



Proactive & Reactive Lifestyles Defined

Proactive Standard of Health/Living Is Vital To Becoming and Staying Healthy

By Dr. Donna F. Smith

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INTRODUCTION

First, I will define the terms “proactive” and “reactive.” I will then share the purpose and importance of each term in relationship to health, as well as their respective advantages and consequences. Consistent, daily proactive living, according to the principles that govern the healthy function of the human mind and body, is the **bottom line (or foundation)** that determines whether **you will or will not** attain optimal health, sustain healing and maintain health for the rest of your life. All three parts (attain, sustain and maintain optimal test values) are required to truly have a mind and body that experiences health, vitality and longevity.



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This article and my [“Successful Self-Motivation”](#) article provides foundational education to assist you in successful, proactive self-motivation to accomplish all tasks required to attain, sustain and maintain optimal health for the rest of your life. Your health today is dependent upon your taking responsibility for your own health and the specific tasks required by you are determined by:

1. Your biochemical test results (blood, urine, saliva, hair and stool) and
2. The principles that govern the healthy function of the human body in general, hence, these apply to all humans.

Our **Personal Education Program (PEP)** and **Progress Reporting** Telephone Consultations are scheduled to:

1. Present your responsibilities and “personalized” requirements as identified in your test results,
2. Introduce and coach you on the requirements of all human bodies, as well as...
3. Assist you in consistently and proactively integrating and applying the principles of health into your daily life.

The “**Principles of Health**” are divided into three categories: **Dietary, Lifestyle and Mind-Body Connection.** Within each of these three are principles of Biology, Biochemistry, Physiology, Psychology, Quantum Physics, Clinical Nutrition, Naturopathy, and Dietetics (Macro- and Micro-Nutrients).

PROACTIVE AND REACTIVE DEFINED

The following definitions for the words, “Proactive and Reactive” are the same or similar in most any Dictionary. The source for these definitions is Dictionary.com. The information in parenthesis defines the term, proactive and reactive, in relationship to “health.”

Proactive

Pro-ac-tive [proh-ak-tiv]

1. adjective
2. Serving to prepare for, intervene in, or control an expected occurrence or situation, especially a negative or difficult one; anticipatory: [proactive](#) measures against crime.



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3. (In respect to health, this means to plan, prepare and apply the principles of health in daily life so that you can intervene (prevent) the expected occurrence of Disease, which is automatic effect from not being proactive.

Reactive

Re-act [ri'ækt]

- Verb (used without object) Reactive means pertaining to 'React.'
- 1. Act in response to an agent or influence: How did the audience react to the speech?
- 2. Act reciprocally upon each other, as two things.
- 3. Act in a reverse direction or manner, especially so as to return to a prior condition.
- 4. Act in opposition, as against some force.
- 5. To respond to a stimulus in a particular manner: reacting to a shock by jumping; to react to the word "coward" with anger.
- 6. (In respect to health, being "reactive" is to apply the principles of Health only when:
 - i. Diagnosed with a Disease (stimulus) or
 - ii. When the Symptoms (stimulus) of nutritional deficiencies, biochemical imbalances and organ/gland dysfunctions, which precede their disease stage, become severe enough that they interfere with the "reactive" person's ability to function or accomplish daily activities).

People who are **Reactive** are the exact opposite of people who are proactive. Rather than taking the initiative to plan, prepare and then take appropriate, timely action and thereby, prevent an adverse occurrence, illness or disease, or any harmful event in life, a reactive person is uneducated, unprepared and takes no action. Of course, some Reactive people may be educated, but chose not to plan, prepare or take appropriate timely action.

Then when the occurrence, event, illness or disease follows, as a natural evolving consequence or result from the physical law of "cause and effect," they react hastily and unthinkingly and/or do not have time to prepare to respond appropriately.



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Being reactive put them at risk of making wrong decisions or being forced to make decisions that they would rather not have to make and that can have life-long consequences, such as the surgical removal an organ or gland.

For example, a common practice today is to surgically remove a toxic, infected, dysfunctional or diseased gall bladder before it erupts. Otherwise, an eruption can cause immediate death. However, had these patients been educated in the proper care of their gall bladder and proactively implemented this education, this surgical procedure would not be necessary. Without a gall bladder, their body is unable to metabolize fats/oils and soon they begin gaining weight, as just one of a myriad of symptoms from a lack of their gall bladder.

How do you proactively care for the gall bladder and prevent the need for surgical removal of your gall bladder? This is done by obtaining a Clinical Nutrition Analysis of your blood to monitor the health status of the gall bladder, bile duct and liver. Then correct the one or more of these organs, that the test results indicate are toxic and/or experiencing nutrient deficiencies, biochemical imbalances or dysfunctions, thereby, preventing them from progress to a critical or disease stage that requires surgery. Correcting means to take specific therapeutic, whole food supplements that will:

1. Detoxify toxic substances from the gall bladder, bile duct and liver and at the same time,
2. Provides the nutrients that test results indicate are deficient so the body can grow new healthy gall bladder, bile duct and liver cells and tissue to replace those that have been damaged by toxicity and nutrient depletion.
3. Both of these above steps will restore the healthy function of the gall bladder, bile duct and liver.

Why the bile duct and liver too? Because what affects the liver and bile duct affects the gall bladder and vice versa. When toxins are ingested or enter through body openings (skin, ears, nose, mouth, etc.), the body tries to get rid of these poisons by transporting them to the blood, so when the blood passes through the liver, the liver can change the toxic substances to water soluble substances. Then the liver can send the water soluble toxins to the kidneys so they can be removed when you urinate. Toxins that cannot be transported to the blood become embedded in the tissue of various organs and glands and infect them, which then lead to diseases in those organs and glands.

The liver also produces the bile required by the gall bladder to metabolize fats and oils. The bile travels through the bile duct to the gall bladder. As the gall bladder becomes toxic and nutrient deficient, it is unable to perform its fat/oil metabolic function, so rancid, rotten fats/oils



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can remain in the gall bladder creating more toxins in the gall bladder, all of which leads to more infection in the gall bladder.

Infections and toxins also damage the gall bladder cells and tissue, making its structure fragile and thus can cause it to erupt (explode). When a person consumes trans-fats from eating fried foods, hydrogenated oils in packaged foods, consumes too much fats/oils, or ingests rancid oils, this increases toxic levels in the gall bladder.

Most oils purchased by the public are rancid. Manufacturers add chemical food additives and colorings to the oils so the consumer cannot smell the rancid odor or see the color or texture changes that occur in rancid oils. This is why we provide healthy oils for our clients.

When you consider the amount of toxins accumulating in the human body each day due to chemicals and metals in our food, water and air, it does not take too many years for the liver, bile duct and liver, as well as other organs/glands, to become congested and toxic, so even children have a toxic, congested, nutrient- deficient gall bladder, bile duct and liver today.

People who live their lives “reacting” invest more time, effort, and money correcting adverse events, illnesses and diseases, and have more mental/emotional stress than those who learn how to become proactive in all aspects of their life. History Intake on new clients have also revealed that Reactive people are often those who have had more body parts removed due to elective surgery or because of some accidental injury.

Proactive people have fewer accidents because their environment and vehicles are safely maintained and being proactive in the health, they produce a stronger, healthier body that does not break or damage as easily when an accident occurs. For example, even a minor impact or fall can break brittle, weak bones.

To Be or Not Be Proactive or Reactive

- To be Proactive is to take **initiative** today and every day to assure that your daily choices regarding all dietary, lifestyle and mind-body principles and practices are engaged in planning, preparing, taking appropriate timely action in the “present time,” even though the event or effects of this pro-action may not occur, manifest or become known, until some future date.
- To be Reactive is to not take initiative today and every day to plan, prepare and take appropriate action until the event (stimulus) occurs or the ill effects (stimulus) from the lack of planning, preparing and action has manifested. In other words, not taking any or all



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action required until the future date becomes the present date and one is forced to take action or even greater consequences will occur.

So being proactive is planning, preparing and taking action today and every day to develop principle-centered, healthy diet, lifestyle and mind-body practices to prevent disease. Whereas, being reactive is waiting until diagnosed with a life-threatening Disease and then being forced by that diagnosis to develop principle-centered, healthy diet, lifestyle and mind-body practices or suffer worse consequences, which would be premature death.

One of our mottos is ***“Take time for your health now or make time for your disease later.”***

- **Reactive people** must have some outside force or stimulus to motivate them to take the right action.
- **Reactive people** do not often take the right action at the right time. By definition, they are taking action because of some outside force or stimulus, not because it is the right thing to do at the right time to do it.
 - In health, the outside force is generally “pain” or some other symptom, a diagnosis disease, or life-threatening condition.
 - In money, the outside force is generally, not having money to purchase what their heart desires or is required for survival.
 - In relationships, the outside force is generally the threat of divorce, separation or loss of the relationship, unless the reactive person changes the way they relate.
- **Reactive People** must have some outside force or stimulus to motivate them to take the right action, **especially** when the action requires significant effort, time and money. In other words, Reactive people are generally proactive only when the task is easy, inexpensive and takes little time.

Harv Eker, Motivational Speaker, Author and Founder of “Millionaire Mind” Seminars, stated, “If you are only willing to do what is easy, life will be hard. But if you are willing to do what is hard, life will be easy.”



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IS BEING REACTIVE NEGATIVE?

It would appear that being “reactive” is a negative quality to have as a human being.

Actually, being reactive is a positive response when **immediate** action is required to a stimulus that would cause injury or death if the person did not react appropriately; for example, when one reacts by pressing down quickly and hard on the brake pedal to prevent a car accident.

However, if the person was not **proactive** (planned and prepared to take advance action) to get new brakes before their current ones became worn and dysfunctional, their reaction may be appropriate and timely at the moment of danger, but the results (effects) would not have prevented the car accident.

Another situation where being reactive immediately is appropriate is when experiencing acute symptoms while receiving your Clinical Nutrition Therapy.

Some examples of this are:

1. Acute Symptoms from New Germ Exposures:

- a. New clients have low immune resistance and thus are more susceptible to developing acute symptoms from germ exposures, until they have been in Clinical Nutrition Therapy long enough to strengthen their immune system.
- b. Therefore, if a new client becomes ill with the flu after starting therapy, contacting me immediately at the onset of their flu symptoms is an appropriate reaction.
- c. By reacting immediately, I able to provide the therapy they need to recover from the flu quickly and prevent the germs from going deeper into their cells and tissue, which has more severe infectious consequences.
- d. The first time this occurs, clients are coached in what to do if they are exposed again, so they can proactively treat themselves, as well as other family members, and often do not require my professional assistance for the flu again.



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2. Resurfacing Or Intensification Of Pre-Existing Symptoms:

- a. Toxins and germs, which cause infection, can become deeply embedded in the multiple layers of tissue. In addition to nourishing the cells and tissue, Therapeutic supplements also detoxify germs and toxins from tissue that the body is unable to detoxify on its own.
- b. When therapeutic supplements detoxify or releases the infection or toxicity from the first layer of tissue, and their nutrients have sufficiently nourished the cells, where the cells are able to generate more energy, the body may then be able release infection and toxicity in subsequent layers on its own. When this occurs, the client may experience resurfacing or intensification of pre-existing symptoms.
- c. In other words, the symptoms they experienced months or years ago when first exposed to these germs or toxins may be experienced again when these germs and toxins are released from their embedded tissue and moving through the pathways to be removed from the body.
- d. Reacting to these resurfacing or intensification of pre-existing, acute symptoms by contacting me immediately allows me to adjust their therapy to assist the body in this detoxification process and allows the symptoms that were communicating that this process was occurring to quickly abate.
- e. Resurfacing or intensification of pre-existing symptoms occurs when the body uses a detoxification or elimination pathway that it used before. When the body uses a different pathway, new acute symptom(s) may occur, instead of a pre-existing one(s).
- f. Resurfacing or intensification of pre-existing symptoms and new acute symptoms arising because of the above is a rare occurrence for most clients, however.

Therefore, it is not that being “reactive” is negative; the problem is not being reactive and proactive appropriately. By appropriate, I mean taking the right action at the right time, whether this requires:

- Being “reactive” to take immediate action to a stimulus or force to prevent a present time injury or death or an acute symptom that arises unexpectedly. OR
- Being “proactive” to plan, prepare and take ongoing daily action to attain, sustain and maintain health, finances and relationships.



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So “Reactive” in the context of this article is when **being reactive is a way of life**. The person’s ongoing daily lifestyle is reactive. They are not taking responsibility for their thoughts, feelings or actions appropriately. In other words, when a task requires being proactive, the person is reactive. A reactive lifestyle is when a person does not take time today to be educated in the principles of health (dietary, lifestyle and mind-body principles) and then plan, prepare and take appropriate actions to consistently integrate the principles learned.

To be Reactive is when one’s lifestyle actually works **against, instead of for** the person. Their diet, lifestyle and mind-body daily practices (or lack of) create their illnesses and diseases.

A Proactive lifestyle is in harmony with the principles of health and thus working for, not against the person. Their diet, lifestyle and mind-body daily practices promote health, vitality and longevity.

TO BE PROACTIVE IS TO BE IN CONTROL

In the definition of “Proactive,” did you notice the word “control?”

“Serving to prepare for, intervene in, or control an expected occurrence or situation, especially a negative or difficult one...”

Let’s define “control.”

Con·trol [kuhn-trohl]

- verb, -trolled, -trol-ling, noun
- verb (used with object)

1. Exercise restraint or direction over; dominate; command.
2. Hold in check; curb: to control a horse; to control one's emotions.
3. Test or verify (a scientific experiment) by a parallel experiment or other standard of comparison.
4. Eliminate or prevent the flourishing or spread of: to control a forest fire.



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5. Obsolete, to check or regulate (transactions), originally by means of a duplicate register.

Each human has the ability to “control” what they think, feel and do (action). Truly the only things we have control over in this Universe are our own individual thoughts, emotions (feelings) and actions. What we think determines what we believe and what we believe governs our emotions and actions. Due to the lack of Public Health Education today, which is centered on drugs and surgery, the public does not understand how their mind and body works and, therefore, they have many false beliefs about the proper care of their mind and body.

Our thoughts, emotions and actions are the tools we have to create a joyful, loving, prosperous and healthy life or the opposite. Our thoughts, emotions and actions can also do harm to others. This is especially true for people who do not know that they are in control of their own thoughts, feelings and actions. Those who know and exercise control over their thoughts, emotions and actions are not subject to the negative thoughts and feelings of others, expressed by their words and actions. In cases where they have been physically harmed by the actions of others, these individuals overcome the harm, rising above it. They turn Lemons into Lemonade, so to speak.

In cases of physical abuse, they do not allow their mind and emotions to be scarred by this abuse and take the appropriate actions steps to put physical distance between themselves and their abuser. The tragedy here is when the victim is a child and the abuser is a parent. In these cases, it is the responsibility of others to report this abuse so that the Child Protective Agency can help the child and the parent(s).

To have control requires restraint. A proactive person exercises restraint expressing or acting on their negative, useless and harmful thoughts and emotions. Our PEP Educational Series on the Mind-Body Connection;

1. Provides information on how the brain (mind) works to assist clients in taking control of their thoughts and examining erroneous and misleading beliefs so they exchange them for factual beliefs.
2. Provides the definition of each type of Emotion and the positive message Emotions are communicating. Emotion means E (for energy) in Motion (action). Thus, understanding your Emotions, you know the appropriate “call to action” that each emotion communicates. Yes, even emotions we think of as negative have a positive “call to action.”
3. Assists you in understanding the connection between your Mind and Body so that your thoughts, emotions and actions promote mental, emotional and physical health and



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well-being. It is a fact that your thoughts and emotions can cause physical illness, disease and premature death.

According to one of the Laws of Physics, termed “Cause and Effect,” we understand that everything happening in our lives, the experiences, attractions, and events in each person’s life, are actually the “effects” from the person’s daily choices (causes from what each person chooses to think, feel and do).

So, if you are unhealthy (mentally, emotionally or physically), change your unhealthy thoughts, emotions and actions to consistent healthy thoughts, emotions and actions, and in time, you will become healthy on all of these levels of being.

When you consistently choose healthy thoughts, emotions and actions, the events, attractions and circumstances of your life change and in time, new healthy events, attractions and circumstances will manifest from them. Generally, it takes a minimum of 21 days to 3 months for new events, attractions and circumstances (effects) to manifest from today’s thoughts, feelings and actions (causes). The timing depends upon what the thought, feeling or action is. For example, if you want to master playing the piano, it will require more than three months of daily practice to do so, unless you are a music savant.

So the unhappy and adverse happenings in your life and body right now are the result of your thoughts, emotions and actions (or lack of appropriate thoughts, emotions, and action) from daily choices you made yesterday, weeks, months or even years ago.

- Some erroneous or misleading beliefs can be changed instantly when the facts (truths) are presented.
- Some erroneous or misleading thoughts that have been present for a long time may require a longer amount of time to replace them with healthier thoughts.
- Some engrained and embedded beliefs and thoughts, just like some physical habits, such as over-eating, excessive drinking of alcohol or smoking, may take more time to overcome than more recent beliefs, thoughts and actions.
- However, our **PEP (Mind-Body)** will show you how to effectively do the above, so you can speed up these processes as quickly as is humanly possible for you to do so.
- Negative Emotions on the other hand can be changed instantly once you have learned through our **Mind-Body PEP**, the specific positive message each Emotion is communicating and immediately answer their “call to action.”



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When it comes to your health, some adverse effects caused by your thoughts, feelings and actions (or lack of) can have immediate effects and others can take days, weeks, years, even decades to manifest.

For examples,

1. If a person is exposed to a lethal amount of Lead (cause), death (effect) would occur instantly. However, daily exposures to small amounts of Lead may take several decades before the body becomes dysfunctional, then diseased, due to cellular and tissue lead-toxicity. In this example, which is the case for all toxic substances ingested or exposed to in small amounts, it is much easier for a physician to diagnose an “immediate” cause for Disease or Death by an overdose or over-exposure to Lead Poisoning than when the cause is the result (effect) of gradual and accumulative deterioration (degeneration) of cells and tissues from ingestion or exposure to the same toxin (such as Lead), over a longer period of time.
2. Mental and Emotional Stress depletes nutrients in the body. You may have heard of or know someone who received tragic news and the severe emotional trauma or stress from that news caused the person to wake up the next day with a head of white hair. The mental and emotional stress was so traumatic that it caused an immediate severe depletion of nutrients in the hair and thus, their hair turned white overnight. Whereas, for most people, it takes decades of ongoing mental and emotional stress to deplete enough nutrients to cause the hair to turn grey or white. Nutritional deficiencies from other causes can also result in the gradual greying or whitening of the hair, such as a poor diet and toxicity from drugs and other toxic exposures. Those who have multiple causes (stress, diet, etc.) depleting nutrients will often experience what is termed “premature” grey or white hair.

Therefore, it is important for every person to be coached through our **PEP Mind-Body Educational Series** to understand how their mind works, what emotions are communicating and how to take control of their thoughts, emotions and actions, so they can create health, instead of disease. This also applies to our **PEP Dietary and Lifestyle Series** so they can be educated on these principles and develop consistent principle-centered healthy dietary and lifestyle practices to promote physical health.

Your Daily Choices in all things is your first step towards controlling your mind, emotions and actions. Take a moment right now and review the choices you made from the moment you woke up this morning.



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1. How many opportunities did you have today to choose eating healthier foods? With all these opportunities today, how many times did you actually choose to eat healthier food?
2. Did you choose to exercise for at least 30 minutes?
3. How much Reverse Osmosis Purified Water did you drink?
4. When you had a negative thought about a person (even yourself), place or thing, did you immediately replace that thought with a positive thought? Did you send a prayer or blessing to the person you had the negative thought about? Or did you add more negative thoughts about the person, place and thing to the first thought – adding more negative fuel to the fire.
5. How did you feel emotionally when you had these negative thoughts? Do you know what actions your emotions were communicating to you, whether you classified the emotion as a positive or negative emotion? Did you allow the words or actions of someone else to adversely affect your thoughts and emotions today?
6. Did your negative thoughts and feelings result in your taking some negative action, cause you to do nothing or prevent you from taking some positive action?

The above are just a few obvious daily choices that present themselves each day.

The Daily Choices we make today have either an immediate effect or their effect will become known days, weeks, months or years from now. If each daily choice is a healthy choice, the effects are healthy and if the daily choices are unhealthy, the effects are unhealthy.

We live in a society that demands immediate reward or gratification for our thoughts, emotions and actions. However, what is important is that each choice or decision you make each day is a healthy one, what is not as important is when you will receive your reward, gratification or benefit from that choice. By making healthy daily choices, you are assured that you will receive the healthy benefits (or effects) from these choices. You are also equally assured that you will receive the harmful consequences from your unhealthy daily choices, either today or at some time in the future.

Each day, you have control over your Daily Choices. You have a choice of healthy or unhealthy thoughts, feelings and actions in every aspect of life – Health, Career, Relationships, Household and Yard Responsibilities, etc. **Only you have control over your Daily Choices.**

When your daily choices are proactive, you are building health in all aspects of your life today, tomorrow and each day in your future. When your daily choices today are reactive, you do nothing and in time, your future presents the unhealthy results that manifest from not being proactive. Then, you scramble to take quick action to undo the negative consequences from not being proactive when you had the opportunity in the past.



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However, reacting to current negative consequence (or crisis) does not often allow sufficient time to properly undo the negative consequences or you do not have what you need to change a negative circumstance to a positive outcome.

Also, it often takes more time, energy and money to correct a negative circumstance than it would have to proactively plan, prepare and take appropriate action to prevent that circumstance.

For example, it takes less time, energy and money to correct abnormal findings in your biochemical tests today than it does to allow these abnormal test values to become more severe in the future, and then take action to correct them.

Reacting (or taking action) only when you have some stimulus (experience pain or symptoms) always takes more time, effort and money to restore the health of the organ or gland that is now “diseased” than when test findings indicated that the organ or gland was nutritional deficient and not yet producing pain or any other symptom.

In cases where a client was uneducated and thus did not know what proactive actions to take earlier in life to prevent their current health challenges, the sooner they become educated and take appropriate actions now will prevent their health challenges from becoming even worse.

As Harv Eker says, ***“How a person does anything is how he or she does everything.”***

This means that how we do the least of things we are responsible for is how we do everything, even major things in life. For example, the next time you are in a parking lot, park far away from the door of the building you want to enter. Then, as you walk to the door of that building, take a look inside the parked cars and trucks as you pass by them.

Some are clean and orderly inside and others look like the person is using their vehicles for a large trash can – paper, bottles, containers, some containing spoiled food, are thrown on the floor, on the seats, and/or on top of the surfaces under the windows, along with other objects that belong in their house or at work. How these people do anything (take care of or do not care for their vehicles) is exactly how they do everything -- care for or do not care for the engine and tires of their vehicle and/or the inside of their homes and their work space. This also applies to their performance in relationships, as well as home and work responsibilities. This also represents how they care or do not care for their mind, emotions, physical body.

These are obvious signs of out-of-control, “reactive” behavior.



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PROACTIVE CLIENTS CHOOSE “PEP”

Because there are specific laws or principles that govern the healthy function of the mental, emotional, spiritual, and physical processes of the human mind and body, learning these principles through our **Personal Education Program (PEP)** and then being proactive to develop consistent, daily principle-centered healthy dietary, lifestyle and mind-body practices is required to:

- sustain healing attained through your Clinical Nutrition Therapy,
- maintain health for the rest of your life
- and thus prevent future diseases.

In fact, our **Personal Education Program (PEP)** was specifically designed for our “Proactive” Clients and to help “Reactive” clients become proactive.

Since 1981, I have performed Surveys on the current knowledge of each “new” client in respect to the principles introduced in our **Personal Education Program (PEP)** and here is the outcome of these surveys.

1. **In the PEP – Dietary Education Series**, there are 25 Dietary Principles.
 - a. Surveys have indicated that “new” clients are aware of only 30% to 50% of these 25 principles and consistently apply even less in daily life.
 - b. This survey on “new” clients represents “public” knowledge, which means that the 50-70% of the knowledge that the public and our clients are lacking has created their current diet-related illnesses and diseases. This is being further perpetuated by what they know, but are not consistently apply.
2. **In the PEP – Lifestyle Education Series**, there are 70 Lifestyle Principles or Practices. Surveys have indicated that “new” clients know only two of the 70.
3. **In the PEP – Mind-Body Education Series**, there are 62 Mind-Body Principles/Practices. Surveys have indicated that “new” clients know only one of these 62, and most know none of these principles.

That is a total of 157 Principles that require “pro-action” - planning, preparing and taking action in the present time to consistently apply (or practice) these principles in daily life to become and stay healthy for the rest of your life.



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However, rather than being overwhelmed by this number, it is important to know that once you have completed these three PEP Programs and consistently integrated each in your daily life, you perform them as routinely, easily and unconsciously as you currently do now in respect to brushing your teeth.

Think of when you were a child and the time and effort required of you to learn how to brush your teeth after each meal, tie your shoes, put on your clothes, comb your hair, and the other many tasks you had to learn to be self-sufficient. To master each task, you went through the following processes:

1. **Unconscious** - You were originally uneducated in how to do each task. You were unconscious of their existence.
2. **Conscious** - You then became educated in how to do each task and became conscious of how to do them.
3. **Incompetent** - Though you then knew how to do each task, you were incompetent in doing them. At first they were hard to do because they were new to you.
4. **Competent** - However, with ongoing assistance from your parents, teachers and/or care-givers, and continuous practice, you became competent in each task. Each task became easier and easier with practice and as you became more competent, each task required less time to accomplish.
5. **Consciously Competent** – Consciously focusing and practicing each task, no matter what the total amount of hours, days, weeks or months required of you, in time, you were able to do each task competently and consistently, without assistance and without having to be told how or when to do each task.
6. **Unconsciously Competent** – At this level, you have mastered each task and perform them in a timely, consistent, and ongoing daily basis without having to focus (be conscious) of performing the tasks. For example, if I asked you if you brushed your teeth today, you would automatically say “yes.” However, you would pause for a moment to think about whether you actually did brush your teeth or not. In other words, you are now so routinely used to brushing your teeth every day that you do this task unconsciously and competently.

These same processes are required to master any task or goal in life. So if the number of principles (up to 157) you need to learn seems overwhelming, keep this in mind:

In the above examples, I identified only four tasks you had to learn as a child (brushing teeth, tying shoes, dressing, and combing hair). If you counted all the tasks you have had to learn from the fundamental, elementary tasks as a child to those learned as an adolescent, such as learning to drive a vehicle, you may count well over 157 tasks that today you perform unconsciously and competently as an adult. Some of these tasks you perform daily, others you perform weekly.



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The Dietary, Lifestyle and Mind-Body Surveys mentioned above have proven that among these **elementary** tasks you learned as a child/adolescent, unfortunately, they included only small percentage of the dietary, lifestyle and mind-body principles that your mind and body actually requires for “health.”

Is it any wonder why today you are experiencing symptoms of diagnosed diseases or the symptoms from multiple nutritional deficiencies, toxicity, biochemical imbalances, and/or organ/gland dysfunctions, which occur prior to progressing to their disease stage?

Is it a wonder why America has a low “health” rating among all countries?

Through our **Personal Education Program (PEP)**, you will progress through each of the above steps or processes to unconsciously and competently master all 157 principles. Whether you are a child or an adult, learning any new task requires education and assistance from a mentor, as well as planning, preparation and practice on your part to master them and then to consistently apply them in daily life to reap the benefits from mastering the tasks.

To succeed in mastering any task requires moving through each of the above processes in the order they were presented from being “Unconscious” to being “Unconsciously Competent.”

You succeeded in these processes to master your elementary tasks as a child and thus you can succeed in mastering these principles of Health. If you had not been proactive in learning these elementary tasks as a child, you would not have mastered them.

Do you understand why it is important to change any “reactive” behavior you have to “proactive.”

Your current “Standard of Living” (how you do anything) is the motivating factor that determines whether you appropriately apply in your adult life, the elementary tasks you mastered as a child. Those with low standards of living, may not brush their teeth after each meal, tie their shoe laces, clean their clothes, or any other sign of having chosen to not be proactive, but reactive in their adult life. Similarly, it requires a high “Standard of Health” to be proactive in the principles of Health once mastered.

In due time through our PEP Sessions, you will perform each task related to these 157 principles routinely, easily and with little effort, just as an adult, you now perform all elementary tasks routinely, easily and with little effort.

Because adherence to these principles are foundational to sustaining the healing attained through your Clinical Nutrition Therapy, maintaining health for the rest of your life and



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preventing disease, PEP Sessions are scheduled as soon as you begin your therapy. This way, you will have sufficient time to consistently establish and master these principles, unconsciously and competently, in your daily life by the time you complete Therapy.

By master, I mean to consistently adhere to each principle, according to the requirements of the human body. Some principles require daily adherence and others require adherence several times per week. If a principle requires adherence daily, for example, but you adhere to it less than daily, you have not truly mastered this principle, nor are you proactively supporting your body to the degree required to attain, sustain and maintain optimal health.

Clients who integrate and consistently adhere to all 157 appropriately have the highest potential to attain optimal health, sustain healing and maintain health for the rest of their lives.

THE IMBALANCED PROACTIVE

Some people can be proactive in some aspects of their life and reactive in others. An example of this is a person who is proactive in their career or on the job, but reactive in all or several personal areas of their life, such as their health, household, vehicles and/or relationships.

A typical scenario in these cases today are those who flourish financially, yet because they have neglected to also be proactive in obtaining the education they need to adhere to the principles that promote the health, they end up draining their finances to cover expensive and ongoing medical care (medicines and surgeries). Not to mention, all the pain and suffering they experience in this process and the fact they never receive the Clinical Nutrition Therapy that truly restores their health, because physicians are reluctant to refer their patients because that would reduce their income.

Some of these people realize the futility and dangers of medical therapy** after, say,

- The 10th medication has been prescribed for the drug side effects caused by the 9th drug, which was prescribed for the side effects of the 8th drug and so on or
- When their condition has become so much more severe that drugs are no longer effective and
- They have more health challenges now than they had when they first sought medical attention for their first health challenge.

Drug Side Effects are symptoms of toxicity and nutritional deficiencies caused by the chemicals and metals in drugs.



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Others may never come to this realization and accept surgery as being the only recourse according to their physician.

Because of the delay in receiving the Clinical Nutrition Therapy they actually needed, surgery may truly be their only recourse at that time. However, my clinical experience, in helping clients restore their health prior to the date of their scheduled surgery, has proven that this is not always the case. As these clients began to experience improved health, they chose to cancel their surgery and avoided living the rest of their life with missing body parts, which always compromises the over-all health of the body.

To truly be a proactive person is to be proactive in all aspects of life. To change behavior in each of the “reactive” areas of your life, it is important to start with your health so you have the energy, mental clarity, emotional balance and physical strength to do so.

**** Please note:** Reference to the futility and dangers of medical therapy is in respect to using medical treatment symptoms, diseases and health conditions that are caused by nutritional deficiencies, biochemical imbalances, and/or organ/gland dysfunctions, instead of life-threatening conditions, the true purpose of medical treatment, such as to save a life when a person has been injured in a car accident.

THE PRINCIPLES OF HEALTH

The good news is that it requires only 12-18 hours of PEP Telephone Consultations to learn all 157 principles of Health. Each Dietary, Lifestyle and Mind-Body PEP is 4-6 hours, totaling 12-18 hours to complete all three. Whether you require the maximum number of hours, or can complete them in less time, is dependent upon how many of these principles you already know. These hours are scheduled weekly at 30- or 60-minute increments. You will save time and money by choosing 60-minute weekly consultations.

PEP Sessions are systematically and sequentially designed to present the information you need to understand the purpose and value of each principle and how to implement them into your daily life. Therefore, at the conclusion of all three PEPs, you will have a strong foundation of



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knowledge in respect to each principle, with web page access to written materials that support these principles.

Assistance in implementing these principles in your daily life is also provided, so you can succeed in developing a principle-centered, healthy lifestyle in respect to the Dietary, Lifestyle and Mind-Body Principles by the time you complete your Clinical Nutrition Therapy.

Because it is not humanly possible to consistently implement all 157 principles within the time-frame of receiving the education on these principles, assistance is provided to implement some of these principle during your PEP Sessions and assistance to implement the rest of the principles, after completing your PEP Sessions, is provided at your monthly Progress Reporting appointments, which are scheduled to monitor your progress on your Therapeutic Supplement Program.

Consider the PEP Sessions as “**advanced**” education and the education provided in articles and newsletters outlined in our **FREE “Educate – Don’t Wait” Program** as **elementary education**. All new clients are instructed to read the information outlined in our “**Educate – Don’t Wait**” Program during the six-week **Initial Assessment Processing** period. This way, they will have this foundational elementary education prior to starting their Clinical Nutrition Therapy and are then fully ready to start their **Personal Education Program (PEP)** in the first week after their **Report of Findings (RF)** Consultation. The RF Consultation is scheduled to discuss test findings and how to implement their initial Clinical Nutrition Therapeutic Supplement Program.

Your education in these principles will be easily understood, however, it will be so advanced that you will know more about healing your mind and body, health maintenance and disease prevention than most physicians because they do not receive this education in medical school.

If other priorities for their time have prevented new clients from reading the articles and newsletters listed in the **Free “Educate Don’t Wait” Program** prior to starting therapy, information that is specific to their therapy will be presented in their **PEP** and **Progress Reporting consultations**. However, clients will save time and money at these consultations, if they will schedule some time each day, during the 6-week **Initial Assessment Processing** period, to read them, even if they complete them after having started therapy.

Being proactive means receiving the education you need now to improve your health, as well as information you need in the future to maintain health and prevent disease.

Reactive people are only interested in what they need to know right now that will help them become pain or symptom free as soon as possible. Proactive people are also interested in this



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too. However, Reactive people are not interested in learning what they need to do to prevent re-creating the same pain and symptoms again in the future.

In other words, when reactive people do not invest the time, energy and money in learning what they did or did not do that created their current pain and/or symptoms in the first place, so they can make the necessary changes while receiving Corrective Therapy, they will not sustain their healing after Therapy is completed. Instead, they will create new deficiencies and toxicity in the same areas of the body and in time, experience the same pain and symptoms again.

OUR SOCIETY BREEDS REACTIVE PEOPLE

How did we produce a society of “reactive” people? When you review the history of mankind, we evolved to where we are today through:

1. **Barbarism** - First mankind lived in a barbaric state. Barbarism is “an act, trait, or custom characterized by ignorance or crudity,” without structure, routine or laws.
2. **Religious/Puritanism** - The harmful consequences of Barbarism caused mankind to establish a completely opposite way of life – so mankind evolved into living by strict moral or religious codes, making everyone suspicious of pleasure. Anyone who did not adhere to these strict moral or religious codes, were ostracized, some were even burned at the stake. However, “Free Will” given to all humans cannot thrive when the constraints on self-expression; creativity and freedom are too tight.
3. **Victorianism** – So a Victorian way of life (prudery and conventionalism) evolved from the Religious/Puritan way of life. Conventionalism included class systems dividing the educated from the uneducated; the rich from the poor, and prudery carried over from the Religious/Puritan era, divided the chaste from the promiscuous. Again, “Free Will” cannot thrive when required to live like clones of our ancestors, bound by their rituals and traditions.
4. **Today** – I am not sure what we would label our culture today, but the Conventionalism in the Victoria Era that established rituals and traditions also stifled self-expression, creativity and righteous spontaneity. Righteous spontaneity is to become free of the chains of rituals and traditions (cloning) that are not aligned with who we are as individuals and to rightfully create new healthier ways of a self-expressed life.



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So just as breaking free of barbarism (ignorance and crudity) led to the extremes of the Religious/Puritan and Victorian Eras, these Eras caused people to loosen the hold on strict codes for moral and conventional living to where the 1970's "Flower Child Generation" brought in "free love," rebellion and a variety of "unconventional" lifestyles.

Out of the 70's people evolved to finding their own individual lifestyle, whatever that may be. However, as often happens in extreme changes, some of the good is tossed out with the bad. So, the majority of people living today have individual lifestyles that have no structure or routine to promote safety, hygiene, prosperity and health.

Without structure and routine, there is no proactive lifestyle. In its place, breeds reactive lifestyles. So our reactive lifestyle has become just another extreme way of breaking free from past restraints. However, reactive and rebellious lifestyles should be limited to a small period of time in our twenties, when we evaluate the lifestyle we have inherited from our family. From this evaluation, we:

- Keep the parts of that lifestyle that are healthy.
- Let go of those that are not healthy.
- Explore our own individual interests.
- Then from all of the above, choose or develop the healthiest lifestyle that expresses who we are as individuals.

This process is designed to bring intelligent, educated people to a proactive lifestyle. To plan, prepare and take appropriate, timely action to maintain the healthy function of our human body, our finances, our vehicles, our home and work place, so we are able to prevent:

- Injury, illness and disease,
- The untimely breakdown of appliances, machinery and vehicles,
- Poverty and bankruptcy.
- Unhealthy relationships.

The expression of who we are is manifested in a variety of ways, such as:

- Our level of education.
- Career or Job choice.
- Commitment to the life-partner we chose.
- The things we have around us that express our personality, such as the color, décor and type of home we live in, the kind of vehicle we drive, etc.
- And how we use our personal time, i.e., time not allotted to our career or job.



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Yet, foundational to all lifestyles, no matter how different their expression is **living life proactively**. A reactive lifestyle that continues beyond the time required in the quest to “find oneself” (such as in the twentieth decade of life) results in a life of chaos and crisis.

Learning from the past, today, we can have structure and routine, without restraints on our Free Will, which provides Order in our lives and from Order comes creativity, healthy self-expression and freedom. **We cannot live proactively, without Order in our life.**

If it is not apparently obvious by their symptoms of ill health, people who are currently living “reactively” have an **inner knowing** that their lifestyle is not working. However, without a strong inner desire to change, to become educated in how to live proactively, these people remain “reactive.”

As Thomas Buford said, “An unexamined life is not worth living.” To live “reactively” is not “living,” it is “existing” from one “crisis” to another “crisis,” regardless of whether crisis is one of ill health, finances, relationships and/or some other aspect of life.

CONCLUSION

As Bernard Jensen, Ph.D. said, ***“There are no incurable diseases; however, there are incurable patients.”***

What Dr. Jensen means is that the human body is capable of healing itself of any disease, provided the patient is willing to:

1. Receive the Clinical Nutrition Therapy they require to restore their health. Additionally, restoring the healthy function of the Musculo-skeletal system, may require Chiropractic treatment or Physical Therapy.
2. Remove all dietary, lifestyle and mind-body interferences to its ability to heal itself and, at the same time,
3. Adhere to the dietary, lifestyle and mind-body principles that govern the healthy function of the human mind and body.

Therefore, an incurable patient is one who is unwilling to do all of the above, though their body is capable of curing itself of any dysfunction or disease if they were willing.



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Proactive clients are willing and thus attain, sustain and maintain over-all optimal health in mind and body. Whereas, Reactive clients are generally willing to do the least they can do to become “symptom free” in respect to the organ(s), gland(s) or body system(s) that is bothering them the most.

However, because optimal healing or health is determined by test results and not by being symptom free, if a “reactive” client discontinues Clinical Nutrition Therapy before test results indicate that optimal healing has been attained, symptoms will resurface at some point in the future, and they have to start therapy all over again.

Symptoms are not the disease, they are a communication system from the cells and tissues to the conscious mind to get your attention so that you will investigate and then correct the cause of the symptoms. In the process of healing, symptoms improve and then abate as soon as the organ(s), gland(s) and/or body system(s) producing the symptoms have received enough nutrients that they no longer need to communicate to the conscious mind that they need help. However, for healing to occur at the cellular and tissue level of the organ, gland or body system takes more time and thus requires identification through updated test results, not the absence of symptoms, to determine when optimal healing has been attained.

As you read this article, more than likely, you have determined how you have been living your life, i.e., being proactive or reactive, or perhaps being proactive in some aspects and reactive in other aspects of life. Now that you understand the definition and purpose of being “Proactive” and “Reactive,” as well as the advantages of being proactive and the consequences of being reactive, which do you choose for all aspects of life?

Will you be engaging in your Clinical Nutrition Therapy, Personal Education Program (PEP), and other aspects of your life “proactively” or “reactively?”

If you are not already living proactively and your choice now is to be “proactive,” my article on “**Successful Self-Motivation**” will help you understand how to stay committed to this decision. If you are unsure or have chosen to remain “reactive,” the question to ask is “Why?” If the answer to why involves the feeling of being overwhelmed, that is a natural reaction or response for everyone. Everyone feels overwhelmed when starting something new. So the key to overcoming the emotion of “overwhelmed” is to realize that this emotion surfaces to communicate the following “call to action.”

Take one step at a time.

Our Clinical Nutrition Services are designed to provide everything you need, one step at a time, so you can succeed in being proactive. As you observed on the “**New Client Instructions**” web page, the Initial Assessment, which is your first step towards improving your health, has been broken down into several sub-steps.



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If you are reading this article in the order presented on this web page, you have completed all sub-steps related to:

1. Processing your Initial Assessment (collecting specimen samples and sending them to their respective labs and sending your completed Health and Symptom History Questionnaires to us) and
2. You are almost finished reading all the documents in the other sub-steps that comprise "New Client Orientation."

Therefore, to get to the place where you are reading this article, you have completed each previous step, one step at a time.

To arrive at the destination of attaining, sustaining and maintaining optimal health is accomplished the same way as arriving at any destination. If you have never been to some geographical area, you plan, prepare and take action steps that start where you are now and take you to where you want to go. This includes getting a map, making sure your vehicle is safely maintained and ready to transport you and gathering all the things you need for your journey (food, clothing, flashlight, etc.).

In restoring health, Testing provides the Map, Clinical Nutrition Therapy (Therapeutic Supplements and Dietary Plans) is the Vehicle and Personal Education Programs (PEP) are the things (understanding and adhering to the principles) you need on your healing journey to assure you safely and successfully arrive at your destination of optimal health. In your healing journey, however, once you return home, all of the above continues to help you live proactively and healthfully for the rest of your life.

ABOUT DR. SMITH

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

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

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



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University, Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

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

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

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

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

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

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

DISCLAIMER

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