



FULL BODY DETOXIFICATION (FBD)

Overview of Therapeutic FBD Program

By Dr. Donna F. Smith

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TOXINS – DEFINED

The terms “**detoxify**” and “**cleanse**” are used interchangeably. So either term is accepted when used in reference to assisting the body in removing toxic substances.

Toxins are substances that poison, damage and/or destroy cells, tissue, organs and glands.

Sources of Toxins

- **Chemicals and Metals** in food, water, air, the environment, as well as when used in medical and dental services, like drugs, dental cleansing procedures, cavity fillings, and surgeries, when anesthetized or receiving a local injection to desensitize areas of the body. This also includes personal care products, such as used for teeth, hair, skin, nails, clothing, bedding, etc. that contain them.
- **Industrial Waste** – This may include chemical and metals, however, for this purpose I am referring to fabric, glass, plastic and other particles from materials used in various industries. This includes petroleum products in the air and environment, from oils, gases, gasoline, and other petroleum products. Workers breathe in these particles and absorb them into their skin and they become another source of toxicity.
- **Parasites** (worms and germs) and the waste from parasites.
- **Synthetic and Isolated Vitamin and Mineral Supplements** and other products that contain them, such as personal hair, skin and nail products, shakes, etc.
- **Metabolic By-Products** – food particles, damaged, decaying or dead cells or tissue, cellular waste – these are toxins generated from within the body. They are classified as toxins if they stay in the body, i.e., the body is challenged to remove them after they are produced. Much like when you set out to build a house, and have left over bits of wood, shavings, chips, etc. – the by-products from building the house. They do not become a problem, unless a construction worker failed to remove them from the property.



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Origin of Most Toxins

Since the invention of machinery, toxicity has continued to rise and thus is now the highest contributing factor to:

- Developing Multiple Nutritional Deficiencies
- Poisoning Cells, Tissue, Organs And Glands
- Interfering With Human Biochemical, Bioelectrical and Biological Processes.
- Inhibiting the Healthy Function Of Organs, Glands And Body Systems.
- Thus Causing Illnesses and Diseases.

Therefore, no matter where you reside today, you are currently ingesting and being exposed to toxic substances. However, there is a healthy solution to preventing the above. This article will introduce one of the primary solutions, and this is **Full Body Therapeutic Detoxification Programs**. Through our **Personal Education Program (PEP)**, I share with my clients how to remove the sources of toxicity from their **Diet and Lifestyle**.

This article will introduce my **Full Body Detoxification Program**. It is safe and effective for children, adolescents and adults. The only difference between adult and children programs is the number of days. Adults are 30-Days, Adolescents are 21 Days and children vary, according to their age and body structure, from one to seven days. Testing determines how often you need to repeat the Full Body Detoxification Program. In other words, because some clients have more toxins in their body than others, some clients need to repeat this program more times than others.

The Full Body Detoxification Programs are provided initially to detoxify the body to help clients restore their health, and this is repeated after therapy as part of the client's Health Maintenance Program or Regime to stay healthy. How often Full Body Detoxification is needed for Health Maintenance varies per individual, though twice a year (every Spring and Fall) is the ideal..

A Full Body Detoxification Program is not fasting – specific cleansing foods, health shake and whole food vitamin/mineral supplements are taken.

Therefore, not only is it important to complete **Full Body Therapeutic Detoxification Programs** to improve your health, this is also essential to staying healthy and thus Full Body Detoxification Programs should be included in your Health Maintenance practices to stay healthy.

Even if you have not yet started Clinical Nutrition Therapy, you can still order our Full Body Detoxification Program and incorporate this into your current “Health Maintenance” Practices.



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TOXICITY STATISTICS

To give you some examples of just how serious toxicity has become, review these annual reports on the amount and types of toxic substances Americans are exposed to; actually, today, these numbers are much higher, which will be revealed whenever their updated reports are published.

Toxicity In Air and Water

1. According to the 1989 Toxic Release Report from the Environmental Protection Agency:
 - a. 550,000,000 lbs. of industrial chemicals were dumped into public sewage storage.
 - b. 1,000,000,000 lbs. of chemical released into the ground.
 - c. 188,000,000 lbs. of chemicals discharged into surface waters.
 - d. 2,400,000,000 lbs. of air emissions.

Toxicity In Food

In the U.S. we allow over 10,000 chemical additives in our food supply. (FDA) According to a 1976 study at the University of Alabama, the average American consumes:

1. 14 lbs. of additives per year. Additives are chemicals used as:
 - a. Preservatives to extend the shelf-life of the product so they not spoil so fast that the manufacturer is unable to make income from the resale of the products.
 - b. Flavorings, colorings, and deodorizers, so the consumer cannot taste, see or smell the rancidity or spoiling of the products they have purchased.
2. 120 pounds of white refined sugar.



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3. 8 pounds of salt. (Sodium Chloride)

- a. **This actually means the consumption of Sodium Chloride, like Morton's salt**, which is not the same as pure Sodium. The body can only metabolize pure whole food Sodium and pure whole food Chloride. When isolated and combined together Sodium Chloride becomes a chemical, not a salt.
 - i. **This is why Sodium Chloride can cause high blood pressure.** Because physicians do not have education/training in nutritional biochemistry, the medical industry issued Public Health Statements to avoid all salt, instead of being more accurate and stating "Avoid Sodium chloride."
 - ii. So today we have people with all kinds of fluid imbalance health conditions because they are not getting enough **Pure Sodium** in their diet. The human body cannot be healthy without pure Sodium, and Sodium is required to direct water in the body to the cells and tissue that require it. Without Sodium, fluid can settle in tissue where it is not supposed to be, causing fluid retention in these tissue and dehydration in the cells and tissue where the fluid (purified water) was supposed to be.
- b. **Pure Sodium** is like our Pink Salt, which is a combination of Hawaiian and Himalaya Sea Salt which is why it has a pinkish color to it and it is very rich in other essential minerals, too. Because pure Sodium is required to restore health as well as maintain it, our Pink Salt is listed in our Health Maintenance Products, which are supplements, products, food and health equipment that anyone can order from us at any time. [Click here](#) to go directly to our "**W.F. Supplements**" web page for lists of other **Health Maintenance Products**.

Now, when either of the above reports were updated today, do you think these statistics would be worse or better? - a resounding and definite WORSE. Therefore, in reviewing your current standard of living, i.e., your daily choices (ingestion) and exposures, do you think your body needs internal detoxification as part of your Health Maintenance Program?



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How Toxic Are You?

Now, consider all the years that have passed where you have been exposed through air, food, water or drug therapy, and each time you have eaten at a restaurant, at the homes of family and friends, or at social, business and church events, including your own home.

If you are 20 years old you have been exposed to 7300 days of toxicity, plus the toxins that passed to you from your parents prior to birth.

If you are 40 years old you have been exposed to 14,600 days of toxic substances.

If you are 60 years old, you have been exposed to 210, 900 days of toxicity.

Now, here are some questions for you –

- **Have you ever completed even one Full Body Detoxification Program?**
 - **My guess is that your answer is No.****
 - **If you answered yes, are you doing this every six months at least?**
 - **My guess is that your answer is No.****
- **And how old are you?**
- **Do you think it is about time you give some serious thought and actions to completing Full Body Detoxification Programs? Not just once, not just twice, but at least twice a year for the rest of your life!**

****Why would I say No?** Because I take surveys on all my new clients and so far none of them have ever completed a Full Body Detoxification Program before they contacted me. They typically represent the general public before they contact me and afterwards they are way ahead of the general public.

The reason they have not is because **Public Health Education** is still centered on the medical industry (drugs and surgery), not health, not how the body heals, not what is causing illness and disease, etc., so the public is not currently aware of just how serious toxicity is.



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Also, the FDA, Medical Industry and hence general public tends to think that if a poison that does not instantly kill, or immediately causes a person to be disabled, it is not harmful to the body. The FDA actually classifies these toxic substances as GRAS (Generally Recognized As Safe). **Did you notice the word “generally” – that is a red alert!! After all if something is truly safe for you, it would not be labeled as “generally” recognized as safe, it would be labeled “Safe.”**

What they are not considering is the **accumulated effects of toxicity over time** - multiplying and multiplying, layers upon layers, scums of poisons in their body, causing destruction, smothering the life out of the cells and tissue of their organs and glands, attracting parasites to feed on their decaying and healthy cells, so by the time a person is in their forties, if not sooner, their body just starts “falling apart” as many new client has expressed to me.

Because of a lack of **Public Health Education**, these people seek their physicians for treatment of their symptoms. However, because they and their physicians do not make the connection between their symptoms and toxicity, which includes the nutritional deficiencies caused by toxins, the physician prescribes and the public take drugs to suppress their symptoms – thus adding more toxic substances to their body, which is already inundated by a high level of toxicity, which is why they have the symptoms in the first place.

Then when those drugs are ineffective in suppressing the symptoms and/or they have new symptoms from their drug side effects, they are prescribed new drugs for the new symptoms caused by their current drugs

Drug Side Effects are the symptoms of nutritional deficiencies and toxicity caused by the chemicals, metals and germs in pharmaceutical drugs (prescribed or over-the-counter).

What an endless cycle – that is until a person wakes up and says something to the effect of,

“I would not take my vehicle to an auto mechanic, who is not fixing my car and is making it worse, so why am I taking my body to a physician for drugs that are making me sicker and not healing the cause for my original symptoms, which led me to seek help in the first place.”

Until each person that comprises the “General Public” comes to this place of decision, they will remain in this cycle of medical futility until they die, prematurely.

For those who get off the medical merry-go-round, they begin:

- **Full Body Detoxification Programs and**



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-
- **Obtain Clinical Nutrition Testing and Therapy** to identify and correct their specific nutritional deficiencies caused by the toxic substances they have been ingesting and exposed to, so they can restore their health, then
 - **Repeat Full Body Detoxification every six months**, as one of the important practices, to stay healthy.

FULL BODY NOT JUST LIVER OR COLON!

What Is Full Body?

Detoxification of toxic substances requires more than just cleansing the colon or liver, it requires a full body detoxification program. In other words, to cleanse all the elimination pathways, organs, and glands, and body systems, as well as the lymphatic system: therefore, our whole food, therapeutic supplements detoxify the following areas of the body:

1. Esophagus,
2. Stomach,
3. Duodenum,
4. Liver,
5. Gall Bladder,
6. Bile Duct,
7. Small Intestines
8. Large Intestines.
9. Kidneys
10. Bladder
11. And the Lymphatic System

The Upper Gastro-Intestinal System includes #1 to #6 and the Lower Gastro-Intestinal System includes #7 and 8.

The therapeutic whole food supplements included in our Full Body Detoxification Program also provide the nutrients to improve the function of each organ and gland.

No Gall Bladder?

The Gall Bladder is a sac that stores bile produced by the liver. Then when you ingest fats/oils, the bile is released from the Gall Bladder to mix with the fats and oils so they can be



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metabolized. Because of toxicity, ingestion of too many fatty foods and/or ingesting the wrong types of fats and other causes, the Gall Bladder can become congested and sluggish, thus unable to assist in fat metabolism.

Then the gall bladder can become infected by rotting bile that was not released to mix with fats/oils. When the body cannot remove the infection and grow new, healthy gall bladder cells and tissue to replace the damaged, decaying and infected tissue, the entire Gall Bladder can become diseased. At any point in these stages prior to or during the diseased stage, there is the possibility of gall bladder may erupt. If this were to happen, the patient could die.

People who are unaware the importance of Full Body Detoxification or neglect to do so, in time can cause their Gall Bladders to become so toxic, sluggish, congested and infected that the gall bladder is at risk of erupting and the only medical solution is to remove the gall bladder.

However, a healthier solution would be immediately complete a Full Body Detoxification Programs to clear the gall bladder of these toxins. My program also helps restore the function of the organ and glands being detoxified. Thus, save the Gall Bladder.

Because people do not die instantly when the Gall Bladder is removed, the medical industry believes this is a safe solution. However, without the gall bladder an important organ in the process of fat metabolism is missing. Thus, patients who do not have a gall bladder are forever challenged with weight management, i.e., they gain weight that they cannot remove, because they are unable to prevent fatty tissue from collecting in their body. Fatty tissue around the heart is quite dangerous.

For our clients who had their Gall Bladder surgically removed prior to becoming a client, I provide a specific therapeutic supplement metabolizes fats and oils thus assisting their body in compensating for the lack of a gall bladder. However, the bottom line is - it is always better to keep your body parts.

In every case of any organ or gland that has been surgically removed, from tonsils to appendix to gall bladders, etc., had the patient known about Full Body Detoxification Programs, they could have detoxified these glands/organs and prevented their surgical removal.



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History of Colon & Liver Cleansers In Health Food Stores

For years health food stores carried herbal colon cleansers. Those that were formulated properly were helpful for cleansing the colon; however, because the upper Gastro-Intestinal System was not detoxified at the same time as the colon (lower bowels or large intestines), the colon was toxic again within 2-3 days after stopping the colon cleansing product.

It took several more decades before manufactures, who were supplying to health food stores, to finally become aware of how incomplete colon cleansing was by itself and thus, they started manufacturing liver cleansing products.

However, because these products were sold separately, many people were still not cleansing the liver and colon at the same time. Often choosing to cleanse the liver or colon alone, or doing both, but not at the same time; for example, cleansing the colon and then the next month or so, cleansing the liver, or vice versa.

Criteria For Safe & Effective Herbal Cleansers

Also, if a consumer chose a liver and colon products that used herbs that did not meet the following criteria, they were not even accomplishing their goal. Without this criterion, they are unable to safely and effectively perform the liver and/or colon detoxification required. . This criterion includes using herbs that are:

- **Organic** – if herbs are not organic, they contain chemical pesticides and do not have all their nutrient value due to being grown in nutrient-depleted soil.
- **Pure** (containing only the herbs that are listed on the label). In other words, there are no fillers or other types of plants used to fill the capsule or tablet.
- **Harvested at the right time** – if herbs are not harvested at peak of ripeness, they do not contain full nutrient value for medicinal purposes.
- **Right part of the plant is used.** In other words, does the formula include the herb, leaves, flower, stem, or root? The herbal formula is effective only when the part of the herbal plant that provides the medicinal purpose or function for which the formula has been designed.
- **Formulation** – All of the above may be present, however, if the combination of all the herbs in the formulation are not synergistic, complementary and specific to the purpose of the formula, the formulation itself will be ineffective. For example, some companies may use an organic, pure, right part of plant and harvested herb for the pancreas; however, that an herb designed for the pancreas is not going to detoxify the liver or colon.
- Just to name some of the key criteria.



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Our safe and effective, therapeutic whole food full body detoxification supplement program includes all the criteria above, the criteria not included in this article, and the formulation is highly potent for “clinical or therapeutic” detoxification purposes. Their ingredients include herbs and whole food vitamins and minerals. Because of understanding how the body works, I would not recommend a single organ cleansing supplement if the purpose is “detoxification.”

HOW OFTEN TO COMPLETE A FULL BODY DETOXIFICATION PROGRAM?

If not currently in Clinical Nutrition Therapy, the ideal times are in the Spring and the Fall. These are the best seasons for detoxification because:

- **Spring Detoxification** allows you to cleanse the build-up of toxicity from the winter months, when people are less active.
- **Fall Detoxification** allows you to have a deeper cleanse because people perspire more in the summer months, thus have naturally detoxified some toxins. Therefore, their Full Body Detoxification Therapeutic Whole Food Supplements taken in the Fall can immediately begin detoxifying deeper levels of toxicity.
- Remember that to detoxify every six months, is detoxifying around 183 days of accumulation of toxins.

To detoxify every six months is to internally cleanse 183 days of accumulated toxins that you have ingested or been exposed to since the last Full Body Cleanse and can prevent them from settling deep into your cells and tissue where it can take months, even years, to remove. If you cleansed only once a year, you would have 365 days of accumulated toxins and a greater opportunity of those toxins settling in your cells and tissue.

However, for those who have completed my **Personal Education Program (PEP)** and have completed the steps to eliminate toxicity from their immediate lifestyle, they generally require the Full Body Detoxification Supplement Program less frequently. For example, they may require a Full Body Detoxification Program only once a year to detoxify substances they are not in control of, such as the air pollution they breathed when away from their home, since their home is no longer a source of toxicity.



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Also, because their exposure is limited to just what they do not have control over, they have less toxicity accumulating so would not have to detoxify as often. For example, they may accumulate in 12 months what others accumulate in one month.

Now, those who live near or work within industrial factories may require a Full Body Detoxification Supplement Program every quarter or often they require daily whole food detoxification supplements. In other words, for these latter clients I provide two supplements they can take daily to keep removing toxins from their body on a daily basis when they work or live in a highly toxic environment.

So each person is evaluated individually so they can complete their Full Body Detoxification Programs to meet their specific needs.

CONCLUSION

Now that you have the statistics and understanding of the importance of Full Body Detoxification, contact me as soon as possible to start removing toxins from your body to improve and to stay healthy.



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ABOUT DR. SMITH

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 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. Meanwhile, please browse 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



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presentations. You may also view Dr. Smith's TV Shows and videos on [YouTube.com/DrDonnaFSmith](https://www.youtube.com/DrDonnaFSmith), post questions on her blog at DrDonnaSmith.blogspot.com and follow her on [Twitter.com/DrDonnaSmith](https://twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](https://www.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).
- **Fibromyalgia – A Clinical Nutrition Syndrome** (70 Pages).
- **Dr. Smith's Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions]** - (69 Pages).
- **Health Chest – Updating Your Medicine Chest To a Health Chest** (Over 200 pages) – provides save and healthy remedies for over 100 acute symptoms.
- **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.