of current symptoms,
3. Resurfacing of a previously abated symptom.
4. Before starting any new therapies, so I can coach you on how to integrate Clinical Nutrition Therapy for your best possible outcome, and this includes medicine, as well as coach you in what other professionals do not what you to know, such as all of your options..

**However, call me 2<sup>nd</sup>**, after discharge, should you have a true medical emergency that is life-threatening, like a stroke or heart attack or an accident requiring medical treatment, like a broken bone, or uncontrollable bleeding.

(Suggestion: Call me as soon as you can after arrival to Emergency Room, Hospital or Clinic, **so I can pray for you** and get a report on your medical diagnostic procedures and treatment, in case there is any additional information you need to know.)

## ABOUT DR. SMITH

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Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the American Chiropractic Magazine, the largest chiropractic magazine in the United States.

Some of her best selling e-books has been listed below. She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University, Optimist



# ACUTE SYMPTOMS?

**“Call Me First”**

**By Dr. Donna F. Smith**

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.

Dr. Smith owns Advanced Clinical Nutrition (est. 1981) in Wichita Falls, Texas, where she provides a Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair) to identify and correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods selected for the food chemistry's positive effect on the individual's biochemistry, which is also based on test results.

Dr. Smith's Clinical Nutrition Services are also provided to Healthcare and Fitness Providers, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 36 U.S. States and five international countries.

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at [Services@AdvancedClinicalNutrition.com](mailto:Services@AdvancedClinicalNutrition.com). Meanwhile, please browse [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view Dr. Smith's Secrets To Healing TV shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on [YouTube.com/DrDonnaFSmith](http://YouTube.com/DrDonnaFSmith), post questions on her blog at [DrDonnaSmith.blogspot.com](http://DrDonnaSmith.blogspot.com) and follow her on [Twitter.com/DrDonnaSmith](http://Twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](http://Facebook.com/DonnaFSmithPhD).

## E-BOOKS BY DR. SMITH

- Anti-Aging Personal Care Program (Hair, Skin, and Nails) – Over 200 Pages
- Comprehensive Holistic Dental Health Program – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (169 pages – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).



# ACUTE SYMPTOMS?

**“Call Me First”**

**By Dr. Donna F. Smith**

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- Fibromyalgia – A Clinical Nutrition Syndrome (70 Pages).
  - Dr. Smith’s Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions] - (69 Pages).
  - Lyme’s Disease – Clinical Nutrition Approach to Healing (32 Pages).
  - 15 False Assumptions the Public Makes About Food Supplements – (15 Pages)

## **DISCLAIMER**

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author’s intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision regarding your health care.