



Health is Our #1 Priority In Life

(Putting Health First Is Putting God First)

Dr. Donna F. Smith

Table of Contents

| | |
|---|----|
| Why Is Health Our Number One Priority | 1 |
| Therapies Defined..... | 2 |
| Clinical Nutrition | 2 |
| Naturopathy | 3 |
| Dietetics | 5 |
| Dietary Consultations. | 6 |
| The Laws of Health | 6 |
| Our Services are Based on the Laws of Health..... | 8 |
| Interferences To Healing | 9 |
| To Agree or Not To Agree..... | 12 |
| The Key to Saving Time, Money, Energy, And Healing Faster | 13 |
| Conclusion..... | 15 |

Why Is Health Our Number One Priority

Health is the number one priority in every person's life. Without health, one cannot take care of one's self or loved ones, nor fulfill their personal and work commitments, life goals and heart's desires. We have often heard people say that God is the #1 priority in life. **Making Your Health the #1 Priority in Your Life is putting God as the #1 priority**, because the care of the human mind and body are the care of the "temple" of the Holy Spirit. The term "temple" generally refers to a physical building where people walk into, sit down to pray, worship and be educated in the spiritual and other laws of God. So when we neglect to take care of our body, it would be like trashing and/or not repairing a physical temple of God. In time physical temples or buildings are destroyed by neglect and the same occurs with the human temple of God.

When you have been ill, did you ever try to go to work, clean house, do good works, take care for others, worship, or pray, other than appealing to God to heal you? It is impossible! So putting one's Health first is equipping oneself with the ability to put God first in one's life – to pray, worship and do good works for others and oneself. It is also respecting God's greatest gifts to us: our mind, body and the Holy Spirit.

One of our primary goals, regarding **Advanced Clinical Nutrition** services, is to provide what our clients require to assist them in learning and implementing the Laws of Health, which should be every person's #1 pursuit. A foundation in the education and



Health is Our #1 Priority In Life

(Putting Health First Is Putting God First)

Dr. Donna F. Smith

implementation of these Laws, as it relates to the causes and healing of all illnesses and diseases, in addition to health maintenance and disease prevention, is your best assurance of longevity.

Longevity allows us to live a healthy and long life, so we are able to be active and enjoy living as we age, chronologically, and have the energy, strength and sound mind to worship and service God, study the Bible, implement God's Spiritual Laws, love and support our families, friends and community, pursue our dreams, fulfill worthwhile desires, and be around much longer to do even more good works!

So Health is Our #1 Priority in Life! The investment you make in time, energy and money is in direct portion to your priorities. Therefore, the time, energy and money you apply to improving and maintaining your health is an investment in longevity and reflects how much Health is a Priority to you. Making your health your #1 Priority (as defined above) is to have the highest of standards of living.

Therapies Defined

Clinical Nutrition

To understand "Clinical" Nutrition, you must first understand what Nutrition is.

Nutrition is the internal processing (metabolism) of the nutrients you ingest from what you eat, drink and the food supplements you take, including the adverse effects of poisons and toxic substances. So diet is not the same as nutrition. Diet is what you eat and drink and the scientific study of the diet is called, "**Dietetics**." However, nutrition is the metabolism of the contents of your Diet and what is occurring within the human body as a result of the Diet you ingest, whether your diet is supporting all biochemical and biological processes within or the effects of deficiencies in the diet that adversely affect these processes. (More on Dietetics below)

Biochemistry is the study of the scientific laws that govern the substances (nutrients and poisons/toxic substances), processes and reactions occurring within living organisms.

Nutritional Biochemistry is the study of the effects on the biochemistry and metabolism of the contents (nutrients/toxicity) of cells and tissues, which govern the structure and function (health) of their organs, glands and body systems.

Clinical Nutrition is the healthcare system that tests human biochemistry, such as blood, hair, saliva, urine, stool, to identify "clinical" and "subclinical" level nutrient deficiencies, biochemical



Health is Our #1 Priority In Life

(Putting Health First Is Putting God First)

Dr. Donna F. Smith

imbalances and dysfunctions in organs, glands and body systems, as a result of insufficient Diets and Toxicity. “Clinical (severe, cellular) and Subclinical (moderate, tissue)” levels cannot be corrected by diet changes alone. Therefore, a plan of treatment is recommended to correct the abnormal test findings that include therapeutic whole food supplements, food-chemistry based dietary plans, life style and mind-body education. By establishing a principle-centered healthy dietary lifestyle, modifying lifestyle and mind-body practices while receiving therapy through supplementation, the client is able to sustain optimal test values after finishing therapy. Otherwise, in time, the client’s diet and lifestyle will re-create the same deficiencies, imbalances and dysfunctions, and thus produce the same symptoms again at some future date.

Naturopathy

Naturopathy is a health care system that includes a variety of treatment modalities, such as: clinical nutrition, dietetics, herbology (herbs), homeopathy and other non-medical therapies, such as the use of light, laser and techniques (Energetic Therapy) to have a positive effect on the flow of energy through the body’s energy meridians, sound (Auricular Therapy), water (Hydro-therapy), and Psychology (Function and effect of the Mind and Emotions on the Body and vice versa).

Naturopathy was the original practice of medicine by all physicians, as far back as Hippocrates.

Hippocrates is most remembered by the oath that all physicians must swear to, called the “Hippocratic Oath,” prior to receiving their license to practice medicine and this oath is still required for physician’s today. However, considering what the Journal of American Medical Association reports as shared by Dr. Mercola below, one of the first parts of that oath “First Do No Harm” does not appear to be congruent with the practice of medicine today.

In his blog post on January 15, 2003, Dr. Joseph Mercola, D.O., stated:

The “Journal of American Medical Association” (JAMA) actually published a study that could support that doctors may be the leading cause of death in the United States.

In the late 1800’s scientists began to study medicinal properties of herbs, looking to synthetically produce chemicals with similar molecular structures, so they could be patented, and these chemicals became what we now call “pharmaceutical drugs” (prescribed and over-the-counter). At that time,



Health is Our #1 Priority In Life

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Dr. Donna F. Smith

naturopathy, dietetics, and nutrition was eliminated from medical school curriculum and only two medical treatments were taught: pharmacology and surgery.

Naturopathy may be referred to as “wholistic” or “holistic” healing because it is the treatment of the whole person, physically, mentally, emotionally and spiritually. Yes, a person can have a sick spirit that affects physical (body, mind and emotional) function.

Some Naturopathic Doctors provide evaluations, testing and therapies for all four levels of being (Physical, Mental, Emotional and Spiritual). Others may focus their health care service on just the physical.

I am trained and qualified to assist all of my clients on all four levels – in other words, to address the true cause (or causes) of their physical dysfunction or disease, no matter on which level of being the cause(s) is identified. .

However, first, I provide therapy for the physical level or being. Then I evaluate and provide therapy for these other levels, when therapy at a physical level does not bring optimal healing. For example, if headaches improved to only 80%, after giving sufficient time for a client's body to heal itself after addressing all the physical causes, this generally means the other 20% is related to one or more mental, emotional and/or spiritual cause, which must then be evaluated and then corrected for headaches to abate 100%..

To be proactive and help my clients understand the foundational scientific knowledge related to all levels of their being in respect to healing and maintenance of health in the human body, I coach my clients on spiritual, mental, emotional and physical laws of health through my **Personal Education Program**, so each client has the opportunity to become knowledgeable and prevent physical illness and disease from being caused by any level of their being.

Over time, some of therapies within the scope of a Naturopathic practice has become specialized, such as Herbalists, who use only herbs and Homeopaths, who use only homeopathic remedies as their treatments, and more recently Hydro-therapy has become a specialized therapy, as well as Energetic Therapy. In fact, Energetic Therapy has even diversifies into a variety of techniques. Examples are Bio-Feedback Therapy, Neuro-Biofeedback Therapy (NFB) [also called, Neuro-Integration Therapy (NIT)], Reiki, Reflexology, Neuro-Emotional Techniques (NET), and Emotional Frequency Technique (EFT), and MEAN, which is a modified form of EFT. I have been professionally trained and qualified in NET, MEAN and Reflexology and I have professionally studied NFB/NIT, EFT and Reiki, under



Health is Our #1 Priority In Life

(Putting Health First Is Putting God First)

Dr. Donna F. Smith

qualified practitioners, so that I may understand them for the purpose of referral whenever one of my clients require these services to attain optimal health.

Dietetics

Again, diet and nutrition have totally different meanings, but are often used interchangeable as though they are the same. Diet is what you eat and drink and nutrition is the metabolism of what is consumed and the effects on the cells, tissues, organs, glands, and body systems. That effect can be healing and health maintenance or nutrient deficiencies, biochemical imbalances or dysfunctions that in time become diseases in organs, glands and body systems.

The health care profession of the Registered Dietitians (R.D.), established in the mid-1970's, are educated and trained in Dietetics, i.e., diet (what you eat and drink).

The health care profession of the Clinical Nutritionists (i.e., Board Certified Clinical Nutritionists [C.C.N.]), was established in the mid-1980's and are trained in both Dietetics and Nutritional Biochemistry.

In respect to the study and practice of Dietetics, R.D.s and C.C.N. have significant differences in philosophy, training and practice.

For example:

- Traditional R.D.'s emphasize food calorie counting, not food quality (total nutrient value), other than respect to spoilage.
- For example, white (refined) bread and whole grain bread like whole wheat or rye, etc., may have similar calories, however, there is a huge difference in their effect on the "nutrition" of the body (i.e., biochemistry). The refining process that produces white bread has removed enzymes and other ingredients that make it a whole food with total nutrient value. However, because white flour and whole grain breads have similar calorie counts, traditional R.D.s have been trained to think there is no difference. The reason I specify "traditional" R.D.'s is that some R.D.'s are becoming C.C.N.'s also, and thus have the training of both nutritional sciences.
- Dietetics that does not consider and respect the effect of foods and beverages on the "nutrition" of the body (nutritional biochemistry):
 - Will not support cellular and tissue healing (repairing of damaged cells and/or growing (regenerating) new healthy cells to replace those that cannot be repaired) and
 - Causes toxicity,
 - Both of which ultimately causes diseases.



Health is Our #1 Priority In Life

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Dietary Consultations.

Dietary Consultations are provided to:

- Coach you on using Dietary Tools (Forms/Worksheets) before using them.
- Provide Dietary/Lifestyle Education on the Laws of Health that cannot be provided in writing.
- Tailor your Dietary Plan to your level of commitment and standard of health and assist you in raising your standards, if needed, to the level required for healing, health maintenance and disease prevention.
- Identifying your individual pace for implementing these principles or Laws of Health and your personalized Dietary Plan.
- Monitor your progress and assist you in overcoming challenges to assure your continued success in implementing your Dietary Plans, Dietary Laws of Health, and Dietary Practices, until you have permanently developed a healthy, principle-centered dietary lifestyle. This means plans; laws and practices, are implemented as easily and unconsciously as the practice of daily brushing your teeth.

Once your series of New Client Dietary Consultations have been completed, Dietary Questions and further coaching are provided in the monthly Progress Reporting consultation, as needed.

The Laws of Health

To identify the causes of your symptoms and health challenges and then to heal, sustain healing, maintain health, reverse degenerative disease processes and prevent disease requires understanding and then implementing God's Laws of Health into your current daily lifestyle practices. These laws are both divine and scientific:

These include the Laws and Principles of:

- Macro-Nutrients (Proteins, Carbohydrates and Fats/Oils),
- Micro-Nutrients (Vitamins, Minerals and Waters, which also includes enzymes, amino acids)
- Quantum Physics (Nano-Nutrients),
- Biochemistry (Biochemical Balance, i.e., improve the function of the Metabolism) to assist Healing and Regeneration of Cells and Tissue, which then improve Organ/Gland/Body System Function),



Health is Our #1 Priority In Life

(Putting Health First Is Putting God First)

Dr. Donna F. Smith

- Biology and Micro-Biology (The structure, environment and function of all living organisms, including Germs and Worms),
- Physiology (Anthropometric and Anatomy specific to the Healthy Function of the Human Mind and Body), and
- Psychology (Mental/Emotional/Spiritual Health).

Our Services (Testing, Therapies and Education) have been designed, based on these laws, and all instruction has been simplified and organized into practical steps to make them easier to implement into your lifestyle.

Like the Physical Law of Gravity, all Laws or Principles are “fixed,” whether they are physical laws, or mental, emotional and spiritual laws. To be fixed means they are unchanging, unyielding. This means they cannot be changed by any influence upon them. No human or animal, no element, no force against them can ever change them.

So in respect to other humans, me, or you, it does not matter whether you are ignorant of them (i.e., have not been educated in them), believe or not believe in them, neglect them, ignore them, accept them, or try to change them, you and no force against them can change or have even the least effect on them. They are fixed (unchanging, unyielding).

Therefore, as human beings living on Earth today, it is our responsibility to understand these Laws and integrate them into our lifestyle. In other words, to develop a principle-centered lifestyle that is in harmony (working with, not against) them in order to become and stay healthy throughout our lifetime.

We learned as a child the consequences of violating or defying the Law of Gravity, the first time we were injured from a fall. The same applied to the Law of the element of Fire, the first time we were burned.

However, for years, even decades, due to a lack of public education in the above Spiritual, Mental, Emotional and Physicals Laws, that affect the healthy function of the human mind and body, people have been creating illnesses and diseases for themselves due to violating these “Laws of Health.”

The Laws of Health are any laws that affect the healthy function of the human mind and body, whether this is a spiritual, mental, emotional or physical law.



Health is Our #1 Priority In Life

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Our Services are Based on the Laws of Health

I have simplified and individualized the Laws of Health for each client's specific needs by providing a variety of Clinical Nutrition, Dietetic and Naturopathic Services, such as:

- **Assessments** (Biochemical Testing of blood, hair, saliva, urine, stools, etc., and Nutritional and Dietary Evaluations) to identify the causes of your symptoms and health challenges,
- **Therapeutic Supplement and Dietary Plan Programs** to correct the abnormal nutritional findings identified in your Assessments.
- **Consultations**
 - (Emergency Nutritional Assistance (ENA) when suffering from acute symptoms or injuries that occur suddenly. If you have a broken bone, uncontrollable bleeding or become unconscious, see Medical Emergency Assistance (MEA), and then once discharged, contact me to complete your healing. MEA only stabilizes you to save your life; they do not provide what the body requires to heal “completely.”
 - Report of Findings (RF) Consultations to discuss findings from Assessments,
 - Progress Reporting (RF) to monitor and adjust Therapeutic Supplement Programs,
 - Personal (Lifestyle) Education (PEP), which includes:
 - Dietary Consultations (DC) .
 - Lifestyle Consultations
 - Mind-Body Consultations.
- **Health Maintenance Products**, which are listed in the Order Form for Health Maintenance (Refer to Tab #1) and the education on their use as well other products not listed on this Order form, purchase the **Health Chest e-book**. The **Health Chest e-book** provides education on home emergencies, first-aid and how to maintain the healing attained through your Clinical Nutrition and Naturopathic Therapy (Assessments, Consultations and your Therapeutic Supplement and Dietary Program.)



Health is Our #1 Priority In Life

(Putting Health First Is Putting God First)

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All for the purpose of assisting our clients in healing and then to sustain healing, maintain health and prevent disease by developing a lasting **Principle-Centered Lifestyle and diet that adheres to the Laws of Health.**

More on this in our website on the **Personal Education (PEP)** web page, which is linked to the "Our Services": webpage..

The details (frequency and purpose) for Consultations are provided in the **Free and Fee-Based Email and Telephone Consultation Guidelines and Policies posted on the New Client Instructions Webpage F.** Hopefully, you have read, printed and inserted this document behind Tab #10 for quick reference when needed.

Interferences To Healing

The Clinical Nutrition, Naturopathic and Homeopathic advice, recommendations and therapeutic programs I design for our clients are safe and effective which means, they truly work! In other words, your therapy will work for you because it is designed from:

1. The Findings of Scientific Nutritional Evaluations and Biochemical Testing specific to your mind and body and
2. Decades of Clinical Experience from helping others who have had similar findings.

For your therapy to be successful may also require periodic adjustment to the original advice and therapy designed due to two basic factors:

1. **Your Own Biochemical Individuality** – Though I may have clinical experience helping others with similar findings, your biochemistry and biology are still unique – there is no other mind and body on Earth, exactly like yours. So the first 3-6 months of consultations will be helping me understand how your particular mind and body responses to your therapy, and thus you may require periodic adjustments to the original therapy to assure your ongoing healing success. This is why Monthly Progress Reporting Consultations so important and scheduled every four weeks.
2. **Other Factors That Interfere In Your Healing Processes:**
 - a. Drug interferences,
 - b. Current ability or understanding to adhere or implement my professional advice and recommendations, verbally and in writing.
 - c. Client's diet or lifestyle practices that have not yet been changed and are still contributing to the cause of their symptoms or creating new ones,



Health is Our #1 Priority In Life

(Putting Health First Is Putting God First)

Dr. Donna F. Smith

- d. Exposures (chemical, germ/worm, environmental, electro-magnetic fields, mental or emotional stress, etc.)
- e. Other organs and glands adversely affecting the area for which the advice or therapy has been designed. For example, being currently in therapy for your colon and then it is determined that your liver is hindering healthy colon function, so for successful healing to occur, therapy is adjusted to include support for both organs.
- f. Clients change, alter or stop instructions on their Therapeutic Program of Care (POC), without first scheduling a telephone consultation to discuss the reasons with me first. Though you have a right to do anything in respect to your body, you want your decisions to be based on sound information. Consulting with me first will allow you to be informed of any adverse consequences and even receive instructions to accomplish what you want to accomplish without interfering with your healing progress.
 - a. For example, I advised a client to eat green beans to get the specific nutrients they provide, but the client did not tell me she “hated” the taste of green beans. When I learned four weeks later at the next Progress Reporting that she did not eat them for this reason, she wasted four weeks of healing progress. Had she communicated this originally, I would have recommended another food to accomplish the same healing results.
 - b. A client had not been in therapy long enough to heal at a cellular level for the severity of her symptoms in a particular area of the body to abate or be tolerable until more healing occurred where the symptoms would abate. So, when her neighbor recommended an over-the-counter or online supplement that gave her relief in the same area, my client purchased it and started taking it without consulting with me first. When this came to my attention at the Progress Reporting appointment, the client learned she had interfered with her over-all healing progress because:
 - i. The supplement she was taking was a synthetic supplement that was suppressing their symptoms. It was not healing, but actually manipulating her biochemistry so she would not feel the pain.
 - ii. Had she communicated to me her intentions, I could have provided another supplement to strength the therapy for that area and thereby speed its progress.
- 1. You see, when I design a supplement program for an area of the body, there may six supplements required to completely heal that area. These six cover all possible causes for healing that area of the body.
- 2. However, I start conservatively by including the first one or first two in the list and then wait until I get feedback from my client in the next Progress Reporting appointment to determine how much these first two priority supplements had on their healing progress. In



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(Putting Health First Is Putting God First)

Dr. Donna F. Smith

other words, the faster the healing progress, the sooner the symptoms abate.

3. The reason I do this is because clinical experience has proven that most of the time, it only takes the first one or two supplements listed in a complete supplement program to accomplish this goal and so by being conservative, I am saving my clients money and they can take less pills.
4. Why? Because to give you one example, the first one or two may cover all six possible causes, and the fourth to sixth supplements are listed in the program to strength the first two if a stronger program is required to speed the results. There are many possible equations here for using more than the first two supplements, depending upon what is needed to get faster results. .
5. Now, if the client communicates before the appointment or provides feedback at their Progress Reporting that indicates that the first one or two supplements are not sufficient to accomplish this goal, then I will add the next supplement in the list to help speed up their healing so they can feel faster and more symptoms relief.
6. It is rare that any client requires all the supplements listed in a particular program. In other words, as in the example above, it would be rare that that a client would require more than the first two supplements in all those listed to provide the nutrients the body requires for healing in a particular area of the body or to balance biochemistry, or whatever the test results indicate is causing the symptoms.

iii. Therefore, communication is essential to assure the fastest results possible and for clients to not make arbitrary decisions that can interfere, even stop, their healing progress in the therapy I am providing for them.

- g. One of the last of the most common factors that interfere with healing progress is lack of communication to me when a client becomes ill or experiences any new, acute or pre-existing symptoms that was not present before starting therapy with me or that we have not discussed. Whenever you experience acute symptoms, whether new or pre-existing) you may be tempted to fall back on drugs or do nothing; however, both will have an adverse effect on your healing progress and you're your current therapy (Program of Care) with me, so be sure to call me immediately. When clients have neglected to call me, it has always **cost them more in money, time and energy to undo what has been done** from this illness before the body can resume the healing progress it was making prior to the presentation of these symptoms.



Health is Our #1 Priority In Life

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To Agree or Not To Agree

So, hopefully, you understand now how important it is to communicate by phone whenever you are tempted to change (add or delete) anything in your supplement program, or not adhere to any advice or recommendations, I have given you.

Also remember that when this advice or recommendations are given, your responsibility is to agree to do it or not agree to do it. If you do not agree, for whatever reason, then I will communicate something different that will accomplish the same goal, and continue doing this until you and I are in agreement of what you will do.

If you agree to it in a consultation, but find you are unable to follow-through as agreed when you get home, it is important to call me and let me know what is preventing you from following through on your original agreement. Then we can work together to create a new plan of action that you will not be challenged to follow-through on, or remove the blocks that are preventing you from moving forward. Otherwise, if you wait until the next schedule consultation to communicate that you were challenged to follow-through as agreed, you just sabotaged your healing progress for the last four weeks or from the time of that agreement to when we do talk about this. This in the end results in more time, energy and money in attaining your healing goals, than it would if you just communicated with me when you are being challenged.

Now, if no agreement can be reached, my responsibility is to communicate the consequences so you are informed and support you in any decision you make about our body, even if I do not agree with it. I will also do my best to help you overcome or minimize these consequences, where possible.

For example, I had a client once who was in his 70's and had never eaten a green vegetable in his entire life and did not want to change. So I informed him of all the health consequences when the body does not get Chlorophyll (Chlorophyll is what causes some vegetables to be green) and I shared the additional cost in his therapeutic supplement program if I had to add liquid chlorophyll to his therapy to compensate for the lack of fresh green vegetables in his diet.

So, though I would have rather he get this from his vegetables, I supported his decision and recommended the chlorophyll supplement to minimize the health consequences, which he thought was a happy solution.

So part of my coaching you in the first few months is also learning your likes and dislikes, your pace of taking action, and pre-conditionings (good, bad or ugly – LOL),



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Though in many cases, I can find an alternative solution to accomplish the same goal that my clients can agree upon, sometimes there is no substitute or alternative solution that accomplishes the same results. Like for example, exercise. Unfortunately, this does not come in a bottle (LOL).

However, in respect to exercise, I will add here, that if you are not already in a routine of regular exercise each week and you feel too tired to start exercising, don't start exercising until you have been in therapy long enough to restore cellular energy production. In other words, start exercising when you have sufficient energy again. Otherwise, the energy required for internal healing will be expended to exercise an already tired body and this will slow down your internal healing progress. All clients report feeling more energy in 3-6 weeks after starting therapy; however, for those with chronic fatigue, full energy restoration may take 3-4 months. So if this applies to you, wait until energy is restored to start exercise.

The Key to Saving Time, Money, Energy, And Healing Faster

Therefore, in closing, it is a fact that the key to saving time, money, energy and healing faster will always be to "communicate with me by phone immediately" if or when:

- You are ill.
- Experience new or pre-existing symptoms
- Are challenged to follow-through on instructions agreed upon.
- Want faster results.
- Not get results that you expect – (There is always a good reason that can be resolved)
- Having any challenges taking supplements or implementing dietary, lifestyle or mind-body education and instructions.

And lastly, for your sake, please do not make changes in your therapy or instructions without communicating with me first. By communicating these, if/when they apply to you, you can get the help you need in a timely manner and without interfering with your current healing progress.

It is through **timely** communication to/from the client to provide the feedback I need to determine these other factors that timely adjustments can be made to assure the continued successful results from my advice or original program design.



Health is Our #1 Priority In Life

(Putting Health First Is Putting God First)

Dr. Donna F. Smith

Monthly Progress Reporting consultations are pre-scheduled to monitor the above; however, adjustments may be needed in between any pre-scheduled appointment with me. Therefore, it is important that clients schedule a telephone consultation with me to communicate any time it appears that my original advice or program is not working or you get a sense you want to add or change something in the advice or program (therapy)..

Pre-Conditioning Leads to Self-Sabotage

Our experience in working with clients is that most have been pre-conditioned by other therapies (medical and non-medical) that did not work, made their health worse (side effects) or gave only temporary relief. So after starting Clinical Nutrition and Naturopathic Therapy, if they experience anything that looks or feels similar to their preconditioning, they are tempted to start changing dosages, stopping supplements, adding over-the-counter or online supplements I did not recommend, or simply give up too soon, and want to stop therapy prematurely, without realizing that just by **calling me immediately they can get the results they want. Communicating immediately with me will:**

1. Assure their success in healing,
2. Have a greater understanding of what is happening in this phase of healing. Sometimes, the client may have unrealistic or uneducated expectations and want something to happen that the body is not ready to do YET or the program is not designed to provide at this time. So greater understanding of how their body and their program work gives them the patience and in a short time, they will get the results they expect. If faster results are what the client is wanting, then their program can be enhanced to provide this, also, as discussed above.
3. Assess other factors to see if they are adversely affecting results,
4. Receive any self-help instruction to use now, and in the future.
5. Learn what to do if this reoccurs so they don't have to pay for a consultation again on this subject, thus they are building a foundation of knowledge on how to care for their body no matter what occurs.
6. Have their therapeutic program or therapy adjusted in a timely matter to meet the changes in your healing progress.

We have Progress Reporting appointments set at intervals of four weeks because this is the best time to assess healing progress. However, periodically, the third week or even a second week, before that appointment, the cells, tissue, your biochemistry, your symptoms, or any other part in the healing process may require tweaking your therapy to meet the healing changes in your body as it progresses through healing phase, at that time, instead of at four weeks. So let your symptoms and intuition guide you in case we need to assess your



Health is Our #1 Priority In Life

(Putting Health First Is Putting God First)

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progress, earlier or if anything occurs in between scheduled consultations that could interfere with our healing progress, like becoming ill.

Communicate! AND Communicate!

Conclusion

In conclusion, I hope that you understand why your health is your #1 priority in your life. When flying, the airline attendant instructs you to put on your oxygen mask first, before putting it on your child or an elderly person you are attending. This is because if anything happened to you, you would not be able to help your child, the elderly or anyone else.

So your health is more important to anyone else in your family and at the same time, it is equally important to everyone else in your family. Health is the #1 Priority in the life of every human. So in addition to sharing your #1 priority (health), I have also:

- Defined the therapies we provide to help you improve and then maintain your health, which has been designed based on the Laws of Health (Spiritual, Mental, Emotional and Physical Laws), i.e., Clinical Nutrition, Naturopathy, Dietetics and Personal Education Program (Dietary, Lifestyle and Mind-Body Connection). .
- Provided a list of the most common interferences to your healing.
- Alerted you to how pre-conditioning from therapies you have used before contacting me may cause you to sabotage the healing results you can achieve through my therapies, unless you communicate with me, when/if this applies to you.
- Explained the importance of timely communication with me to assure your ongoing healing results should you get ill, have any difficulty following through on what you agreed to at your consultations, or if you are not get the results you expect, in between Progress Reporting appointments.

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