



Program of Care (POC) Instructions

By Dr. Donna F. Smith

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ATTENTION

Take several days to read or scan the sections of the **Program of Care (POC) Instruction** document, especially what relates to you now; remembering all sections for future use.

Your **Program of Care (POC) Form** and this **Program of Care (POC) Instruction** document are all you will need for your new supplements. **However, the Invoice may arrive a few days before the POC Form and it will have the same information for new supplements.** Then please refer to the **Program of Care (POC) Instructions**, whenever you receive one or more new supplements.

For brevities' sake the word “products” is used for supplements, containers, appliances, products, etc. There is no refund or return, as these are prescribed products. However, if we make a mistake, we are quick to fix it at our expense.

Ehave EVERYTHING WE DISPENSE WORKS: ADVICE and PRODUCTS!

If you do not experience this, remember these three things:

1. Did you follow the directions, precisely.
2. If you did #1, your biochemistry may be different and you may need us to tweak it few times. When you persevere and communicate your experiences, you get the results!
3. It is your responsibility to let us know #2 Or we will not know! What I usually recommend has worked for others before you, so, 99% of the time it will work for you. If you think you are in that 1%, call 940-761-4045.

NOTE:

1. One of the primary reasons we ship your **Program of Care (POC)** supplements to you monthly is because the closer a shipment is to date of purchase, the stronger the supplements are for the clients. In other words, the date purchased directly from the company who manufactured them.
2. Every word of this document is important information to you. To emphasize the information, they are **bold** or **underlined**. If **both**, the emphasis is even greater. To get your “Attention,” we have the titles in the colors of our Logo and also in **bold print**.



Program of Care (POC) Instructions

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ABOUT YOUR HEALING MOMENTUM

The Goals...

One of our goals is assuring that nothing slows down, interferes with, or breaks (stops) the healing momentum. The healing momentum is dependent upon daily intake of your **Program of Care (POC) Form**, which includes **Therapeutic, Special Orders and/or Health Maintenance Supplements.**

Therapeutic nutrients were chosen for the processes of healing that is occurring in the cells or tissue for a particular area (organ, gland or body system). The **Health Maintenance** has the nutrients you are not or cannot get in your diet. This also includes what will counter your Home and Work Environmental exposures.

After 42+ years of evaluating Diet with Home and Work Environments, many of maintenance nutrients were found in the “Essential Nutrients,” (hence the name), once a person was Healthy according to Homeostasis.

The Healing Momentum...

Within three days from starting your **Therapeutic, Special Orders and Health Maintenance supplements**, your biochemistry will have a sufficient amount to start what is called the “**healing momentum.**” As you continue taking your supplements each day as instructed, your biochemistry will come to expect and rely upon these nutrients to begin and complete its healing processes.

For example:

1. Miss one day = healing momentum slows down.
2. Miss two days = healing momentum is interrupted.
3. Miss three days = healing momentum is broken.

Regarding #2, an interruption can prevent a particular metabolic action from completing the healing process it was in or completing that process and starting the next, so it must begin again. Though this will not cause the healing process to regress to ground zero (Day One of starting your supplements) as it does when the healing momentum is broken, some processes may have taken days or weeks to get to that point of action and from that point it must start again.



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However, when the healing momentum is broken (#3), after the Start Date for any new supplement, this can cause the area of the body to start all over again from ground zero or Day one of the Start Date for those supplements.

Consequently, slowing (1), interrupting (2) and breaking (3) the healing momentum ultimately means it will take longer for your body to heal than it would have.

This also translates into taking supplements for that area of the body longer than you would have had to, which then means investing more time, energy and money in your Clinical Nutrition Therapy (CNT) or other Services that you required originally.

It can also create a problem for that did not exist before. So be sure to “finish all of the bottle and then discontinue them.”

Additionally, slowing, interrupting and breaking of the healing momentum, depending upon the status of the healing at that time, can also cause some symptoms to temporarily resurface, until the healing momentum is resumed and consistent again, which may take a few days or weeks.

Therefore, we work very diligently on shipments so you run out of your current on-hand supply. This the primary reason for the **Auto-Ship Schedule** and **due dates in Column #1.**

I share this with you so you do not take lightly your responsibility. With both of us giving due diligence to our interdependent responsibilities, we can help your momentum so you may attain optimal healing as soon as is humanly possible and then help live a long, healthy life!



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NUTRITIONAL EMERGENCY

CALL (940) 761-4045 – PLEASE DON'T EMAIL for Nutritional Emergencies

My definition of an Emergency is quite different than our physicians. One of my goals is to get to know your body and for you to see your mind and body like I do. For a couple examples, how it responds to what it needs to heal and reacts to what interferes with its healing.

Hence, I will be asking questions to elicit biological and physiological feedback and want you to closely observe and then communicate your symptoms, including energy fluctuation, mental, emotional and physical changes. Consequently, your initial **Program of Care (POC)** may require adjustments as I get to know your mind and body.

What Is a Nutritional Emergency? Memorize Seven (7) Times to Call Us!

Therefore, information I need to help you is revealed through your biochemistry, especially Biochemical Testing (blood, saliva, hair, urine and stool), Nutritional Evaluations, such as the Health Appraisal Comprehensive Summary Bargraph Report, and timely feedback from you, such as,

1. **Any Gastro-Intestinal Symptoms** experienced when eating certain foods, at a restaurant or home, or that you think are being caused by your Therapeutic, Special Orders and Health Maintenance Supplements.
 - a. However, because our formulations are so advanced (or sophisticated), we often find the cause is your current biochemistry, not our supplements.
 - b. Still, I am always thorough in getting to the real cause and I know from experience that as I help you get the healthier, you will not always react to what is in your diet, drugs or environment.
 - c. It is normal to react to something poisonous/toxic to the human body, but not something that is healthy for you, even if allergic to it at the moment. Still, I need to know.
2. **Cleansing signs** (pain, mucus coming out body openings, etc.).
3. **Resurfacing** of pre-existing symptoms,
4. **Intensification** of the symptoms.

As you



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-
5. **Injuries** -- such as the first time you burn yourself (even if it is minor), insect bites, sprains, falls, bruises, no matter how minor.
 - a. Completing the **First Aid and Microbial Kits Educational Consultation** in two appointments prevents contacting me each time you experience an injury, get sick or exposed to a microbial.
 - b. Thus, saves money and time in fewer consultations and trips to the Emergency Room, etc. During these consultations, you will understand why this happened to you and why I want to know, if you do not already know.
 6. **Mental and Emotional Stress** – what currently stresses you and new stresses when they occur. Depending upon the stressor, some stressors can deplete nutrients faster than toxicity, poor diet or the environment. Currently, we can evaluate you for 40 Stressors.
 7. **Any New Symptom** that surfaces and does not go away by the fourth day.

CALL ME - PLEASE DO NOT EMAIL, if you experience any of the above for three days in a row and the above is not gone by the fourth day. For those Symptoms that come and go within a three-day period, I still want these communicate to me, though there is nothing that you need to do.

Therefore, to assure your success, it is **very important** that you follow these instructions once you start your **Therapeutic, Special Orders and Health Maintenance Supplements.**

Be Proactive and Accountable

To help you provide accurate and timely feedback, keep a notebook with pen or cell phone notepad handy at all times to record the following, whether symptom or injury lasts a few minutes, hours, days, or weeks.

1. **Dates and Times** of onset and when symptoms or signs abate. (Time is very important, too),
2. **Description of symptom or sign**, such as location on body, intensity and frequency initially, and record changes as it improves or gets worse, such as the number of intensity and frequency from 0-10. 10 is worse when it comes to symptoms.
3. **Any triggers or preceding events** that may have caused or contributed to your symptoms, i.e., the above.



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CLIENT HANDBOOK (Price: \$26)

When I first started my business in 1981, I wanted to make a **Reading List** of important books for clients to read, however, time and time again, I could not find any books that I could agree with 100%. In reading these books, I would find a few factual chapters and the information in the rest of the book was misleading, misinformed, or false.

Later I learned a possible answer... that some books are not written by the author. The authors with the degrees and qualification were paid to put their name on the books to add credibility. For those books that were actually written by the author, they wrote from a “medical” or “registered dietician” perspective, not a “clinical nutrition” or “naturopathic” perspective or research.

It is not the same and can mislead the reader into thinking something is true, when it is not true for healing the body.

For example, a medical or dietician’s perspective on Cholesterol is to eat foods that either do not contain Cholesterol or are low in Cholesterol, like when you read or hear about eating only egg whites. However, a clinical nutrition research has proven that is not true. In fact, I wrote a whole article telling you the truth about Cholesterol.

Therefore, to continue.... For my clients to receive the information that was essential for them to know, they would have to read dozens of books and have to have a degree in Clinical Nutrition and Naturopathy to know what was fact or fiction.

Soon I realized that a Reading List was not the answer, so I started writing down what was important for my clients to build a solid foundation of knowledge that I could be build on through consultations and other educational materials that could be tailored specifically to each individual client’s needs. This was the origin of the **“Client Handbook.”**

Because of “clinical” nutrition, the biological, biochemical and physiological education in my Client Handbook is timeless. I have foundational information about how the body works (how it breaks down as it progresses towards disease/death and how the body reverses this process to heal and maintain health).

Over 95% of the “Client Handbook” is as true today, as it was yesterday, as it will be in the future.

Order this as quickly as possible and read **Chapter 9 through 15, then 20 of Client Handbook**, then return to front of handbook and read the other chapters in order presented. In the Invoice, I will also share the less than the 5%, until I have a chance to update it.



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1. **Chapters 9-15** will help you understand how your body heals, what to expect in this healing process, cleansing signs, Healing Crisis, the Four Phases of Health Breakdown and the Four Phases of Healing.
2. **Chapter 20** will enhance Dietary Program Instructions and Education.

Reading the **Client Handbook** as soon as possible will reduce your questions and my need to provide this information at Consultations, thus saving you time and money. Also, by having this foundational knowledge, our Consultations can focus on providing more information from the onset that is specific to you (your body, your lifestyle, your diet, your environment, etc.) rather than first laying a foundation and then incorporate specifics for you.



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PROGRAM OF CARE (POC)

The “**Therapeutic or Maintenance Supplement Program of Care,**” is refer to as the “**POC or POC Form.**” Health Maintenance is also shortened to Maintenance on this form.

This is like a nutritional supplement prescription form providing the name of the supplement, dosage, frequency, nutrition support purpose and a few of the special instructions for taking it.

This Program of Care (POC) Instructions document is part of the POC Form and has ALL Special Supplement Instructions for you, i.e., those not on the POC Form itself. When you get “new” supplements, be sure that you are aware of the “Special Instructions” that accompany them.

For information about your current shipment of the POC supplements, read the **Auto-Ship Schedule.** Following **Auto-Ship Schedule** will save you money. The rest is included in the **Auto-Ship Policies.**

The POC Form works for only you and no one else. To save you money, we have provided as much as we can in writing. However, the rest that is important for you is to be learned personally, so we provide them through phone. Your feedback is also important to us and your POC Form.

Your email “INBOX” will have the NEW POC Form or Invoice before receiving “supplements.” If Invoice, call us that supplements have arrived and use it until the POC Form arrives.



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Purpose of The POC Form

The **Daily Dosage** Column is the **total amount** to be consumed **each day**. **Please divide the total daily dosage as evenly as possible and consume that amount twice or three times daily**, the latter is best for you. Below are examples for different dosages for taking Pills, Liquids and Powders.

Follow these instructions below for taking all supplements unless:

1. A particular supplement has specific instructions in this document – which you need to check first, in addition to what was written in your POC Form.
2. If you are taking a new supplement for the first time, be sure you read the **New Supplement Instructions** so you may start slowly and gradually increase to the maximum Daily Dosage on the POC Form in **one week, preferred**.

In other words, when you receive one or more new supplements, start slowly to work up to the maximum Daily Dosage recommended. Ideally, you want to be up to your maximum dosage within seven days, but call us if it takes you an additional seven days, i.e., two weeks instead of one.

Why Some Clients React?

Though it is not unusual for people to have a reaction when starting a new drug (Pharmaceutical drug or Nutritional Drugs, like isolated or synthetic supplements), it is not common to be sensitive to whole food supplements, unless you currently have...

1. A weak digestive system, i.e., Gastro-Intestinal System.
2. A severe case of toxicity or sensitivity,
3. Are neurologically-switched.
4. You have a current allergy to one or more ingredients.

Starting slowly will allow your body to get use to taking new supplements, for most where Case 1 & 2 above is a factor.

Call us immediately, if have or suspect that you have 1 to 4.

(940) 761-4045 -- The number to call is at the bottom of each page.



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Instructions For Taking Supplements

1. There are two ways to take the appropriate number of supplements.
 - a. Chew food at a meal or snack -- lay a pill on the tongue with the chewed food, and swallow – preferred method and it correct one cause of GERD, i.e., over-acidity.
 - b. Take with water 31 minutes before meal or snack.
2. Do not drink water or any beverage from 30 minutes before to one hour after eating solid foods (meal or snack).
 - a. If you are about to choke—yet you want to stay true to the biological principle or law of how the Gastro-Intestinal System operates, then chew each sip like it had food in it. The actions of secretory Salivary Glands in your mouth will make the water or beverage thick like soup.
3. Divide the Total Daily Dosage evenly and take one-third at meals. Ex: Daily Dosage of four (4) supplements are taken two with first meals, one with a second meal, and one with a third meal.
4. Take everything as directed, and before 6 p.m. ideally. However, anything after 7 p.m., will interfere with sleep. If you are unless biologically-switched, what you take for sleep keeps you awake and vice versa. This is not good, though, it can be corrected. So, just ask me about it!
5. However, for dosages over one at meals, start slowly. Take up to a week to reach the total maximum dosage. For example: Start with one on Day 1 to Day 3, then on the fourth day, increase by one more each day and increase as needed until maximum dosage is consumed by Day 7.
6. If you have any digestive upset, stop for three days, then resume at the previous dosage that did not produce any digestive upset. Note: On the average, the digestive upset is simply the cleansing process of a stomach with a lot of toxins.
7. Following all of these instructions will help you get started without any digestive upsets, if you are one of those who will have them, or help have a minimal effect for only a few days. If digestive upset for longer than a few days, call me immediately!



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How To Read Your POC Form

Below describes the purpose for the primary columns on your **Program of Care (POC) Form** to help you understand how to read the **Form** and/or provides tips to save you time, money and/or energy.

Abbreviations and Column Contents

1. **POC No.:** On the left of the dash mark is your chart number and on the right is the number of POCs. In other words, for the number of times I have revised and/or updated your original POC or program. For example: 718924-3.
2. **Specimen Collection Date – Ex: HAC (01/24)-06/24.** You can use this for next financial due date.
 - a. **Capitalized Letters**– represent the letters for the type of Lab Report/Test or Nutritional Evaluation.
 - b. **(Last)** is month and year of LAST Lab Report/Test or Nutritional Evaluation.
 - c. **–Next** is month and year of NEXT Lab Report/Test or Nutritional Evaluation.
 - d. **PENDING:** The Lab Report/Test or Nutritional Evaluation that has not been scheduled to evaluate entire mind and body.
3. **Card Exp:** This represents your Card Expiration date. Therefore, stay aware to give us the new date. This may prevent an interruption or delay in processing your auto-shipment **and** assures that your therapeutic supplements are received before running out of your on-hand supply.
4. **Inventory** – Follow all instructions on Pages 1 and 2 of Auto-Ship Schedule. You may use a **pencil** to complete **column one on the POC Form** titled, **Inventory**, and then attach this copy of your POC Form to an email to send it to us, also.
5. **Special Clinical Nutrition Instructions:** You will find most **Special Clinical Nutrition Instructions** are in this document titled, **Program of care (POC) Instructions.**
6. **Special Orders / Order As Needed:** Under this title are five columns. They are at the bottom of page one of your POC. Some of these products are Therapeutic; some are Health Maintenance. However, a one-time consultation is required from Dr. Smith to be effective and safe; then, you can order any **Special Orders** as needed. For example, what is on the bottle is more often an amount that keeps you from suing the manufacture. Dr. Smith knows the amount that works and is safe!

The rest is either self-explanatory or utilized by Dr. Smith and her office.



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Receiving A New Program of Care (POC)

When a new Program of Care (POC) is provided, this automatically voids the previous one. Any instructions in the previous POC that still applies will be included in the new POC. This new POC will list which supplements on the previous POC that are to be discontinued and the dosage to take for weaning off these supplements will be in parenthesis to the right of each supplement being discontinued.

Read the section titled, “**More on Supplements – Important to Know!**”

CHANGING FINANCIAL PLANS – HORSE TO TURTLE

You can change anytime. This will help you be smart in your change.

Going to a higher Plan anytime just means you are now able to work on more areas of the body, at once.

The highest Financial Plan is always the solution when you have more than one area of pain and dysfunction.

I can help with any area of your Mind and Body!

The only limit I have is Financial Plans lower than a Horse, at least, at the beginning.

This is true for Any Area and any Financial Plan!

The best time to go down in a Financial Plan, i.e., one that is lower than where you are and so you will not lose health or money, is at any Progress Report when it is time to pay for retesting or services.

I will speak up, if you are truly going in the wrong direction for you!

I want you to make the best choices!

However, I am here to support you wherever you are!



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APPOINTMENTS

Our most important appointments are yours, and other clients! We do not want to open a week to find no room for clients and that appointments for non-clients could have been scheduled for another week. This is why we schedule multiple appointments, often up to six appointments, at one time. Below are some of our most important appointments. However, we schedule others so we meet all clients' needs.

Progress Report

The **Client Communicator (CC)** and the **Client Vital Statistics (CVS)** are both due according to the **Auto-Ship Schedule, Column #1 Date**. This is also one of the purposes of the **Mandatory Fee** and when it is paid for those enrolled in **Clinical Nutrition Therapy (CNT), Organ, Gland, or Body System Function Program (OFP), Medical Condition Support (MCS)** or any other Service that requires it.

The most frequent reason for a new **Program of Care (POC)** is updating when tested and in between retesting because of:

1. Symptoms:

- a. Intensification of Current Symptom.
- b. Resurfacing of an old Symptom.
- c. New Symptom, which can or cannot be associated with testing; however, is not acute.
- d. Acute Symptom. For example, when exposed to a germ (flu) or worm, or experienced an injury.

2. Special Needs, such as supporting the body with one, or more, Clinical Nutrition supplement, when/if you experience:

a. Drug Side Effects, either

- i. Until the body has improved sufficiently where you can talk with your physician about weaning off any drugs.
- ii. The physician has **proven** that weaning off one or more drugs would put your life in danger. In other words, you have taken a drug so long that you cannot, now, live without it. In many cases, one or more Clinical Nutrition supplement was to reduce the dosage, frequency or both.



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- b. **Cleansing Signs** – read the section titled the same.
- c. **Diet** – Schedule our Dietetic Services, if not already.
- d. **Environment**, not related Microbials (Germs or Worms), etc.

Observe Response to New Supplements

As you increase your pills, liquids, and powders observe how your body responds, especially the Gastro-Intestinal System (Stomach and Bowels). If you have any new symptoms in these areas of the body that you did not have when you first started your supplements, go to the section titled “Digestive System” for immediate instructions and then telephone me on the fourth day, i.e., see Nutritional Emergency.

For example, some clients have a very weak digestive system, even one not showing up on the first or several “Stool” samples. Instead, they may get an upset stomach, such as nausea, or have runny bowel movements. Even those with a strong digestive system, but who have a high level of toxicity in their stomach may feel uneasy or have bowels that have been clogged or blocked and may expels some liquefied or hard movements when taking a new supplement that has detoxifying and/or blood purifying ingredients in them.

This will go away in a few days or weeks when the supplements have dissolved and removed the toxic poisons that have been stirred up. However, if you have a weak digestive system, this may require a change in your POC or at least, indicated this on your **Client Communicator (CC)**, so it is documented and to inform me.

A “Stool” sample may be needed to know where you are now, especially for those having symptoms.

Some clients may not be aware they have a weak GI Symptoms simply because the body has not yet progressed to the point to communicate this though symptoms or some other area has priority. So, this is basically not something that is easy to pre-determine when designing your POC and thus it is important to let us know by the fourth day, if you do feel any symptoms for three days in a row after starting your new supplements, in addition to, communicating this through a CC.

Now, having said the above, it is written because some people do require immediate response. However, some do not. For some, we add the GI because we can see they are asymptomatic at present.

It is generally as surprising to both the client and I because, as stated above, it is not something that can be pre-determined without stool testing, and even then, it may take several tests before it shows on its Lab Report.



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Report of Finding (RF) Appointment

This appointment is scheduled to discuss Dr. Smith's analysis and findings from the **Nutritional Reports, Laboratory Reports, Medical Reports**, etc., i.e., the Service paid.

The **Clinical Nutrition Therapy (CNT)** appointment includes the verbal and/or emailed **“Report of Finding (RF) Follow-up”** that provides the links to the RF webpages for the new clients to obtain the instruction and education on the Nutritional Reports **and** the Laboratory Reports and Medical Reports not provided by their facilities.

The **“POC Implementation”** and its fee are included in the CNT RF appointment for clients who choose to have their Therapeutic Supplements mailed to them before RF appointment. Otherwise, the **“POC Implementation”** and its fee are **charged** to clients as it is for all other Services.

All Services receive the Reports for which they paid and those Services that include a **POC Form** will also receive this **Program of Care (POC) Instruction** document (i.e., this document).

Dysbiosis Program

“Dysbiosis” is at the root cause for **all disease, especially auto-immune and cancer**.

Even since childhood, Dysbiosis has been occurring because most of our clients have taken at least one of the drugs that causes it, an antibiotic. It grows stronger each moment, often unknown to the client. That is why, we know that most every new client has Dysbiosis.

Instead, Clinical Nutrition will get to the cause, “bacteria,” and not cause Dysbiosis, at the same time.

What you need to remember about the **Dysbiosis Program** after its appointment is:

1. It is a Service (or Program) in itself, so it has its own instruction, appointment and fee.
2. It can be a one-time program, if you do not cause Dysbiosis again.
3. The Dysbiosis Program takes 45-days or so.
4. However, if not done correctly the first time, **you must start all over**, i.e., **supplements are purchased again**.
5. It cannot be included in the FREE Consultation because we cannot know all the client facts to schedule it.
6. The Dysbiosis Program is introduced in a short document on the **Report of Finding (RF)** webpage for blood. Dysbiosis is also introduced as Education on the “Articles by Dr. Smith” webpage at no charge, too.
7. Therefore, if needed, the Dysbiosis Program will be scheduled after the **Report of Findings (RF)**.
8. There are urine tests that show Dysbiosis, however, most people are already choosing blood. So, in some instances, we wait to until the blood shows it is now a problem.
9. After the first Dysbiosis Program, you will need only purchase the Dysbiosis Supplements from us, if you need to repeat it. There is no need for the appointment or program fees because we give you written instructions, as well.
10. We know these brands work! However, we cannot say this about brands not checked out by us.



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Personal Education Program (PEP)

There are many factors today that work against our ability to attain and maintain nutrient sufficiency by diet alone, such as nutrient-depleted, pesticide-sprayed agriculture techniques; soil nutrient depletion; crop hybridization; GMOs; food harvesting; storage and transportation; biogenetics; a person's own current health conditions and challenges; and, of course, even some of your own lifestyle preferences.

PEP is included with our **Clinical Nutrition Therapy (CNT)**, **Clinical Nutrition Organ, Gland, or Body System Function Program (OFP)** and **Medical Condition Support (MCS)** and as a **Stand-Alone**.

Your test results may also indicate that you need one, or more, specific **Personal Education Program (PEP)**. For example, when "Dehydration" appears, you need one of two things from us:

1. A PEP on five important rules about complete and healthy water today. (Drinking enough for your body weight is only one of these five rules.)
2. How to implement all the rules, i.e., you need to know how to put them into practice.

At **Advanced Clinical Nutrition**, our **Personal Education Program (PEP)** provides personalized Dietary, Lifestyle and Mind-Body Connection Education to assist you in developing a principle-centered, healthy diet and lifestyle.

"Principle-centered" means a diet and lifestyle that is based on the principles (or laws) of biology, biochemistry, physiology, psychology and quantum physics. Rather than what you have heard or seen, when your diet and lifestyle are based on scientific principles, you working in harmony with the laws that govern the healthy function of the human mind and body to promote health every day of your life. Otherwise, you are working against these laws and creating illness and disease, instead.

Examples of Some Topics covered:

- What to Eat and Drink
- Blood and Circulation Health
- Skin, Nails and Hair Cell Regeneration
- Hydration
- Nutrient Guides
- Weight Management
- Organ & Gland Health
- Full Body Detoxification
- Bioenergetic Healing
- Cancer Prevention
- Mental Health
- And Much More!

"PEP" is created because you will always need to know how to change your Diet, Lifestyle, and how to prevent Injury and Weakness (Inherited or Acquired), especially in this toxic world. Otherwise, you cannot be "Healthy." We have also found that people need to know all of these, even though many think they already know.



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SPECIFIC SUPPLEMENT INSTRUCTIONS

If any of these are on your **POC Form**, the following specific instructions apply to you. It is listed below in alphabetical order. If any of these supplements are not on your POC Form, you may ask Dr. Smith if she may add these supplements.

Alfa PXP Royale – Also, Known as Purple Rice

Essential Nutrient #3 – A Super Food - A Seed

1. On an empty stomach, take the amount provided on the **POC Form**, along with the number of times daily.
2. If you do not get all of it out of the jar in the first drink, add a small amount of purified water into the jar, put the lid on the jar. Shake and swish it around so it gets all of the powder stuck to the sides of the jar and inside the top of the lid, and then swallow.
3. This is like gold in respect to your health. If you do not have a jar with lid, use a small glass and stir with a fork.

Antronex (A Whole Food Anti-Histamine)

1. An instruction document titled, “Antronex” will be given to you separately, with or soon after the first purchase.
2. Everything we dispense is safe and effective, when taken as directed. Antronex has separate and important instructions to follow for taking.

Here is some additional information:

This is great for any excess “Mucus-related” health concern, such as a symptom of a cold and flu. I love it because with it clients rarely have to go to bed with their cold and flu.

Today, for some people it can last up to two weeks (or longer). It can, also, interfere with daily function and even cause you to be in bed for weeks. Mucus can come out any body opening; for examples, the eyes, nose, ears, mouth, vagina or penis and rectum.



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It occurs to protect you, so never suppress this symptom. Why? Because the moment any irritant (Germ, Worm or Toxin) gets past the Mucus Membrane, it will get to your vital organ or gland, like the heart, lungs, etc. **Once excess mucus is present, you must address the cause of the excess mucus, also.**

So, to address it correctly and thoroughly requires two things:

- 1) Antronex or whatever Dr. Smith has indicated for your excess “mucus.”
- 2) A supplement for what is irritating the Mucus Membrane or Lining--a Foreign Matter, which is a type of Toxin, or one (or more) Germ or Worm. For example, many think of only addressing bacteria when experiencing dental problems and yet Dr. Smith often guides her clients in how to safely and properly address viruses, yeast, and bacteria in their mouth at the same time.

Cataplex – Supplements - the word “Cataplex” in it

About Cataplexes: Dr. Royal Lee, who was a dentist and the originator in the formulation of Standard Process (SP) supplements. At first, they were only for his dental patients, however, soon everyone wanted them. He was also the creator of the term “Cataplex,” instead of Vitamin, e.g., Cataplex F instead of Vitamin F. His formation was a “catalyst,” as well as vitamins. So, there are a lot of different SP supplements that begin with the word Cataplex, so when you provide an inventory of your supplements, **be sure to put the letter(s) are with it and not just give the word Cataplex.**

Here is a little history you may find fascinating – A “catalysts” means the nutrients they contain increases the rate of a biochemical responses or processes without itself undergoing any change, i.e., without changing the Vitamin itself.

Therefore, Dr. Lee’s Cataplex formulas are more advanced than just taking a single, whole food vitamin. No other company can do what Dr. Lee has done, or will do. Being a catalyst, the body can make other nutrients it needs from the whole food ingredients in the formulation that help the primary metabolize efficiently and assists the body in producing other related vitamins.

As you know, your body is the greatest doctor, who knows exactly what, how much and how little you need.

So, any professional who says you need, for example, a certain number of milligrams (mg,) of Vitamin C daily (or any vitamin or mineral) has a chart based on a study of a “population” of people. A “population” chart is not you, your unique biochemistry, or for that matter, for your biology, physically, psychology or quantum physics, either.



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Double Helix Water (DHW) [3 of 4]

Essential Nutrition #2 Item B.

1. To save money, in a gallon of Reverse Osmosis (R.O.) or Distilled water, insert **one** full bottle of Double Helix Water and drink 2 ounces, twice daily. See DHW website for all for benefits.
 - a. However, for convenience and extra money, you can add eight (8) drops daily to 1 or 2 glasses of water.
 - b. If you choose this option, it will require two, instead of one bottle, per shipment and we will need to know or we will ship one bottle, and you will run out before receiving it.
2. The purest water is Reverse Osmosis (R.O.),
3. If you are currently buying your water – we have tested all of the bottled and still find Fiji or Penta R. O. Bottled Water the purest.
 - a. Ask regarding the purchasing of a Home R.O. Purifications Systems or Unit.
 - b. When it only cost a family of four, fifty cents a day, a study was done. The outcome was \$7,000 in 10 years, however, only \$700 for 10 years, with their own Home R.O. unit. We know it costs more this year; however, it will always cost less having your own.

Eyeplex – A Whole Food Allergy Supplement

Eyeplex will help you with any area above the neck. It is also great for the opening, such as, the eyes, nose, ears or mouth.

Eyeplex may also be given with the supplement for the causes – such as, with a supplement for the Germs, Worms and/or Toxin in the head.

It is also one of our Allergy supplements for the Head. Therefore, if this is the primary reason I have recommended for you, go to the section below titled, Allergies.



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Ferrofood or Any Iron Supplement

1. Any iron supplement, even a whole food iron supplement, like Ferrofood, can be hard on the stomach in the first few weeks of taking it until the body is used to digesting iron.
2. So lay a pill of Ferrofood on your tongue just before swallowing some chewed food.
3. This is similar to the instructions for taking Zypan; however, you want to take **Ferrofood near the beginning of the meal** not with the last chewed food at the end of the entire meal, like Zypan.
4. After you have eaten at least one cup of food, then take your Ferrofood. That way it will not hit the stomach while it is still empty.

iHeRQles - Self-Stem Cell Nutrient

The Most Important Nutrient! Essential Nutrition #1. Natural Blood Transfusion (1 of 2)

1. **15 minutes before the correct number of meal(s) you spray the correct times under the tongue, daily.** For example: 15 minutes before one meal, you take four (4) sprays; before two meals, you take four (4) sprays at each meal or before three meals, you take four (4) sprays at each meal.
2. By doing this before the (preferred) meal or snack, you will enhance the digestion of the food consumed and neutralize any additives, preservatives or other toxins that may be present in the food.
3. If you occasionally miss doing this 15 minutes before the meal (preferred) or snack, then administer the appropriate number of sprays immediately.
4. It is very important to consume the total daily number of sprays indicated in the column above.
5. **DAILY CONSUMPTION:** Every four years, you have all new cell and tissue for each organ, gland, and body system and every seven years, you have all new cell and tissue for the spine, bone and joints, i.e., the skeletal system. It is the most important nutrient.
6. Also, please keep several empty bottles. In the event, part of the dispenser on a new bottle does not work, you can then replace it. Since 4/2020 when I started taking iHeRQles, I have only had two clients experience this; however, it is best to be prepared.
7. The HRQ in its name, **iHeRQles**, represents Human Resonate Quotient and it does as it sound – it makes you stronger if you take it daily, no matter what your chronological age. (Read #5 again).



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Immune Supplement

Here are Special Instructions for Immuplex, Zymex, Congaplex or any supplement for the “Immune System.” The “**Nutrient Support Purpose**” Column on the POC Form will also indicate all “Immune System” supplements.

Therefore, when any immune supplements are on your POC Form is extremely important not to miss a single day’s dosage or you will have to start all over from Day One.

More About Immuplex:

1. The first time you take this or if you have not taken it for a while and then it is recommended again, you may have an upset stomach for a few days on Immuplex, this is normal if your stomach requires purification. It will pass and is not harmful.
2. Drinking Ginger Water helps your stomach neutralize poisonous/toxic substances in stomach faster and assist in improving pH. The Ginger Water Recipe is in also in your Client Handbook. (See the section titled, Digestive System).
3. Used for Immune System as well Viruses, Bacterium, Yeast/Fungi/Molds or any germ.

Intestinal Cleansers

For some clients, therapeutic intestinal cleansers are required to detoxify their large intestines a short time or for optimal health. A healthy large intestine also helps Dysbiosis.

All seven criteria are explained in your **Personal Education Program (PEP)** and define a healthy large intestine, after 24 hours of birth.

One of the criteria for a healthy bowel movement is: have one after each meal, or a snack that is equivalent to a meal.

- a. **Medi-Clay-FX™** with **Premier Psyllium Fiber** - the capsules are needed together.
- b. **Lower Bowel Stimulator 100c** – if you need more help.



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Multizyme – GI and Belly

1. Multizyme is the amount at meals as instructed.
2. The “**Nutrition Support Purpose**” [see the upper, last column of the POC Form] will have a few GI words, such as GI, Stomach, Digestion, Duodenum, Small Intestines or Large Intestines (Colon or Bowels).
4. However, when Multizyme is recommended to digest impacted food particles, which inhibit nutrient absorption and results in a protruding stomach, the “**Nutrition Support Purpose**” will read “Protruding Stomach” or “Belly.”
5. Sometimes, the reason for taking Multizyme is both. In this case, be sure the amount is divided as directed.

Organic Bound Minerals – Sleep and Minerals

1. Take at least one hour before bedtime for sleep.
2. Otherwise, when directed to take them for minerals, divide them as equally as possible and take at meals.
3. If dosage allows for both daily (#1 and #2), then divide as possible, take at meals and one hour before bedtime.

QuintEssential (QE) 3.3.

Essential Nutrition #2. Minerals, Electrolytes & Natural Blood Transfusion (2 of 2)

1. Your POC form will have the recommended Daily Dosage in amount sachets, purified water and times per day. So, you want to open the recommended sachet (packet) into the correct ounces of purified water and drink the number of times daily, unless different days are indicated on the POC Form.
2. Be sure to squeeze and slide your fingers down the sachet until the last drop has been released into the glass.



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Thymex (Staph)

Thymex is primarily used for two purposes:

1. Thymex is also for Staph. It will build Immune System affected by Staph. For staph alone, your daily dose will be sufficient.
2. **T-Cell Production Program** -- Anyone will benefit from using Thymex to help the Thymus Gland produce more T-Cells for your Lymphatic System to digest (or attack) any Toxin, Germs or Worms, even when it is you instead, like those with Lupus and any auto-immune disease.
3. For more information, see the section on “Allergies.”

Zypan – Hydrochloric Acid (HCL) for Digestion

Therefore, Zypan is ALWAYS taken with the last bite of food at the meals. Ask me why Zypan, or another supplement for the same purpose, was or was not included on your POC Form.

Food rarely contains its original intention for our mind and body today. In our **Clinical Nutrition Overview (CNO)**, you just read 12 of the many factors affecting our Diets. These were not just outlined in the **Personal Education Program (PEP)** or **Dietary Consultation (DC)** “popular” Services, we teach you in these sessions, the rules that govern your body and how to apply them consistently. Yes, it is time to live a long and healthy life!

We will first want to improve your digestion, if possible for you. There are good acids and bad acids. Let me talk about a good one.

A breast-fed person will live to 40 years old with sufficient Hydrochloric Acid (HCL) and other gastric acids to digest food. A bottle-fed person will live to 30 years old with sufficient Hydrochloric Acid (HCL) and other gastric aides to digest food. That is one of the one of the reasons why 40-year-old people or older, contact us.

Insufficient HCL

Alkaline products (see article) make these worse because they are really caused by:

1. A lack of Hydrochloric Acid being ingested and/or
2. Produced by the body, i.e., an insufficient amount to make your own HCL to digest your food as I wrote above.



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3. Consuming too many bad acid-foods and not the right amount good acids to alkaline ratios.

Ginger Root and the Apple Cider Vinegar sections, at the end of this document, will also help you.

Also, see a short read titled, “*What Is Generally Not Known About Acid Reflux.*” (Part 1 – April 21, 1922 and Part 2 – April 28, 1922), THE VILLAGER publications.

iRevive - Primarily for External Use!

1. Use externally for pain AND to regenerate skin.
2. When there is no more pain, you will need iRevive for only your face, neck, chest and hands, because everywhere else has healed.
3. Remember to use a dab. A little really goes a long way. The amount on your finger should be spread as far as it can go. Also remember to use a manicure tool to remove any that gets under your nail and use that amount for this procedure.
4. If treating an area that 3 inches or more in diameter, do the following: With the dab of iRevive on your finger, dab lightly at four points around the area to be treated and then spread the remaining amount on your finger from one point to the next. Then fill in the area inside all four points. I did this for six weeks and I have no more pain from a horseback accident in my 20s.
5. Apply on the skin over areas of any pain: pancreas, kidneys, on the chest where the breasts begin, etc.
6. Apply on a sore not open or discoloration, i.e., not the color of your skin.
7. You can, also, apply to any skin problem, such as Eczema or Psoriasis. Other areas that benefit from iRevive are bruises, burns, blemishes, skin tags, warts, moles, and so on.
8. Additionally, it is the only skin product you need for your face, neck, chest and hands. It moisturizes, exfoliates, prevents wrinkles and/or softens. Do a test – take a picture of your facial skin up close – apply iRevive to one side of your face for one week. Then take another picture a week later to see the difference. You can also feel the difference after a week, also, as your face is softening, It saves you a lot of money – no multiple jars or containers for the skin!



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MORE ON SUPPLEMENTS - IMPORTANT TO KNOW

Allergies

We have therapeutic supplements to help you with Allergies (Food or Environment), which, also, heals cause rather than suppress both.

Allergy Supplements on POC Form

1. You start with the daily amount on your POC Form.
2. Go through every quarter, even if not your worse. If you have no symptoms in a quarter, you may reduce to the smaller daily amount on the POC Form.
3. When you suffer, you need more. Therefore, work up to 10 daily and if still suffering at 10, then find a dosage that works for you.
4. Every quarter, test to see if you need less or none.
5. The reduced dosage, or none, needs to work every day for at least 90 days, during all four seasons. Therefore, the reduced dosage is needed for a year to be accurate.
6. **Be sure you let us know the number that works best for you, at each change, so we update your POC and ship only the number you need so you do not run out or get over-stocked.**

T-Cell Production Program

One of our colleagues found the **T-Cell Production Program** using Thymex. There was a 50% effectiveness for anyone with Allergies and 100% for those with Cancer, the first time. For Allergies, this meant that one-half (50%) of the people received 100% results using the **T-Cell Production Program** only one time.

My Clinical Experience for Allergies:

The **T-Cell Production Program** works; however, it may be required more often, if you live or work in...

1. Any nearby city that exists in the same terrain as Wichita Falls, Texas.
2. Where you do not get Fresh air. [Cities can get fresh air from the ocean.]
3. A valley.
4. A place known for allergies.
5. They do not have environment allergies; however, they do have Food Allergies. (See the section below titled, "On-Hold" Supplements.



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Discontinuing Supplements

Please read your POC Form!

1. **Finish all bottles in the dosage in parenthesis and then discontinue:** This provides the name and daily dosage of every bottle to discontinue.
2. **Important Note: You start on new supplements listed on your newly updated POC AT THE SAME TIME that you are discontinuing those listed here. Yes! It is important that you are overlapping them!**
3. It can be a shock to the system to cold turkey any supplement, especial in the first two-week weaning process. Therefore, you will be instructed to **“Finish all bottles and then discontinue that supplement.”** For most, you will be also be recommended a smaller amount that help you wean, hopefully, in 2-4 weeks.
4. Count the number of pills remaining and if you have less than two weeks on-hand, let us know,
5. However, when you have an overlap of at least two weeks when starting new supplements, while finishing the bottles of supplements that are being discontinued, this allows time for the new supplements to start working, before you are off of the previous supplements. You should always have, at least, a two-week overlap.
6. However, if retesting shows that you have enough of a particular supplement that you are to discontinue in two weeks or more, but you cannot finish them now because you do not have enough, let me know. Also, if you have more than two weeks, let me know as it can cause an “excess” test value.
7. If you are instructed to put a supplement “On Hold,” go to the next section.



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“On-Hold” Supplements

This means your recent test or evaluation indicated you have had enough right now and to continue taking it will cause an imbalance OR another test or evaluation has indicated:

1. A higher priority; however, your “financial plan” did not cover both,
2. Another area must heal first, or
3. You are allergic to the ingredients at this moment. However, if #4 is a factor, so is one or more of the other factors, too.
 - a. Note: Poison is another thing. Even when the FDA approves it. The FDA has the power to approve any poison, as long as the poisonous substance does not kill you immediately. However, a poison is a poison is a poison.
4. What to do with the left-over supplements...
 - a. On the bottle or container, write the date in a permanent marker for future reference in the case an updated test in the future indicates you need this supplement again.
 - b. Oy you indicated another symptom or area of the body has priority.
5. See below for more information regarding “On-Hold” supplements.

Expiration Or Best Buy Dates – Applies Only If Have Dates

1. The **EXPIRATION DATE** represents “full potency” for the ingredients. However, as general rule, the ingredients will last for two years for opened bottles and five years for unopened containers.
2. “**Best Buy**” is not an expiration date. Now, we are given, a BEST day to consume the ingredients, also.

Note: We endeavor to pay attention so you not receive expired supplement from the manufacturer or us, however, since I opened my business in 1981, a few slipped through. So, please check the date and let us know if you require replacements.

It will, also, interest you to know just how potent or strong whole food, herbs and homeopathic are, even those with an expiration or best buy date. On occasion, to see what would happen throughout these decades, I have used some bottles ten or so year later – open and not open. In both cases, I did not notice any difference, so I would not be quick to toss any supplement “On-Hold.”



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Cleansing Signs (See Nutritional Emergency)

Nutritional Deficiencies and Toxicity, which are the accumulation of toxic substances in the body, are responsible for 95% of all illnesses and diseases. 5% is caused by hereditary factors and injuries.

Statistics have not been compiled yet to see what percentage will be assigned to illness from exposure to **Electro-Magnetic Fields (EMFs)**. However, a PEP educational appointment provides protection from EMFs. For now, please let us know if you suspect any symptoms are caused by EMFs, or you live near an electrical station or cell tower, etc.

Toxic substances (toxins) are chemicals, metals, metabolic-byproducts, foreign matter, etc. They become biochemical imbalance, organ and gland dysfunction or disease, as well as deplete the body of nutrients. I also classify Microbials or Parasites (Germs or Worms) as a toxin when inside the human body, and these other toxins and nutritional deficiencies precede the attraction of Microbials into the human body.

Microbials are another cause for infection; however, they are not attracted into the body unless they are invited. If you read my articles on parasites under “**Articles by Dr. Smith**” or the shorter version in “**The Villager Publications**,” then you know there is a positive reason for their existence. I classify them as a toxin only when they are inside the body. However, the inside of the body was not the place where they were originally designed to reside. If you have not read this article, be sure to schedule to do so right away.

Infection causes inflammation and inflammation causes pain. So as painful as the body can be when toxins are inside cells and tissue, discomfort and pain may also be felt when these toxins are released and moving through and out of the body. This is because the toxins can irritate, infect and interfere with cellular, tissue and organ/gland function on their way to the liver and kidneys to be urinated from the body, to the colon, where it is removed when you have a bowel movement, or the biggest elimination organ we have, the skin.

Pain caused by nutritional deficiency or toxins infecting cells and tissue is called a “symptom.” If they are left in the body, they become “biochemical imbalances” and then cause “organ, gland or body system dysfunction.

Painful symptoms are constant until the cause of the infection is removed and the cells and tissue are healed or the body has grown new cells to replace those that cannot be healed. However, pain that is caused by toxins (metal, chemical, foreign matter, germ or worm) and nutritional deficiency.

Those moving through the body is called a “Cleansing Sign.” However, a Cleansing Sign is temporary, one toxin may exist only a few minutes, hours or generally up to three days and is generally gone by the fourth day. Sometimes a Cleansing Sign can last longer than four days, such as, when toxins



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coming out of the skin pores cause a skin rash. **So, just as a toxin can cause a Cleansing Sign so can a Nutritional Deficiency.**

Therefore, it is very important to schedule a telephone consultation if you experience any new symptom that is not gone by the fourth day. Call the office on the fourth day, and say you have a Nutritional Emergency.....we will endeavor to work you in the same day.

Pain is just one of a number of Cleansing Signs that may be experienced when toxins or nutritional deficiency (decaying or dead nutritional deficient cells and tissue) are being removed from the body. The human body has mucus membranes that line the inside of the body. This mucus membrane layer protects the tissue under it, just like the lining on a jacket protects the outside material of the jacket from being soiled by perspiration. When microbials and other toxins irritate the mucus membrane, this stimulates the production of Mucus to encapsulate the microbes and other toxins, and through peristaltic action, the body moves this Mucus containing these toxic substances to the nearest body opening, thereby preventing them from settling in the tissue.

Body openings are eyes, ears, mouth, skin, urinary tract, vagina and colon. The higher the number of microbials and toxins, the more Mucus is produced. Sometimes this can be in such an excessive amount that mucus can flow profusely out of the body openings, for example, the nose is dripping like a facet or you are coughing up mucus.

A cough is a sign that mucus has just covered the air pipe, so a cough is a reflux reaction to remove the mucus or a person could die from lack of oxygen or drown in their own fluids.

Sneezing is another reflux reaction when the toxin is particular dangerous to the nasal tissue that the body has to get rid of it fast.

All of our therapeutic and health maintenance supplements have ingredients for detoxification as well as to nourish and heal the cells and tissue. **Our supplements are so well balanced that cleansing signs are not often experienced by our clients.**

However, periodically, we have a new client whose body is so highly toxic that they may begin experiencing Cleansing Signs soon after starting their new supplements. This is another reason why I have all clients start slowly with one pill or a small amount of the liquid and work up to their Daily Dosage. This allows these clients to detoxify slowly, which helps reduce or eliminate feeling Cleansing Signs, i.e., the symptoms that detoxification is occurring within the body.

Some new clients have such low energy, that the program I design for them is to help their body increase energy production, which must occur before their body will have enough energy to detoxify. Some have Cleansing Signs later--months after starting their **Clinical Nutrition Therapy (CNT)** or other Services, rather than earlier, i.e., soon after starting therapy.



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Also, in time, Symptoms, or Cleansing Signs, experienced months or even years ago, may resurface when the body has removed all the layers of toxicity that were blocking the toxins and caused those symptoms or signs from surfacing sooner.

For more information on Cleansing Signs, Healing Crisis, the Four Phases of Health Breakdown and the Four Phases of Healing, purchase the Client Handbook.

Again, because our whole food Therapeutic, Special Orders and Health Maintenance Supplements are so well formulated, most clients detoxify without even knowing they are removing these harmful toxic substances, unless they notice:

1. Periodically they urinate more frequently.
2. Volume of urination is more than usual.
3. More fecal matter in their bowel movements.
4. More daily bowel movements.

Remember that Symptoms of a weak Gastro-Intestinal System may not be initially apparent and Cleansing Signs can look and feel like symptoms of illness and disease. Therefore, if you experience these, follow this simple, but important rule:

Read and adhere to the instructions titled “Nutritional Emergency.”



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Homeopathics

This applies to all Homeopathic Remedies.

How to Consume Them and How to Store Homeopathic Remedies

1. Shake each bottle five times before opening.
2. Take only one homeopathic remedy at a time, when taking two or more daily, unless otherwise instructed.
3. After taking, do not eat or drink anything for at least 30 minutes. So always eat, drink, brush teeth or take other supplements before taking homeopathic remedies. Homeopathic Remedies are not the same as whole food.
4. They can be taken straight, if you like the taste. So, you may not need to add water or juice.
5. Do not open homeopathic bottles in a kitchen, bathroom or any room that has strong odors or the odor will contaminate the liquid. Keeping them on your bedside night stand is a preferred place.
6. Apply under the tongue when taking liquids (homeopathics or herbal liquid remedies) and then swish and hold in the mouth as long as possible before swallowing. This allows the remedy to be transported through the salivary glands in the mouth; thereby, by passing the stomach and going directly into the cells.
7. Some Homeopathics are preserved in alcohol. If you do not like alcohol, you can put the amount to be taken into hot purified water. Let the purified water become room temperature and then take it. The best time is when the purified water becomes hot. However, make sure it is not scolding hot. The hot purified water will cause the alcohol to evaporate.

Note: Stress/Anxiety Liquid is a homeopathic.



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Nutritional Food Powders

The following are some of our nutritional foods that will help you supplement your diet to promote health and health maintenance. These are also the best food replacements. Simply order as desired.

1. **Fruit and Veggie Plus 30 servings** – This plant protein has both foods and the only one that also has probiotics. It is also the only item that can defy one of the most important “Food Combination” Rules.
2. **Veg-E Complete Pro 22 oz. (Vanilla or Chocolate)** - Plant Protein Powder and vegetables.
3. **SP Complete 32 oz.** - Green Vegetable Powders Meal Replacement - Dairy Free.
4. **Nutritional Flakes 10 oz.** – B Vitamins, Nutritional Food Yeast. (I love this sprinkled on flat bread and Popcorn! Yummy).



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By Dr. Donna F. Smith

SPECIAL ORDERS-MOST FREQUENTLY ORDERED

Special Orders can be ordered by anyone – any Service. For you to be safe and effective, your **Progress Reporting** appointment will include how to use them, first. Then, you can order them as needed and as many as you desire.

Special Orders that are provided in Kits or Programs, also, will have a one-time Fee that includes their appointment, more detailed instruction, and is designated with asterisk (*) below.

Therefore, at the bottom of each POC Form, are the supplements the clients order the most. On your **PEP Binder Documents** webpage, I have posted a one-page **Handout** of the most popular products. Obviously, neither includes everything we have to offer, so ask if something is not listed.

We do not ship **Special Orders** unless they are requested and these products are included in the Service you have selected according to “**Clinical Nutrition Overview.**”

You may also schedule additional appointments for fastest results.

Table Food

- Pink Salt 12 oz. – See More in the Table Foods Section and Table Food is explained in PEP.
- EFA Liquid Oil. – See More in the Table Foods Section and Table Food is explained in PEP.
- Coconut Oil
- Olive, Sunflower, etc.
- Flax Seed Oil 8.5 oz.
- pH Paper
- Plant-Based Protein Powder (Delicious) – Fruit and Vegetables
- Plant-Based Protein Powder (Delicious) – Vanilla or Chocolate

Skin Care - One Product Does It All - iRevive!

- iRevive – For any Skin Problem or Pain.

Full Body Detoxication Program*

- Full Body Detoxication Program – 5 Supplements



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First Aid Kit* – Herbal & Homeopathic

- Aloe Vera Gel
- BP-X
- Castor Oil
- Calendula Ointment
- Chickweed
- Neem Oil
- PLSII
- Sesame Oil Gel Cap
- Tei Fu Essential Oil
- Wheat Germ Oil (C)

Microbial Kit (Germs and Worms)* and/or Allergies*

- Antronex
- Allerplex
- Cholacol
- CLTX and/or Okra Pepsin
- Eyeplex
- Immuplex + Spanish Black Radish +
- Parotid
- Thymex + Spanish Black Radish
- Throat Spray
- Spanish Black Radish
- Zymex

Scars* Detoxication Program

- HM-ND Liquid
- Body Pack
- Body Bath
- Body Soak



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PILLS, LIQUIDS, AND POWDERS - DETAILS

The below is additional help for any supplement in pill, liquid or powder, if it applies to you. Supper also represents “dinner.”

Pills (Capsules, Tablets, or Powders)

Therefore, Daily Dosage of ...

1. One pill daily, taken at first meal.
2. Two pills daily are taken at one (1) first meal and one (1) at last meal and
3. Three pills daily may be taken one (1) at three (3) meals daily or two (2) at first meal and one (1) at last meal. If possible, it is best to eat last meal by 6 p.m. and eat nothing solid again until the first meal.
4. Fruit, juice of any kind or herbal teas that do not promote energy...is acceptable after 6, ideally. However, anything after 7 p.m., will interfere with sleep.

Notice that the odd numbered amounts of pills are taken in the earlier part of the day and all new supplements are best when Daily Dosage is reached after one week of starting.

Powders

Use a milliliter spoon when Daily Dosage has a “ml.” after the dosage number. If the container has a scoop, read about the scoop on the container.

Teaspoons, Tablespoons or milliliters (ml.) - Examples:

1. When taking powders at a daily dosage of one teaspoon daily, consume this at ½ teaspoon twice daily (1/2 before breakfast and supper),
2. Two teaspoons (or tablespoons) are taken at one teaspoon before breakfast and one before supper, and
3. Three teaspoons (or tablespoons) are taken at one before breakfast, lunch and supper, etc.



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4. Dosage is ideal when taken three times daily; however, before lunch and supper is acceptable. For example: 8 ml. can be taken 4 ml. twice daily (before breakfast and supper).

Liquids

Note: Use a milliliter spoon when Daily Dosage has “ml.” after the dosage number.

1. **Teaspoons, Tablespoons or milliliters (ml.)** - Examples:
 - a. When taking liquids at a daily dosage of one teaspoon daily, consume this at ½ teaspoon twice daily (1/2 before breakfast and supper),
 - b. Two teaspoons (or tablespoons) are taken at one teaspoon before breakfast and one before supper, and
 - c. Three teaspoons (or tablespoons) are taken at one before breakfast, lunch and supper.
2. **Drops:** Examples:
 - a. 10 drops can be taken at five (5) drops twice daily, i.e., before breakfast and supper.
 - b. When daily dosage is 25 drops, divide this into 13 drops at first meal and 12 drops at last meal, or to consume dosage three times a day, take nine (9) drops at first meal, and eight (8) drops at the second and last meal.
 - c. When daily dosage is 50 drops, divide evenly into 25 drops at first meal and 25 drops at last meal, or to consume dosage three times a day, take 16 drops at first and second meal, and 18 drops at the last meal.
3. **Taken Straight, Water or Juice**
 - a. **Straight:** When you first open a bottle of a liquid supplement, put a dab of it on your finger and taste it. If it does not taste bad to you, then taking the liquid straight, without water or juice is ideal, because you can insert the amount to be taken under your tongue.

Then hold it there as long as possible before swallowing and it will be quickly absorbed into the salivary glands, which will take the liquid directly to your cells. A few seconds after swallowing, if you have an after taste, you can drink more water. A few seconds would be counting to 10.



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- b. **Water:** However, if you do not like the taste, but you can tolerate it in a little purified water; this is the second best. Use as little as possible so you do not dilute the ingredients. Also, hold it in your mouth, swishing under your tongue for as long as possible before swallowing. A few seconds after swallowing, if you have an “after” taste, you can drink more purified water.
 - c. **Juice:** If you cannot tolerate it in purified water, then use juice. Thin juices are best like filtered organic apple, grape or any “berry” juice. Follow the same instructions as above for water regarding using as little juice as possible, under the tongue, etc.

Mixing Liquids From the Same Product Company

Herbal Liquids from the same product company may be mixed and taken together, either straight, in purified water or juice.

Taking them straight or unmixed is most effective.



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Do Not Mix Liquids, If Any of These Apply

Instructions on your POC Form (or the bottle or container) may indicate when to mix specific liquids.

However,

- 1) I may inform you to not mix specific liquids, verbally or in writing.
- 2) In writing is for clarity, instructions in the on POC Form, or Description column of an Invoice, may indicate not to mix specific liquids.
- 3) The liquids are usually for herbs or homeopathics.
- 4) Liquid for Stress or Anxiety work faster.
- 5) If mixing herbal liquids would cause the mixture to taste bad.
 - a) Just like any medicine, some herbal liquids do not taste as good as others. Remember, taste is an individual perception. What taste good to one client may not take good to another. So, if you mix an herbal liquid that does not taste well, they are tolerable or taste good, if separated.
 - b) So before mixing two or more herbal liquids together, taste each herbal liquid by itself. Then mix the ones that taste okay to you and the ones that do not taste so well to you, take these by alone in juice to cut the taste.
 - c) However, the best juices to use are listed in this document.



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TABLE FOOD

The Pink Salt, EFA Liquid Blend Oil and other Table Food is listed on the POC Form. The details, a photo, and the itemized ingredients are included for the Pink Salt and EFA Liquid Blend Oil when you receive the **Personal Education Program (PEP)** on **Table Food**.

Pink Salt

1. Pink Salt (1-3 teaspoons daily)

- a. **Children (Age 1 to 12)** = 1 teaspoon daily.
- b. **Teens (Age 13 to 17)** = 1-2 teaspoons daily. Note if a teen in this age group has the body size, weight or structure as an adult, they require 2-3 teaspoons daily.
- c. **Teens/Adults (Age 18 or above)** = 1-3 teaspoons daily.

2. Why Pink Salt?

- a. Our Pink Salt is the most mineral-rich sea salt I have found. This is one of the reasons why all sea salt is not the same. They may look alike or have some of the ingredients, still it is not the same. You must have the untreated, non-iodide sea salt.
- b. It does not adversely affect blood pressure and is required for water transport to the cells. Only Sodium Chloride (like Morton's Salt) adversely affects Blood pressure.
- c. If you currently have some sea salt on hand, measure how much you have and then add the same amount of our Pink Salt to enrich it, then when consumed, you will only need our Pink Salt. Doing this helps get started in receiving the nutrients from our Pink Salt right away, without having to waste your investment in your Sea Salt.



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EFA Liquid Blend - Essential Fatty Acids (EFAs)

1. You must have complete EFAs (Omega 3, 6, and 9 in the correct ratio) or you will have pain.
2. Our **EFA Liquid Blend** has all three in the right ratio, though, some naturally include less.
3. EFAs are required by the body on a daily basis to combat inflammation and to lubricate the body. EFA deficiency prevents the body from managing pain, no matter where pain occurs. Also, the body becomes stiff and less flexible without it.
4. Because our food industry has marketed products that are low fat or fat free, and used advertisements to convince the public that these foods help them lose weight or prevent heart disease, the public at large is now suffering from EFA deficiency and increased inflammation (pain).
5. Below are my recommendations:
 - d. **EFA Liquid Blend Oil (1 Tablespoon daily)**. Our EFA oil has Omega 3, 6 and 9 in the correct ratio. Other oils, like Olive, has only one type of Omega. Our EFA is stabilized with a healthy preservative and does not require refrigeration. Use EFA oil for food that is hot (like steamed vegetables) or cold (salad).
 - e. **EFA Oil Blend Capsules** – taking 3 capsules daily.
On days that you do not need EFA oil for hot or cold food, take 3 capsules of EFA Oil Blend capsules.
6. **Criteria for Purchasing Oils:** In our **Personal Education Program (PEP)**, you will learn more. For example: Why 95% of all oils sold in grocery and health food stores are rancid? This is why we order our **EFA Liquid Blend Oil and Capsules** for our clients.



Program of Care (POC) Instructions

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DIGESTION SYSTEM

Health Is Dependent Upon First – A Healthy Gastro-Intestinal (GI) System

Solids In and Solids Out!

When food fails to be digested completely, the food particles rot in the stomach and cause inflammation (pain). If digested completely, Food (Raw and Supplements) will send nourishment through the Blood to the cell, so they can heal, repair and maintain the health of the mind and body.

This is the first step. Then the body depends on a healthy stomach, liver and small intestines to absorb food and your large intestine to remove solid waste and toxins. The body also depends on your bladder and kidneys to remove your purified water and healthy beverages.

Your **Dietary Consultations** and **Personal Education Program (PEP)** will assure that your diet and lifestyle is promoting, rather than inhibiting, a healthy GI System.

You Can Reduce The Need for Long-Term Digestive Supplements

Below are two very inexpensive, yet powerful daily Dietary Practices that promotes healthy digestion.

Ginger Root

1. Slice fresh ginger root - use one teaspoon mixed in food at every meal. Consume three teaspoons of Ginger Root slices daily.
2. Ginger is great for all kinds of digestive upsets from food poisoning, nausea, gas, bloating, acid stomach, acid reflux, heartburn, etc. and indirectly can help in loose-diarrhea like stools and constipation.
3. If you have any challenges being consistent with the raw Ginger Root or order Ginger or Gastrex Capsules from me.
4. If you need something that works fast, go to our **Ginger Water Drink** below. This works for the same areas as the Ginger Root above only faster, which is great when you have an upset stomach, acid or food poisoning.



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Ginger Water Drink

1. Open three of our Ginger capsules into four ounces of water or juice. Yes. However, many say either it work too slowly when they are suffering or they do not have any fresh on-hand.
2. Take the above every 15 minutes for three times.
3. If not better right away or up to one hour, repeat above.
4. Clients rarely need more than one hour.
5. If you do not in one hour, call me at (940) 761-4045, which is even more rare.
6. If you need to repeat the above later in the day, do so as often as needed.
7. Since the cause is what you are eating (1st) and drinking (2nd), talk to me about this -- either call for appointment or wait until our next pre-scheduled one.
8. Read THE VILLAGER publication titled, “**What is Not Generally Known about Acid Reflux**” (Part 1 – 4/21/22; Part 2 – 4/28/22). Very short read.

Apple Cider Vinegar (ACV) Drink

1. The best Apple Cider Vinegar is our Vintage Vinegar, 8-ounce bottle (48 teaspoons); Second best is Bragg's, which you may purchase at most any store. White Distilled Vinegar is only good for the Iron (a machine, not a supplement).
2. Here are your benefits of using the above Apple Cider Vinegar –
 - a. Prevent and correct Acid Reflex, Hypo- and Hyper-acidity, GERD, Heartburn, Indigestion and Hypochlorhydria.
 - b. Promotes HCL (Hydrochloric Acid), one of the primary gastric acids, which uses the stomach to digest food.
3. Consume this ACV Drink daily as instructed for six consecutive weeks. If you still have any of these health challenges or any other symptom of digestive dysfunction, contact me for further instructions as you may require Therapeutic supplement to correct this before you will be able to use ACV Drink for Health Maintenance purposes.



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Recipe For ACV Drink

1. One teaspoon of Vinegar.
2. Four ounces of warm Reverse Osmosis Purified Water.
3. Sip slowly (do not gulp or drink) thirty minutes after each meal.
4. Consuming three cups daily.

The ACV Drink Is Too Bitter?

1. In the beginning, the above recipe may be too bitter for your taste buds. It is best to not sweeten. If you think it is too bitter at first, if you will continue drinking this without sweetening, you will come to like the taste. However, if it helps, at first, you may add one or more drops of Stevia to each cup, whatever amount you need to cut the disliked bitter taste.
2. Every three days, reduce the number of drops of Stevia until using one drop per cup.
3. Then put only one drop in a cup every other day, then every two days, and so on until you are able to drink the above recipe without any Stevia.
4. Are you getting the idea? Wean yourself off of Stevia as soon as you can. If you need to extend the days in #2 from three to four or more days, that is okay. Just keep moving forward and try to be weaned off Stevia within 3-6 weeks or sooner.
5. Stevia is the best sweetener. However, for those who can learn from others, in time, no sweetener is needed, which is even better.



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DIFFICULTY SWALLOWING?

For small children, animals or adults who have difficulty swallowing tablets, please do the following. For children and animals, the better you disguise the taste of the ingredients the more success you have in administering the ingredients.

Some animals, you only need to add the supplement to their food or water to succeed. Others, such as Cats, adding the supplement to some sticky food, like honey, and then putting it on their body work.

Regardless, if you need help, call (940) 761-4045.

Capsules

Open the capsule and put in:

1. Organic Juice, mashed banana, warm or cool mashed potatoes, yams, seeds, organic nut butters or put in any healthy food.
2. You can also put in natural sweeteners: stevia, sorghum, maple syrup or honey. However, even though healthy, it is not good to consume any sweetener daily or regularly; only for short times.
3. You can also sprinkle onto the top of food, if the ingredients do not taste bad.
4. **Make a Smoothie with our powders.** Add the ingredients from the capsule.
 - a. We have a number of great powdered food supplements which you can use to make a Smoothie or you can use them for meal replacements. Each has its own unique nutritional benefits. **See the list of Nutritional Food Powders.**
 - b. After following directions on the container, if you can still taste the ingredients in the capsule, add more powder to make the Smoothie concentrated and/or use less water or juice.



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Tablets

Here are some options for administering or taking tablets:

1. Dissolving In Water Overnight:

- a. Put the number of tablets (Daily Dosage) to be taken the next day in a Mason jar. Mason Jars are best because they have a rubber seal between the glass and lid seal for more assurance that air will not enter the jar.
- b. Cover the tablets with R.O. purified water to a level just over the top of the tablets when it is lays, as flat as possible, on the bottom of the jar.
- c. Tighten the lid and refrigerate overnight.
- d. In the morning, stir the liquid and mash with a plastic (not metal) spoon any parts of the tablet that did not dissolve. Stir again until all parts of the tablet is dissolved.
- e. Measure the amount of liquid in the Mason jar.
- f. Divide the amount of liquid to consume 1-3 times per day.
- g. **If there is more than one supplement in tablet form** to be taken each day, test alone and together to see which taste best. Then let the amount guide you.
- h. **Small Mason Jars** are inexpensive, available at most any grocery store and can generally be purchased in packages of 4, 6 or 8 jars.

2. Crushing Tablets:

- a. Crushing tablets to be taken and add to juice, foods, Smoothies or other Nutritional Food Powdered Drinks.
- b. Read the above instructions for “Capsules” for ideas of the type of foods that work best.

3. **Making a Tea of Tablets:** When I recommend that you make a tea of tablets, do the above first then follow the next instructions for “**Making a Tea From Capsules or Tablets.**”



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MAKING A TEA FROM CAPSULES OR TABLETS

Clients may be instructed to make a tea from some supplements for a specific healing purpose or clients who are too young or have difficulty swallowing capsules, may need these instructions. Unless specifically instructed to make a tea of tablets, these instructions are generally used for making a capsule into a tea.

TO MAKE A TEA DO THE FOLLOWING:

1. **Make** water hot without bringing it to a boil - use one and one-fourth cup of Reverse Osmosis (R.O.) Water. (If you are not sure? Both Penta and Fiji are R.O.)
2. **Remove** the pan of water from the stove.
3. **Open** the capsule and pour the ingredients into the hot water or drop the tablet into the hot water. If using tablets, use a non-metal spoon to mash them as they begin to soften so they will dissolve faster.
4. **Allow** the tea to cool down to lukewarm or room temperature.
5. **Test** temperature with your finger, especially if using tea for an eye wash.
6. **Taste** - If you will be drinking the tea, taste it. If the taste is not too bad, drink it straight. If you do not like the taste then add more R.O. water, a natural sweetener or pour the tea into some juice. If you have a blood sugar problem, use Stevia, as your natural sweetener of choice.
7. **Follow** the same instructions for mixing liquid supplements with water or juice, regarding using as little water or juice as possible, swishing under tongue, holding in mouth as long as possible, etc.

When you need help, Call (940) 761-4045!

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