



# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

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## Table of Contents

INTRODUCTION .....	2
WHY COFFEE AFFECTS THE BOWELS .....	3
COFFEE OVERWORKS ADRENALS & SLOWS SPORTS PERFORMANCE .....	4
COFFEE COUNTERACTS MEDICATIONS FOR PAIN, OBESITY, HYPERTENSION & DEPRESSION .....	5
COFFEE CAUSES NUTRITIONAL DEFICIENCIES .....	5
THE “BUZZ” FROM COFFEE .....	6
COFFEE CONTAINS HARMFUL CHEMICALS .....	7
COFFEE MAY PRODUCE A TOXIC LIVER .....	8
IMPROVING HEALTH AFTER YEARS OF DRINKING COFFEE .....	13
HEALTHIER BEVERAGE ALTERNATIVES TO COFFEE AND STRONG TEAS .....	14
WEANING NOT COLD TURKEY .....	16
CONCLUSION .....	19
ABOUT DR. SMITH .....	20
E-BOOKS BY DR. SMITH .....	22
DISCLAIMER .....	22



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## INTRODUCTION

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Today, most people are aware to avoid coffee, though some may still think decaffeinated is okay. In this article, you will go beyond the fact that only “caffeine” in coffee is harmful for you.

You will learn some nutritional biochemical facts about regular and decaffeinated coffee to give you additional reasons to avoid both, and learn how to improve your health after years of drinking coffee. Few people are aware of the subtle and lasting side effects of long-term coffee drinking unless one is proactive in improving their health after years of drinking coffee.

Another purpose of this article is to answer some of the questions people have about drinking coffee. For example, is the “buzz.” of energy bad for me? Many people think, “I can’t get up and out in the morning without my coffee.”

Another question this article will answer is: How coffee causes the bowels to move. Some people boast, “I am regular as clockwork as long as I drink my coffee.” However, at what price, when this regularity comes from coffee. Read on to find out.

It is important to have energy and regularly detoxify waste from the body; however, for the good coffee appears to be doing, when you understand how coffee does this, you may want to reconsider drinking coffee, regular and decaffeinated.

Coffee overworks the adrenal glands and adversely affects sports performance. It also interferes with some medications for pain, depression, hypertension and obesity. Coffee causes nutritional deficiencies which can lead to poor athletic performance and nutrition-related diseases.



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---

Healthy alternatives to coffee are included in this article. Some of these healthier beverages have a wonderful coffee-flavor yet are not made from coffee beans. This way, coffee-lovers can have the best of both worlds, the taste without harmful side effects.

## WHY COFFEE AFFECTS THE BOWELS

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Most people are aware of the ill effect of drinking coffee because it contains caffeine. Actually, coffee is a narcotic beverage.

The caffeine in the coffee belongs to the same alkaloid group of chemicals as morphine, cocaine and strychnine.

It is no surprise then why people have such a difficult time, at first, letting go of coffee, and replacing it with healthier beverages.

Caffeine combines with the stomach's hydrochloric acid and forms a potent toxin, caffeine hydrochloride. As this toxin is absorbed into your portal circulation and hits your liver, bile is released in an attempt to flush the toxin from your system. This accounts for the increase in bowel "regularity" of which many coffee drinkers boast.

If you are one of these people, you might ask yourself, "Is such a toxin-induced flush really very health promoting? Or Isn't there a healthier way for me to detox and be regular?" The answer, of course, is "No" to the first, and "Yes" to the second question.

For a healthier method of regularity, contact me for more information.



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## **COFFEE OVERWORKS ADRENALS & SLOWS SPORTS PERFORMANCE**

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Coffee has acid-based oil, which is an irritant to gastric mucosa. It stimulates the secretion of gastric acidity and results in secretion of adrenalin. The secretion of adrenalin stimulates insulin secretion with consequent secondary hypoglycemia.

The end results are tension, mild raise in blood pressure, 2-3 hours later a craving for sweets, low energy and mood levels, and over working of the adrenal glands.

All of which negatively affect health, exercise and sports performance.



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# **COFFEE COUNTERACTS MEDICATIONS FOR PAIN, OBESITY, HYPERTENSION & DEPRESSION**

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The secondary rise in plasma epinephrine due to the low blood sugar will undo whatever good medications are doing to counteract the hyperactive dopaminergic system in patients suffering from pain, obesity, hypertension or depression.

A few minutes after drinking coffee, the stimulation of the dopaminergic system results in cold extremities along with simultaneous rise in deep (visceral) temperature.

A patient with high fever is harmed by coffee, but helped by tea and lemon juice. The decaffeinated coffee contains the same acid oil, and thus is no better than regular coffee.

## **COFFEE CAUSES NUTRITIONAL DEFICIENCIES**

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Heavy coffee drinkers create Thiamine (B-1) insufficiency. Symptoms of B-1 insufficiency range from fatigue, nervousness, general malaise, general aches and pains to headaches.

Regular use of coffee prevents some of the nutrients in your food from being absorbed effectively in your small intestines, which leads to further overall body vitamin and mineral deficiencies, i.e., malnutrition.



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By Dr. Donna F. Smith

---

Contact me for a *Tissue Mineral Hair Analysis and Clinical Nutrition Blood Chemistry Analysis* to identify your current nutritional deficiencies, so they may be corrected as soon as possible through Clinical Nutrition Therapy and thereby, prevent further health breakdown.

## THE “BUZZ” FROM COFFEE

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The “buzz” or stimulation you get from coffee is an overstimulation of the adrenal glands and actually contributes to re-bound fatigue, when the stimulating effects wear off. Repeated stimulation can contribute to the exhaustion of key organs like the liver, pancreas and adrenal glands.

A healthier solution is to improve adrenal function through Clinical Nutrition Therapy so that you have steady and enduring energy throughout your day, rather than forcing the adrenal glands to produce adrenaline and other adrenal hormones.

This process of forcing the adrenal glands every day to produce its hormones will in time cause adrenal exhaustion and burnout, which then leads to heart attacks.

This is why it is very important for anyone who has been a long-term coffee drinker to contact me for an Adrenal Hormone Saliva Test to evaluate the current state of their adrenal glands.

If test results indicate you have reached that point of adrenal dysfunction, then starting Clinical Nutrition Therapy right away to improve their function as you wean off Coffee, is the solution to improved energy and prevention of adrenal gland-induced heart attacks.



# Coffee – Regular or Decaffeinated!

## Improving Health After Years of Drinking Coffee!

By Dr. Donna F. Smith

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## COFFEE CONTAINS HARMFUL CHEMICALS

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Drinking decaffeinated coffee is no better than drinking regular coffee because of the large concentration of the chemical *Trichloroethylene*. It is used mainly as a degreasing agent in the metal industry and as a solvent and dry cleaning agent in the clothing industry. *Trichloroethylene* is related to plastic chemical vinyl chloride, which has been linked to certain types of liver cancer.

Columbian coffee planters have regularly used deadly pesticides on their plants for over 20 years. Some include Aldrin, Dieldrin, Chlordane and Heptachlor. **Some speculate that coffee beans are the most significant source of these deadly toxins in U.S. diets.**

The extreme temperatures in the roasting process of coffee beans deplete the beans of its natural oils. Though it may enhance their aroma, high heat actually causes the oils to become rancid.

The chlorogenic acid found in coffee has also been linked to toxic side effects.

Our **30-Day Full Body Detoxification Program** is a great place to start for those who want to detoxify these harmful chemicals from their body. Most Detoxification program sold through health food stores cleanses only the liver and large intestines (aka colon or bowels).

However, our Detoxification Program is called “Full Body” because it cleanses all the elimination pathway and organs -- stomach, liver, gall bladder (for those who still have one), kidneys, bladder, small and large intestines, and lymphatic system.

For those who did not have a gall bladder, you will be pleased to know that our Full Body Detoxification Program helps the body remove dead and decaying bile. Bile is





# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

---

still being produced by the liver, but just floating around the body until it settles in tissue due to a lack of a gall bladder to contain and process it properly. This toxic bile then adversely affects the tissue in which it is embedded.

Hence, anyone without a gall bladder would be wise to complete our 30-Day Full Body Detoxification Program at least twice a year. And after doing so, I will share one supplement you can take that will help your body metabolize bile and thus prevent a recurrence of this embedded bile and bile build up.

Our Full Body Detoxification Program is highly recommended for everyone, ideally, every Spring and Fall for the above purposes and for over-all body detoxification to improve and maintain optimal health, since we are exposed to toxins every day through the water, air and foods ingested and other environmental pollutants that come into the body through skin pores. Just call me anytime for this full-body, therapeutic detox or cleansing program.

## COFFEE MAY PRODUCE A TOXIC LIVER

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Because the liver is overloaded in detoxifying chemical residues, long-term coffee drinkers often have a toxic, congested liver and impure blood.

The function of the liver is to filter [remove metabolic by-products (internal waste), debris and toxins] in the blood so there is pure, nutrient-rich blood to nourish the cells. This is similar to your car's oil filter, which is designed to remove debris that collect in the oil when it gets distributed through your automobile.

When the liver is congested, it cannot function properly. The blood does not get filtered and as it circulates through the body it deposits impure blood into the cells. The





# Coffee – Regular or Decaffeinated!

## Improving Health After Years of Drinking Coffee!

By Dr. Donna F. Smith

---

cells, then, cannot regenerate and grow healthy tissue. The long-term effect, when cells cannot regenerate, is its opposite -- degenerative cells – which leads to degenerative diseases.

An example of a toxic, congested liver is dark spots on the skin as the person gets older. Some people refer to them as brown or liver spots. In later years, these spots merge to the point that they no longer appear as spots, but as skin discoloration.

Other examples include a lack of absorption of minerals resulting in gray hair, a protruded stomach, constipation, spastic colons, irritable bowels, a swollen or enlarged gall bladder, high cholesterol and high triglycerides (fat).

In fact, many new clients are frustrated because they have been watching their cholesterol intake for months, even years, and still have high cholesterol. This is a definite sign that the liver is congested and over-producing cholesterol. However, there is another cause for high cholesterol that is not commonly known.

**Therefore, please read** my article titled, *“High Cholesterol – The Myth, Heart Disease? Liver Dysfunction? or Other?”* This is located on my website and please note that a Clinical Nutrition definition of high cholesterol is not the same as a medical definition.

A more scientific method of determining if you have a congested liver is to have your blood serum liver enzymes and other liver-related blood chemistries “nutritionally” analyzed. Here is an exercise that will give you an idea of how this is done and if you may presently have a congested liver. Pull your file copy of the last Blood Chemistry Laboratory Report your doctor ordered for you and check your test values for SGOT (AST), SGPT (ALT), GGT or GGTP, and Total Bilirubin.

If you do not have a copy, call your doctor’s office. Ask the secretary which day this week a copy of your last lab report can be ready so you may come by their office and pick it up.



# Coffee – Regular or Decaffeinated!

## Improving Health After Years of Drinking Coffee!

By Dr. Donna F. Smith

If you wait for the doctor’s office to mail it or email it, you may not get it, but if they know you are physically coming to their office on a certain day, you have a better chance of getting it.

In the future, whenever you have laboratory tests ordered, be sure to request a copy for your home files when the blood is being drawn.

Some doctor’s offices post your laboratory reports on their website, which makes this convenient for both patients and their medical staff.

Once you have a copy of your laboratory report, check these liver-related blood chemistries. If one or more of your test results fall below or above numbers under “Homeostasis,” your liver is congested. A sluggish and congested liver (underactive or overactive) is full of toxins (chemicals, metals and other types of toxicity), which along with nutritional deficiencies, causes of liver dysfunction, and in time leads to liver disease.

<b>BLOOD CHEMISTRY TEST</b>	<b>LIVER DYSFUNCTION RANGES</b>	<b>HOMEOSTASIS (PERFECT HEALTH) RANGES</b>	<b>LAB OR MEDICAL RANGES</b>
<b>SGOT (AST)</b>	Below 14 or Above 30	14 - 30	10 - 35
<b>SGPT (ALT)</b>	Below 14 or Above 30	14 - 30	6 - 29
<b>GGT OR GGTP</b>	Below 14 or Above 30	14 - 30	3 - 65
<b>TOTAL BILIRUBIN</b>	Below 0.1 or Above 1.0	0.1 - 1	0.2 – 1.2



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## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

---

When your blood test result for the above Blood Chemistries (Column #1) are within the Homeostasis ranges (Column #3), this means your liver is in perfect health. If your test results are below or above the Homeostasis ranges (Column #2), this means your liver is dysfunctional.

If your blood test result for the above Blood Chemistries in Column #1 is within the Laboratory's Reference Ranges (Column #4), this does not mean that your liver is healthy and functioning. It means you have not yet reached the test level that indicates you have liver disease, some other liver-related disease, or have a life-threatening chemistry. Lab Ranges show how far below or above **homeostasis** you can go before your life becomes threatened by a test result that is outside the Laboratory ranges. Though good news, it is still not the same as being healthy.

Note: Over the years, the medical industry has changed their Lab Ranges. Why they have done this is the topic of another article or discussion. For our purposes, it is important to know that if your latest Blood Laboratory Report indicates a different Lab Range than what appears in Column #4 above, that is why. And for the purpose of this article, it does not matter. Why? Because our goal is Homeostasis (perfect health); in other words, our goal is to be healthy, not to be just disease free at the moment. And when you are healthy, you are preventing disease.

Another consideration is Cirrhosis of the Liver. Most people are aware that this can be caused by overconsumption of alcohol. However, today there are people are being diagnosed “non-alcoholic cirrhosis of the liver.” The cause for non-alcoholic cirrhosis lies in heavy metals, chemicals and other toxins in a congested liver, including toxicity from coffee consumption.

Through Clinical Nutrition Therapy you can both improve liver function and prevent liver disease. Even if your latest test results indicate you are outside the Lab



# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

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Ranges, I find it may still not be too late to improve liver function and thereby reverse this disease process when starting Clinical Nutrition Therapy right away.

Because there are many other factors involved, in addition to a Clinical Nutrition Analysis of your liver-related and other blood chemistries on your Laboratory Report, you may not be able to make an accurate determination of your liver status from just the information in this article. However, you will be able to get an idea of how congested your liver may be.

Therefore, the above chemistry values and ranges provided in this article are for demonstration only, and may not provide an accurate or complete nutritional assessment of your blood chemistries.



# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

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## IMPROVING HEALTH AFTER YEARS OF DRINKING COFFEE

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After reviewing your Laboratory Report and the information above, do you think you may have a congested liver? If you do, your liver is acting like a dirty car filter that needs to be changed so it can filter the oil and keep the mechanical parts clean as it circulates oil through your automobile.

A sluggish, toxic, congested liver, not performing to its capacity, will slow sports performance, slow healing and so on, just like sluggish, oil will slow down the performance of your automobile.

You may not be able to change your liver, like you can your car filter, however, by obtaining a Clinical Nutrition Analysis of your blood chemistries, you will know which therapeutic whole food supplements will provide the nutrients your body requires to detoxify (cleanse) your liver and other affected organs, and restore their function. By helping my clients accomplish this goal, I have been privileged to observe the reversal of current disease states and/or those in process, whichever applies.



# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

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## HEALTHIER BEVERAGE ALTERNATIVES TO COFFEE AND STRONG TEAS

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If you would like a beverage with a coffee taste without the adverse side effects, try **Nature's Sunshine Products' "Herbal Beverage."** I have providing this Herbal Beverage to my clients for years with continued positive feedback.

You may also enjoy other herbal blends with a coffee-like taste found in health food stores. Look for those with chicory, the primary ingredient that gives the tea that coffee taste.

Besides coffee, some of the strong Black and White teas we grew up with also contain caffeine. For years, teas that contained caffeine have been frequently served in most restaurants.

A better alternative would be Traditional Dinner Mint Tea. Blackberry Tea is another good choice. In fact, there are a variety of healthy herbal teas on the market today. Make a game of it to try them all. Be sure to look for labels that indicate caffeine free. I highly recommend those made by Wisdom of the Ancients. I have been enjoying their tea for decades and just give me a call and I will be glad to order their teas for you. .

After having used strong tea and coffee for many years, you may think some herbal teas taste weak and have no flavor in comparison when you make the switch. You must realize, first, that your taste buds have been so conditioned for "strong" beverages and the toxic substances in coffee are still embedded in your tongue to the point, you truly do not know what food and beverages really taste like.

By avoiding coffee, regular and decaffeinated, at some point in the near future, your body will have had the time in needs to detoxify the harmful substances in coffee



# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

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from your tongue and mouth. When that occurs, you will be able to truly enjoy the wonderful flavors and variety of herbal teas.

Please Note: To accomplish this goal, some people may need to call me for some additional coaching in how to detoxify their tongue and mouth with more than just abstinence. However, abstinence is the place to start.

### **TIPS**

1. To help you during this transition, try this suggestion: use 2-3 herbal tea bags, instead of one, and let it steep for a longer period of time. This will help to make the herbal tea stronger tasting.
2. Be sure to read labels and ask questions whenever you are served traditional tea and coffee to avoid caffeine or decaffeinate beverages.
3. Keep healthy Herbal tea bags in your purse or wallet and request a cup of hot water when dining outside the home. However, you still want to consider the water being served. Because Reverse Osmosis Purified Water is the only truly pure water available today, and most restaurants serve tap or a brand of filtered water, I prefer to drink my Herbal tea when at home using the water from our home R.O Purification System.

A home unit **Reverse Osmosis (R.O.) Purification System** saves thousands of dollars over time and provides truly purified water for drinking and cooking. For information on this system, click on the “**Client Web Portal**” button at the top of the **Home Page** on our Visitor Website – [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com). Once there, scroll down to the “**Equipment-Air-Water**” webpage on our Client Website, OR feel free to call me and I will be glad to share this information over the phone at no charge.

**(For my clients, please note that I provide a considerable discount off our purifiers.)**





# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

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**If you are unable to locate the above-mentioned healthy beverages, please call my office and I will be glad to help you further.**

## WEANING NOT COLD TURKEY

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Hopefully, this article has helped you make that final decision, once and for all, to stop drinking coffee and never drink it again.

When ready to stop drinking coffee, be sure to start slowly and wean yourself off of coffee. If you cold-turkey and stop immediately, you may experience withdrawal symptoms as others have.

Withdrawal symptoms will vary in intensity and frequency depending upon factors such as how long (days, months or years) that you have been drinking coffee, what is your daily intake (how many cups per day) and other factors. The longer and more frequently someone has been drinking coffee, the more severe the withdrawal symptoms, generally.

So symptoms can range from mild to severe headaches, low blood sugar, tiredness or fatigue, pain in your side or under your shoulder blades, etc. If you experience any of these or any other symptom that you think is due to withdrawal, give me a call and I can help you move through your personal detoxification process faster and with less or no discomfort.

### WEANING INSTRUCTIONS

To properly wean yourself from Coffee, reduce your daily intake by 1/4<sup>th</sup>, 1/3<sup>rd</sup> or 1/2 for three days, then every fourth day, thereafter, reduce it again until you are drinking only one cup per day. Then reduce to one cup every other day for three days, then one



# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

---

cup every 2-3 days, then every 4-5 days, etc. You should allow yourself at least a month of weaning before you stop drinking coffee completely.

Before going to the conclusion of this article, let me say that if you wean and then stop drinking coffee as directed in this article, and after days, weeks or months, you start drinking it again, don't beat yourself up about this. Let go of guilt and all those other negative thoughts we have when we stop short of our goal.

I have yet to meet a musician who could play perfectly the first time, a baby who was able to walk the first time up on their feet, OR a smoker, alcoholic or drug addict that was able to stop completely the first time they tried. And drinking coffee does become an addiction over time. After reading this article, you can understand why.

So be patient and understanding with yourself, just as you would if you were helping someone else to stop an addiction.

Each time you have stopped drinking coffee will work to your ultimate advantage. In other words, the longer you have not been drinking coffee, the cleaner your body will be inside, and this will actually help you have greater success in coming to the place where you truly do not ever drink it again.

How is that possible? It is because your body loves it when you don't drink coffee, because the longer you eliminate it, the more energy your body has, the cleaner it is, and the better you feel, etc. So, your body is going to help you.

In other words, when or if you start drinking coffee again, symptoms caused by coffee toxicity (aka being poisoned) will resurface and at a much faster rate. You may go from one day feeling good to not so good in a few days and since we are all motivated by pain or pleasure, the pain or displeasure of these toxicity symptoms will help give you that leverage you need to not return to this old toxic habit again.



# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

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Finally, it does not matter how many stops and starts you may go through before you are mentally, emotionally and physically ready to stop drinking coffee for good. What matters is every time you start, you pick a date to wean and stop again. You don't give up! You stay at it until you succeed.

You may observe that each time you stopped drinking coffee “again,” you were able to stop for a longer period of time, than the time before. That is success! You should celebrate! Stay the course and those periods of time will get longer and longer until you realize you have stopped permanently.

Truly, there will be a day when you look back and think of coffee or smell it and have absolutely no desire for that poison.



# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

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## CONCLUSION

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To improve your health, you must eliminate toxic substances from your diet, such as coffee and strong Black, White and Green Teas, and then detoxify the chemical residues in the liver, resulting from long-term ingestion of these substances.

Why Green Teas you may ask? Unlike Coffee, White and Black Teas, there are a lot of wonderful health benefits from Green tea; however, what most people don't know is that there is Fluoride in Green Tea. Today, people have toxic levels of Fluoride in their body due to it being included in water, dental products (like toothpaste) and from routine dental practices. So, it is prudent to avoid any product that contains Fluoride.

Obtain a Clinical Nutrition Analysis of your blood to receive specific clinical nutrition recommendations on how to assist your body in cleansing and re-nourishing its liver and other organs/glands adversely affected from long-term coffee intake.

Some health benefits reported from clients during and after this process are: beautiful skin (liver and brown spots disappear - even in the elderly); gray hair turns to natural colors, cholesterol and triglycerides become normal, stomachs become flatter (that never could before even with exercise), energy and endurance increases, gall bladders improve, bowels eliminate regularly without spasms or irritability, blood pressure becomes normal and many other benefits are enjoyed.

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References: Hooshang Hooskmand, M.D., Mark Percival, D.C., N.D., and Donna Smith, Ph.D., C.C.N.

**Call me today at (940) 761-4045 and let's get started.**



# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

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[www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com)

## ABOUT DR. SMITH

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**Dr. Donna Smith** has a Ph.D. in Clinical Nutrition, is a Doctor of Naturopathy (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 have 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 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 Clinical and Sub-Clinical Nutritional Deficiencies and Excesses, Biochemical Imbalances, and Organ, Gland and Body System Dysfunctions.

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 Therapeutic Dietary Plan, which is a list of foods selected for their specific food chemistry effect on the individual's biochemistry as identified in their 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.



# Coffee – Regular or Decaffeinated!

## *Improving Health After Years of Drinking Coffee!*

By Dr. Donna F. Smith

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**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 their specimen samples and then mails them directly to our Labs.

Dr. Smith has successfully assisted every client who has contacted her in how to improve their health, no matter what their health challenge, such as, but not limited to increasing energy, balancing hormones, improving mental function, strengthening muscles, joints, and immune system, restoring over-all organ/gland and body system function (including the hair system to restore its natural color), managing weight, preventing/reversing disease processes and enhancing life and/or sports performance.

Dr. Smith's clientele resides in 37 U.S. States and seven international countries.

**For more information, to order** a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045. Meanwhile, please browse [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) and while there subscribe to Dr. Smith's FREE Newsletter and read Free Articles by Dr. Smith. You may also follow her on [www.linkedin.com/in/drdonnafsmith](http://www.linkedin.com/in/drdonnafsmith) and [www.Facebook.com/DonnaFSmithPhD](http://www.Facebook.com/DonnaFSmithPhD).



# Coffee – Regular or Decaffeinated!

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By Dr. Donna F. Smith

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## E-BOOKS BY DR. SMITH

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- **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).
- **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)
- **Updating Your Medicine Chest To A Health Chest** (Over 250 pages)

## DISCLAIMER

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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. It is also the author’s intention to help you understand the importance of Clinical Nutrition Testing and Therapy, which is foundational to healing the cells and tissue of the organs, glands and body systems within all living beings, both human and animal, a fact that has not been included in Public Health Education because in the United States, for example, Public Health Education is still focused on medicine, not health education. ***The health of your cells determines the health of your body.***