



Successful Self-Motivation

By Dr. Donna F. Smith

Table of Contents

INTRODUCTION	4
ARE YOU MOTIVATED BY PAIN OR PLEASURE?	5
Three Categories of People Motivated by Pleasure	6
How Americans Became Motivated By Pain Instead of Pleasure	7
How Many People Do You Know Who Are Motivated by Pleasure?	8
Taking Responsibility for One's Health	9
Segregated Therapies Perpetuate Motivation By Pain	11
New Clients Coached in the Laws of Health	12
Mental-Conditioning May Try To Sabotage Clinical Nutrition Therapy	14
4 STEPS TO LASTING CHANGE	20
THE THREE PHASES TO MAKING AN UNYIELDING DECISION.....	22
The Infatuation Phase to An Unyielding Decision	23
The Difference Phase to An Unyielding Decision	24
Emotional Changes and Differences	24
Facing The Truth About Your Current Lifestyle	26
Resuming Unhealthy Lifestyle Practice Leads To Resurfacing of Symptoms.....	27
--Human Nature Is To Forget Pain	29
--What Does It Mean "The Body Has Its Own Time Table?"	31
Identifying Triggers	32
Health is Our #1 Priority In Life	33
Human Nature Cycle of Perseverance That Leads To Lasting Change	36
The Resolved Phase to An Unyielding Decision.....	38
MOTIVATION BY PLEASURE TIPS	41
ABOUT DR. SMITH	45
E-BOOKS BY DR. SMITH	46
DISCLAIMER.....	46



Successful Self-Motivation

By Dr. Donna F. Smith

TERMS AND DEFINITIONS

1. **Lifestyle** – Rather than writing “dietary, lifestyle, and mind-body” practices, for brevity’s sake, I will just use the term “lifestyle.”
2. **My Clinical Nutrition Therapy** includes:
 - a. **Clinical Nutrition** – designing and then monitoring progress on whole food therapeutic nutritional supplements dispensed, based on the results from testing the client’s biochemistry (blood, urine, hair, saliva and stool) and other nutritional evaluations.
 - b. **Dietetics** – based on food chemistry and thus different than Dietetics provided through Registered Dietitians.
 - c. **Naturopathy** – utilizing treatment aligned with nature, such as botanicals (herbs and other medicinal plants, water, heat, sunshine, etc).
 - d. **Homeopathy** – liquid remedies made by diluting organic substances, like an herb, in distilled water, for example, until the organic matter has been diluted sufficiently to release its DNA electrical imprint into the water.
 - e. **Though not therapy, we also provide**
 - i. **Personal Education Programs (PEP)** – Dietary, Lifestyle and Mind-Body.
 - ii. **Maintenance Supplement Program**
 1. **for clients not in therapy**, such as the family and friends of client who are not ready or not interested in Clinical Nutrition Therapy at this time, but knowing the difference between how supplements are manufactured, they prefer taking whole food maintenance supplements, like a whole food multiple vitamin to nutritional drugs.
 2. **To assist clients who have concluded their therapy and require maintenance supplements to support inherent or acquired weakness.** This is preferred to taking drugs for the rest of their life because an area of the body was too damaged to heal completely:
 - a. Due to heredity or
 - b. The client waited to start Clinical Nutrition Therapy too late to attain complete healing in an acquired weakness (an area of the body that was healthy at birth, but the client’s long-term poor diet and/or other lifestyle practices damaged the organ or gland). In



Successful Self-Motivation

By Dr. Donna F. Smith

these cases, our therapy will help them improve, but may not be able to help them heal completely, hence therapeutic supplements for that area is needed for the rest of their life. Again, preferred over taking drugs.

- c. Some clients have been told that there is no cure or they must take a drug for the rest of their lives because an areas of the body could not be cured due to herediary, acquired weakness or some other reason. In many causes the reason there was no cure or it could not be cured is because “medicine (drugs and surgery) could not cure it, not because their body did not have the ability to heal once we provided the nutrients it required to do so.

Therefore, when I refer to Clinical Nutrition Therapy, this may mean any one or more of the above therapies, depending upon what our clients need as identified in their test results and nutritional evaluations.



Successful Self-Motivation

By Dr. Donna F. Smith

INTRODUCTION

This article is to assist you in understanding the mental and emotional processes that inoperation to make the steadfast commitment to persevere in making lasting dietary and lifestyle changes to:

- sustain healing attained,
- stop creating new health challenges for oneself.
- eliminate toxicity from one's lifestyle in each area of our lives that we control.
- develop and live a permanent, principle-centered healthy lifestyle,
- and prevent future disease

This begins by examining your:

- true value of health, i.e., in your list of priorities in life, where is "health."
- how much do you respect your mind and body or take it for granted,
- in addition to what level are you willing to raise your standard of living to accomplish the your health goals.

This self-assessment requires understanding what motivates you and what is required to raise your standard of living and health value to attain successful self-motivation.

So the first step in self-assessment is centered around the following question:



Successful Self-Motivation

By Dr. Donna F. Smith

ARE YOU MOTIVATED BY PAIN OR PLEASURE?

Anthony Robbins, motivational speaker, reports that people are motivated by only two things:

1. The action of moving toward pleasure and/or
2. The action of moving away from pain.

The reality is that it is only one action, for in moving toward pleasure, you automatically move away from pain and vice versa.

As one action, **which comes first**, makes all the difference in succeeding or failing in raising your quality of living and health to make lasting changes. Therefore,

1. what you must first determine is which motivates you the most, pain or pleasure?
2. and if your answer is pain, your next step is to make a solemn, unyielding decision to be motivated by pleasure. Look up the definition of “unyielding.”
3. Then design a plan of action to consistently apply the principles of healthy eating and living so you can feel pleasure in each action step. My goal is to coach you in this process and provide the education you need to understand these principles.
4. Essential to your success in this endeavor is to understand:
 - a. The **Phases of an Unyielding Decision** so if you are someone who currently is not able to make an unyielding decision, you can understand the principles (processes and steps) that occur to make an unyielding decision. Then you can begin engaging these steps to assist yourself in making this decision sooner than later.
 - b. The **Human Nature Cycle Of Perseverance** to develop patience with yourself so you will stay the course, until lasting changes have become consistent in the Laws (or principles) of Health.



Successful Self-Motivation

By Dr. Donna F. Smith

Three Categories of People Motivated by Pleasure

1. One is born with an innate motivation of pleasure in living a life of excellence in the care of their mind and body and thus early on they begin to develop a healthy, principle-centered lifestyle to the degree of the education that is available to them.
 1. When these people learn what we have to offer. in increasing their education. they have an insatiable hunger for knowledge and quickly implement lasting change in areas of their life not congruent or in harmony with the principles of health (i.e., principles of biochemistry, etc.).
 2. Parents with more than one child may know what I mean above. In other words, when observing the differences in their children in regards to their innate character or gifts, they may notice that one or more in comparison to the others is innately more disciplined, curious, loves to learn, makes changes to the good faster, etc.
2. The second are those who have developed self-discipline because they recognized that this was required to accomplish their goals, such as playing an instrument or developing a skill. Because of this self-discipline, once they understand what is required to improve and maintain health, they make an unyielding decision to implement the Laws or Principles of Health.
 1. The unyielding decision and self-discipline they experienced to succeed in these previous goals serve them now and they are instantly motivated by the pleasure of developing a healthy, principle-centered lifestyle because they keep their focus on the end results, until attained.
 2. Once they are consistently living a principle-centered, healthy lifestyle, they no longer have to “stay focused,” because their lifestyle is so ingrained, they are able to apply these principles without thinking about them. Just like the daily practice of brushing their teeth no longer requires focus on the steps to brush the teeth or to remember to do this daily.
3. The third, most frequent among clients, are those who are challenged in making an unyielding decision. In their attempts to make an unyielding decision, they experience multiple detours and getting back on track until they finally say, “I have had enough,” and from that point on their decision is unyielding. Once this occurs, applying the principles of healthy living naturally follows consistently. More on this in “The Human Nature of Perseverance.”



Successful Self-Motivation

By Dr. Donna F. Smith

***Only the motivation of pleasure will bring permanent results
in making changes that last.***

**The pleasure that comes from the integration of the principles of health
by developing a consistent, healthy, principle-centered diet and lifestyle,
becomes evident *by having a healthy mind and body for the rest of your life.***

The Principles of Health are defined in the Sciences of

- ***Nutritional Biochemistry (Homeostasis),***
- ***Chiropractics (Structural Alignment), and***
- ***Psychology (Mental and Emotional Balance)****

*Unfortunately, the practice of Psychology today is not congruent with the principles of Psychology that promotes mental and emotional balance. However, education on these principles and coaching in how to intergrate them into your daily life is available in Dr. Smith's Personal Education Program (PEP) on the Mind-Body Connection.

Before we continue with the steps to attain successful self-motivation, let's review how Americans became motivated by pain, instead of pleasure. To make lasting changes we must first understand our history, what lead you to where you are now, if you are currently experiencing challenges in successfully motivating yourself.

How Americans Became Motivated By Pain Instead of Pleasure

Though the American Medical Association has been the leader in Public Health Education, when they chose to limit that education to drugs and surgery, they eliminated all other education and therapies that actually promote healing, health maintenance and disease prevention.

Therefore, Americans living today have been reared uneducated in these principles (or laws) of Health so they could learn how to be proactive rather than reactive. Reactive means to not take action in making changes until they experience symptoms, instead of being proactive, which means to take action to prevent symptoms from presenting in the first place.

Conditioning from medically-oriented Public Health Education, for many, means the only change (or action step taken) is to take a drug to suppress the symptoms. Drugs that instantly suppress symptoms removes the motivation to investigate the cause of symptoms and the self-motivating discipline that is required to correct the cause and sustain healing.

Because the above has been repeated for years, decades, and now for a century, this has become an ingrained habit, a way of living, that lowers the standards of living and the quality of health in Americans. If you have ever had a habit or lifetyle practice, like smoking, over- or under-eating, judging others, etc., you know the discipline that is required to succeed in consistently making the changes required to break the cycle of bad habits that are harmful to yourself and others.



Successful Self-Motivation

By Dr. Donna F. Smith

When the cause of symptoms are not identified through a Clinical Nutrition Analysis of biochemical testing of blood, urine, saliva, hair or stool, in time, the cause gets worse and pain and other symptoms become more persistent and resistant to symptom-suppressing drugs as their body continues to progress towards degenerative diseases.

At that time, stronger drugs or surgery to remove the area(s) of the body producing the symptoms are removed. However, some organs and glands cannot be removed without causing instant death; so the person lives a life of pain until they do die prematurely.

In respect to the human body, even without this medical, mental-conditioning, Pain has always been a high motivator to seek help. This is because the purpose of pain and other symptoms is to motivate you, but the motivation your body wants from you is to be motivated to:

- investigate and correct the cause
- make changes in your lifestyle to sustain your healing
- so you can maintain health for the rest of your life.

Because pain is a high motivator, physicians have used fear (the accompanying emotion with pain) to manipulate and intimidate their patients into taking drugs, temporarily or for the rest of their life and to control patient decisions about their body to prevent them from seeking non-medical therapies, like Clinical Nutrition Therapy, that can truly help them identify, correct the causes and assist the body in healing itself. Keep in mind that this is not all physicians today, though this has been it still represents the majority of physicians, as this is part of the teachings of medical school, called, "patient management." Frankly, I do not want to be managed by anyone. I want to make my own decisions.

How Many People Do You Know Who Are Motivated by Pleasure?

How many people, including yourself, if this applies, do you know are motivated by pleasure. Signs of these people are those who:

1. Live a healthy, principle-centered dietary and lifestyle lifestyle,
2. Practice disease prevention by receiving a Clinical Nutrition Analysis of their biochemistry when they are symptoms free so they may correct causes before symptoms present.
3. Are not influenced by others to do or say things that are harmful to their mind and body and others.
4. Avoid drug therapy, except in an emergency, like uncontrolled bleeding or when a broken bone needs to be set and casted.
5. When they are ill or experience acute symptoms, take the appropriate therapeutic homeopathic or herbal supplement to detoxify the germs, rather than drugs.



Successful Self-Motivation

By Dr. Donna F. Smith

6. When they realize they have detoured from living a principle-centered, healthy lifestyle, in one or more lifestyle practice, is quick to get back on track and resume healthy living.
7. Is willing to invest their time, efforts and money in doing the above, even if this means delaying other priorities in life, because Health is their #1 priority.

Taking Responsibility for One's Health

Taking responsibility for one's own health to become informed, instead of blindly trusting what their physician tells them, or any health care practitioner, even me.

Taking responsibility means being education in how your body works and what it requires to function, i.e., education in the principles of biochemistry, biology, bioelectricity, physiology, psychology, etc., which we refer to as "The Laws of Health." Then implement this education by developing a principle-centered lifestyle that support its function on a daily basis.

Does this mean you have to go back to school? No. What this means is to acknowledge that you cannot live without air, food and water and you cannot be healthy without pure and sufficient quantities of air, food and water. So Clinical Nutrition and Dietary Education and Therapy is **foundational** to accomplish these goals. To help you, I developed the **Personal Education Program (PEP)** to provide **Dietary, Lifestyle and Mind-Body Education** in their principles and how to implement these principles in your daily life.

Taking responsibility means to demand education and information first from all types of therapies (medical, clinical nutrition, chiropractics, acupuncture, naturopathy, homeopathy, herbology, massage, reflexology, etc.) and then being informed, make your own decisions about what is best for your mind and body.

But, you may say, "that would cost me a lot of time, effort and money and take away from what I need to invest in my actual therapy once decided?"

You are right it would. This is why my **Personal Education Program (PEP)** also provides an introduction to all of the above non-medical therapies so you can make an informed decision and not have to delay getting the help you need, when adding other therapies to Clinical Nutrition Therapy can enhance and speed your recovery. For example, in medicine, a patient who has been injured is referred for physical therapy which speeds their recovery after surgery.

I also coach you on when and how to use other therapies, if and when, you need them to provide a comprehensive therapeutic program to meet any and all of your health care needs.



Successful Self-Motivation

By Dr. Donna F. Smith

For example, let's take Chiropractics, I can coach you in the following:

- purpose and value of Chiropractics,
- how to recognize the need for treatment,
- what to expect if you have never been to a chiropractic clinic,
- how to determine if chiropractic treatment is working or not,
- basic chiropractic techniques for your structural system to help it stay in alignment and thus reduce the need for chiropractic treatment and prevent structural health challenges.
- And to demonstrate again how foundational Clinical Nutrition Therapy is, chiropractic adjustments will not hold (or be sustained) when the musculo-structural system is nutrient deficient.
 - This is why many experience only temporary relief from their chiropractic treatments and why Chiropractors keep having the patient return for more and more treatments.
 - When there has been an injury, weeks or months of adjustments may be required, this represents about 5% of the reasons people seek Chiropractic Treatment.
 - However, this is not the case when nutritional deficiencies are the cause for spinal misalignment, which represents 95% of the reasons people seek Chiropractic Treatment, though both the Chiropractor and Patient is not aware of this.
 - So I will assess if your body has the ability to hold chiropractic adjustments and provide what you need to do so.

The above also gives you an example of what you will learn in through my PEP Services in respect to other non-medical therapies.

Just as in the example above regarding the adverse effect nutritional deficiencies in the musculo-skeletal system have on sustaining chiropractic adjustments, Clinical Nutrition Therapy is also required if you have deficiencies adversely affecting your body's ability to sustain the benefits of other therapies you may use or need, even medicine. In fact, when your body is nutritionally sufficient, you will be amazed at how the need for any other therapy is reduce to emergency assistance only



Successful Self-Motivation

By Dr. Donna F. Smith

Segregated Therapies Perpetuate Motivation By Pain

Another example of how Clinical Nutrition is a foundational therapy, required no matter what the health challenge, is the fact that human body is a synergistic, integrated system, meaning each part of the body affects and is affected by all other parts directly or indirectly, yet medical and non-medical therapies are segregated therapies.

- In medicine, there are physicians for the heart (cardiologists), bones (orthopedic doctors), and nervous system (neurologist), etc., and
- in non-medical therapies, chiropractics (spine), acupuncture (balances electrical currents of the nervous system), massage (muscles), etc.

Clinical nutrition and naturopathy, however, are whole body/mind therapies, i.e., nourish and detoxify the entire human mind and body, provides what is required to repair damaged cells and tissue, and grow new healthy cells to replace those that cannot be repaired.

Therefore, when people are receiving treatment for various parts of their body without giving attention to the healing the whole body, the experience is often temporary relief, ongoing treatments and the areas of the body not receiving therapy will adversely affect those areas that are. This perpetuates their experience of pain and other symptoms, which though it is not good that they are still suffering, it at least motivates them to keep searching and in time, they are led to Clinical Nutrition therapy.

There are some advantages and disadvantages to segregated therapies. Having extensive knowledge about any part of the body is an advantage, however, when treatment is provided for one part of the body, without the knowledge of or consideration of its affect (or other segregated treatments) on the other parts, and vice versa, this can ultimately work against the whole body of the patient/client. This is another reason, why it is important to use a whole body therapy, like clinical nutrition or naturopathy, at the same time, you use a segregated therapy.

Segregated Therapies that do not provide education in the Laws of Health to assist their patients/clients in developing principle-centered, lasting dietary and lifestyle practices perpetuate being motivated by pain, i.e., to seek their therapies whenever in pain.

There are some **non-medical therapies that may advertise or give an appearance of being holistic**, i.e., treating the whole person (mind, body and social conditions). However, if their therapy does not include Clinical Nutrition Therapy utilizing the “whole food concept of healing.” they will not be able to provide therapy for the whole body.



Successful Self-Motivation

By Dr. Donna F. Smith

I will not be defining the “whole food concept of healing,” in this article. However, it is important to know that not all nutritional practitioners are the same and those who do not adhere to the whole food concept of healing in their supplement recommendations are recommending “nutritional drugs.” For more information, [click here](#) to read, [“The Three Ways Supplements Are Manufactured.”](#)

Remember segregated therapies may consider nutritional factors related to their one specialized therapy, however, because they specialize in only one part of the body, they are educated, trained (qualified) to evaluate or treat all the parts of the body in relationship to the whole person. **Therefore, clinical nutrition and naturopathy are truly the only “holistic” therapies, by definition.**

Since I began my business, I have conducted a survey on all new clients regarding their current knowledge of Dietary Principles. The results of this survey indicate that new clients have only a 30-50% understanding of the principles they need to truly have a principle-centered “dietary” lifestyle. Thus, lack 50-70% of knowledge or education they need is one of three reasons the public is currently in pain and suffering multiple symptoms from multiple organ/gland/body system dysfunctions and diseases. The other two related to the Lifestyle and Mind-Body Laws of Health.

Therefore, it is a fact that, no matter what therapies (medical or non-medical) are used, temporary relief of pain or other symptoms is often experienced, and there is a possibility that therapy can create new causes that produce other body symptoms, when segregated therapies do not support the body has a whole or refer for their patient for Clinical Nutrition Therapy at the same time.

When nutritional deficiencies and toxicity are the cause of symptoms, which is the case for 95% of the causes for all symptoms, Clinical Nutrition Therapy must be used in combination of any other therapy you choose in order to heal and the development of a principle-centered, healthy lifestyle (dietary, lifestyle and mind-body education and implementation) is required to sustain healing and maintain health.

New Clients Coached in the Laws of Health

It is for this reason that parallel to their Clinical Nutrition Therapy, new clients are provided our Personal Education Program [PEP] to be coached in the Laws of Health, i.e., Dietary, Lifestyle and Mind-Body Education. This way, by the time their therapy has concluded, they have completed this education and have had time to develop a principle-



Successful Self-Motivation

By Dr. Donna F. Smith

centered healthy lifestyle to sustain their healing through therapy, maintain health and prevent future diseases.

The Personal Education Program consists of three educational series, provides in this order (Dietary, Lifestyle and the Mind-Body Connection). Each of these three educational series includes:

1. 4-6 hours of Telephone Consultations to coach each client on these principles. Consultations are scheduled for 30- or 60-minute weekly appointments, which ever amount of time the client prefers. Clients save money and complete their education sooner when choosing 60-minute weekly consultations.
2. Passcodes to access the webpages for each of these three educational series to access their supportive written educational materials, diagrams and interactive website education.

Clinical Nutrition Therapy includes a required monthly **Progress Reporting (PR) Telephone Consultation**, scheduled at four-week intervals for 30 minutes, starting from the date they began their therapeutic supplements. This monthly appointment adheres to the Codes of a Clinical Nutrition Practice and is provided to monitor their therapy to make timely changes in their program, when indicated.

Therefore, at the conclusion of the PEP Dietary, Lifestyle and Mind-Body Connection series, the latter part of their monthly Progress Reporting appointment is used to assist clients in consistently implementing their PEP Education so they may develop their principle-centered healthy lifestyle before concluding therapy.

Part of the Personal Education Program and Progress Reporting appointments is to assist clients in developing or improving upon their current level of:

- successful self-motivation based on the motivation of pleasure,
- self-discipline
- and provide the facts to dispell erroneous beliefs about their body's ability to heal and mental conditionings from misinformation and disinformation received from decades of medically-oriented Public Health Education or from segregated therapies.



Successful Self-Motivation

By Dr. Donna F. Smith

Mental-Conditioning May Try To Sabotage Clinical Nutrition Therapy

Before starting Clinical Nutrition Therapy, most new clients have prior physical experiences and mental-conditioning from medical and other non-medical therapies, which either:

- did not work,
- provided only temporary relief,
- symptoms returned when therapy was discontinued,
- did not meet their expectations, i.e., provide the healing their mind/body required.
- made their symptoms worse
- caused new symptoms and health challenges they did not have when they started those therapies.

So they stop the therapy and start another, which often produces this same results. This conditioning makes some hesitate to start Clinical Nutrition Therapy, especially if they do not know someone who has achieved satisfactory results from our therapy, or they enter Clinical Nutrition Therapy on faith and hope it works. In these cases, I want to acknowledge their faith and my articles, e-books and telephone consultations are designed to assist you in receiving the healing you desire and need and to proven to you that your faith and confidence will be rewarded when you consistently apply the education and therapy you receive.

Also, because of their past experiences and mental-conditioning, when they start Clinical Nutrition Therapy, they are also conditioned to quit therapy when results are not as they expected. In respect to other therapies, this was the action step that was needed and from the information I have shared up to now, you have a better understanding why the other therapies did not work.

However, what new clients need to know when starting Clinical Nutrition Therapy is that:

- our therapy is provided according to the priorities of their test results, which may or may not be in line with the priorities of the client.
 - When addressing test priorities, the client will heal in the order that the body needs to receive healing, which in the long run, results in healing their body with less time, energy and money than it would take if “symptoms” alone were used to direct the design of their therapy.



Successful Self-Motivation

By Dr. Donna F. Smith

- Therefore, when I provide therapy for my clients, I design a program that adheres to their test priorities and their symptom priorities so both the client's body and their own priorities are simultaneously addressed. How many priorities can be addressed is dependent upon which Therapeutic Financial Plan they chose (Horse, Rabbit, Squirrel or Turtle). So if all of the client's and test priorities cannot be addressed due to their financial plan, patience is required by the client until higher priorities are healed and we are able to address other priorities.
- Other factors can slow down and inhibit progress in Clinical Nutrition Therapy. Factors such as missing body parts from past surgeries, past medical interventions, drug side effects, and dietary, lifestyle and mind-body factors that have not been addressed yet through their PEP Program.

Therefore, it is important for our clients to communicate any time they think results are not being obtained as expected so that:

- I can identify and help the client address the above and any other factor interfering with your therapy to assure continued healing progresses. There are a number of interferences that can make it "appear" their clinical nutrition program is not working, when it is.
- Provide the additional coaching and education the client needs to understand:
 - where their body is in the phases of the healing process,
 - provide a realistic expectation of the healing they can expect in this phase,
 - revise their program to meet the changes occurring in the healing process.
 - provide the client with realistic expectation if they are comparing our therapy to past therapies,

There is only one road to healing, and our clients are on it.

This is not the same as saying that only one type of therapy will provide all the help a client needs to successfully heal. For example, if a vertebrae is out of alignment, a client will require both Clinical Nutrition Therapy and Chiropractics to heal their musculo-skeletal system and the area of the body that the vertebra was adversely affecting. For example, if the vertebra that holds the nerves to the kidneys has been pinched (subluxated), the kidneys may need help in recovering after the correcting the causes (pinched nerve and nutritional deficiencies in the vertebra). In this example, using just one of these therapies will not bring the healing the client needs.



Successful Self-Motivation

By Dr. Donna F. Smith

What I mean by “one road to healing,” is that no matter what therapies are used, Clinical Nutrition Therapy is foundational to cellular repair, healing and regeneration (growing new healthy cells to replace cells that were too damaged to be repaired. This must be accomplished to heal the areas of the body producing their symptoms. So the one road to healing is “cellular repair, healing and regeneration.” And Clinical Nutrition is the therapy that provides this.

So what is needed here is not allowing past mental-conditioning and experiences from medicine and other therapies to sabotage their Clinical Nutrition Therapy, but instead contact me and explain what they are experiencing or expecting so they can receive additional education or further investigation.

This way clients will not be sabotaging their Clinical Nutrition Therapy, but have the education and understandings they need to take action on interferences, change past belief conditionings, have patience and/or more realistic expectation, whichever is required.

In each case, where a client is quick to communicate, together we are able to help them stay the course (stay on the road to healing) to successfully attain the healing results they need and expect, even when the body has a different time table for healing than they expect.

However, if a client discontinues Clinical Nutrition Therapy, prematurely, because they did not communicate with me to receive the education or further investigation required or allowed their past mental conditioning and experiences of other therapies that had failed them to sabotage their decision to continue Clinical Nutrition Therapy, they will not successful attain healing, no matter what other therapy they go to next.

Clinical Nutrition really works! As healing progresses, it is important to note that your nutritional needs change, too. Nutrients needed today to meet the current healing stage, may be different from the nutrients needed three weeks or three months ago. Client monthly progress reporting consultations and timely updating biochemical testing provides the feedback I need to assess the body’s healing cycles and processes to assure that timely changes are made in their therapy, diet and lifestyle so they may meet these changes and continue on their road to healing until optimal healing is attained.

So when in Clinical Nutrition Therapy, taking responsibility for your health means:

- Follow-through on all instructions that you agree to at your consultations and if you change your mind or have challenges in following through upon your agreements, communicate with me first so we can come up with a new plan.



Successful Self-Motivation

By Dr. Donna F. Smith

-
- Education – Don't Wait – so you can save time, energy and money through my Free Education Services – Knowledge Is Power and it takes Power and an Unyielding Decision to stay the course to heal and maintain health.
 - Complete your Personal Education Program (PEP) – even if you choose not to implement all of the Dietary, Lifestyle and Mind-Body Education you receive through this program, forewarned is forearmed. You will at least know what you need to know and you can choose the timing for implementation.
 - Lastly, if at any point along the way, if you are not satisfied with your results or they are not meeting your expectations, CALL ME, for further education and investigation because Clinical Nutrition Therapy does work!!!! Clinical Nutrition Therapy, like your body, needs your help in taking responsibility to follow-through on the parts of your Clinical Nutrition Therapy, PEP Education and implementation that only “you” can do. Thus the rest of this article will assist you in successfully motivating yourself to be responsible by making an unyielding decision to stay the course and be motivated by pleasure, not pain.



Successful Self-Motivation

By Dr. Donna F. Smith

IMPORTANCE OF MOTIVATION BY PLEASURE, NOT PAIN?

Because pain is often the original motivator for clients starting Clinical Nutrition Therapy, it is essential to understand why it is important to be motivated by pleasure, rather than pain.

1. The first symptoms that show improvement will do so within 3-6 weeks after you have been on your therapeutic supplement dosages. Given more time in your Therapy, more symptoms will improve and abate, until the day arrives where you are symptom free.
 - a. Being symptom free does not mean you are healed at a cellular level, test results that are in homeostasis defines healing. So if pain is your only motivator, you will not stay in Clinical Nutrition Therapy to attain optimal healing when you are no longer motivated by the symptoms of pain or other symptoms for which you sought therapy.
 - b. When you discontinue therapy prematurely, any areas of the body that are not in homeostasis at that time, will in time, communicate this because their symptoms will return.
 - c. However, when Health is your #1 Priority, you have a High Standard of Health and you are motivated by the pleasure of living a healthy lifestyle based on the principles that govern the healthy function of your mind and body,
 - i. **Nothing and no one, not even yourself,** will keep you from staying in Clinical Nutrition Therapy until you have attained optimal healing according to your test results.
 - ii. **Nothing and no one, not even yourself,** will keep you from consistently applying the PEP Education you received so you can maintain your health.
 - iii. **Because you have made an unyielding decision.**



Successful Self-Motivation

By Dr. Donna F. Smith

Note: Clients with “true” hereditary weaknesses and/or acquired weaknesses may require therapeutic supplements for the rest of their life to remain symptom free or maintain the degree of symptom improvement that is humanly possible for them. This was explained in “**Terms and Definitions**” on [page](#).

2. Fear, the accompanying emotion with Pain, attracts whatever you fear. If you fear dying with a particular disease, you will die of that disease, even if your Clinical Nutrition Therapy provides what you need to prevent the disease. If you free flying, you could attract an accident while in a plane. Yes, your thoughts and emotions are that powerful. Why? Because of the principles that govern thoughts and emotions. There are a number of books on the market that explain the principles or Laws of Attraction. Here is a link to the quickest read on the Law of Attraction: [“Secrets” by Rhonda Byrne.](#)

So to maintain an unyielding decision, be motivated by pleasure and raise your standard of health and living to heal and staying healthy, you must master your emotions. You are the only person who has complete control over your emotions, however, most people have not been educated on the purpose of emotions or how to control them.

One part of the **Personal Education Program (PEP)** on the **Mind-Body Connection**, includes coaching in every emotion so you can understand what they are communicating as each emotion is a “Call to Action.” When you know the purpose of each emotion and take the appropriate action when you experience an emotion, you will:

- master the control of your emotions,
- restore and maintain emotional balance quickly and easily,
- increase your joy and ease in life and in all circumstances and
- promote mental, emotional and physical health. Many people are ill with mental and emotional imbalances and/or mental and emotional imbalances adversely affecting their physical health.

So let's look at the four steps to making lasting changes, whether they are mental, emotional or physical. Physical changes may be related to diet, lifestyle or other mind-body connections.



Successful Self-Motivation

By Dr. Donna F. Smith

4 STEPS TO LASTING CHANGE

There are four steps to making lasting changes in attaining optimal healing and developing a healthy principle-centered lifestyle (which includes consistent and daily balanced diet), based on the Laws of Health.

The first two have been covered in this and the preceding pages and the last two will be covered in the following pages.

1. First is identifying what motivates you, pain or pleasure? Then use this knowledge to work for you and not against you.
2. Second, understand how you became motivated by pain. Get angry and don't let the medical industry condition, influence or control you adversely. Become informed and education so you can make your own decisions about the care of your mind and body. Protect your Health Freedom rights by blocking medical and pharmaceutical legislation designed to take your freedom away.
 1. Email Debra Cox at ddc@clinicalnutrition.com and ask to be put on her emailing list to stay current on legislation. I am on her emailing list and rather than you receive this information from me, you can get it directly from Debra.
 2. When Debra informs you or learn from any other source about legislation, take action by contacting your House Representatives and Senators to demand they"
 1. **Vote "No"** in your behalf on legislation that would limit or eliminate your health freedom (or any freedom). Right now, you need to do this so they can Vote No on Codex. If this law is passed all nutritional supplements will be available only through a physician's perscription, yet they are not qualified (educated or trained) in Nutritional Science, and few are aware of the whole food concept of healing, so you would be prescribed either pharmceutical or nutritional drugs.
 2. **Vote "Yes"** on legislation that protects your freedoms.
 3. You can also join the Health Freedom Federation at www.thenhf.com/.



Successful Self-Motivation

By Dr. Donna F. Smith

-
4. When you contract Debra ask her for information on the Texas Health Freedom Organization, even if you do not live in Texas.
 5. Don't be among the sleeping giant (the unaware and inactive Public). Only through collective action can this giant be awakened and protect all of our freedoms, so tell your friends and family to do the above, also.
3. Third, understand and accept the **Three Phases To An Unyielding Decision**, which is what clients go through to make an unyielding decision to go the distance, i.e., to heal and maintain your health.
 1. Starting with the fact that to truly become and stay healthy is to make an unyielding decision to do so, which must be made at some point, before its too late.
 2. Additionally, foresight prepares and helps you stay focused and not allow challenges and distractions to stop you in the pursuit of your health goals.
 3. An unyielding decision is a decision you make that cannot be stopped, broken, or altered, no matter what, once made.
 4. Fourth, within these Phases is to understand and have patience with your **Human Nature Cycle Of Perseverance**, which is required to make an unyielding decision to be motivated by pleasure, the pleasure of living a principle-centered lifestyle in harmony with God's Health Laws.



Successful Self-Motivation

By Dr. Donna F. Smith

THE THREE PHASES TO MAKING AN UNYIELDING DECISION

The **Three Phases to Making An Unyielding Decision** are the **Infatuation, Differences and Resolved Phases**. Each client will experience these three phases as they move away from being motivated by pain towards being motivated by pleasure, where they make that unyielding decision to master change and nothing or no one will ever cause them to break that decision.

An unyielding decision cannot be stopped, broken or altered. Once made it becomes as fixed as the Law of Gravity or the Law of Attraction. Laws are enforced and not subject to the thoughts, beliefs or actions of human beings.

In the final phase, the Resolved Phase, is an understanding and accepting the “human nature” in the cycle of perseverance. The cycle of perseverance begins in the Infatuation Phase and continues all the way through to the Resolved Phase. In other words, in the Resolved Phase, their human nature is accepted and now used to work for, not against, you and your unyielding decision is made.

Not understanding and accepting human nature and these Phases To An Unyielding Decision, clients give up too soon on making dietary, lifestyle and mind-body changes or sabotage the healing they can obtain through Clinical Nutrition Therapy.

Then, they are back to searching for other therapies, other practitioners, not realizing that what we offer, in education and therapy, is exactly what is needed, and whether we provide these services, now, or another practitioner who adheres to the whole food concept of healing, provides this later, the process to healing and maintaining health is going to be the same. **Remember there is only one road to healing, so why not stay put and get the job done now?** Also, starting over means reinvesting time, energy and money, has already been invested here to date.

Therefore, after their initial assessment, as clients begin their clinical nutrition therapeutic supplement and dietary plan, at some point, they must make an unyielding decision to complete the process of healing, hopefully, not just in the area(s) for which the client initially contacted us, but also in any and all the areas, identified in their initial test results that they were not aware of originally. Otherwise, any area that is neglected, will get worse and in time, the client comes back for therapy in those areas. However, they would save time, energy and money had they addressed these areas when first revealed in their initial tests.



Successful Self-Motivation

By Dr. Donna F. Smith

It always takes more time, energy and money to complete the process of healing later than now. As each passing day allows more time for the body to develop more nutritional deficiencies, biochemical imbalance, organ/gland dysfunctions, that will in time progress to the their disease stages. Additionally, those that are present now will also become more severe and reach the disease stage earlier.

Being motivated by pain in the beginning can be advantageous when pain is motivating a client to be proactive to bring their biochemistry into a state of homeostasis and thereby, prevent future pain from neglect in taking action to correct the causes of nutritional deficiencies and excesses, toxicity and biochemical imbalances before they progress to their organ and gland dysfunction and then disease stages. However, staying motivated by pain, instead of pleasure, will not keep them on the road to healing to attain optimal healing.

Therefore, for those who desire to break this conditioned cycle of being motivated by pain and develop the motivation of pleasure, pleasure in being healthy and doing what the body requires of you to attain, and maintain healing, an understanding in the Three Phases To An Unyielding Decision is essential. Unless, they are able to make this unyielding decision the moment they begin their initial clinical nutrition program.

The Phases to Making an Unyielding Decision are similar to the phases people experience from the moment they meet the love of their life to marriage to that moment in time when as they say the “Honeymoon is over.”

What is required to develop a loving and successful marriage that lasts for one’s lifetime, is quite different than the processes of:

- Infatuation, which leaves when the newness of the relationship is gone.
- Accepting Differences that leads to the decision to marry, then adjusting to those differences once married.
- Then being resolved in an unyielding decision to stay married and refine and develop the relationship into that the personality of two becoming one – the joy of the union, the solid, meaningful, fulfilling life experience.

The Infatuation Phase to An Unyielding Decision

Starting something new is highly motivating with hope and enthusiasm to attain the outcome. Whether this something is decorating a new home, mastering a new skill or improving one’s health. So when clients begin Clinical Nutrition Therapy they are highly



Successful Self-Motivation

By Dr. Donna F. Smith

motivated to implement their therapy instructions with the hope and enthusiasm of improved health and freedom of pain.

Soon, clients feel encouragement and confidence in their body's ability to heal and my ability to guide them and provide what their body needs to heal when they experience improvement within the first three-to-six weeks after they are on therapeutic supplement dosages.

They are also highly motivated to make dietary, lifestyle and mind-body changes because of this "newness" of the experience.

When you are in the Infatuation Phase, take note of the pleasant thoughts and feelings (emotions) you experience in implementing your therapy and making dietary, lifestyle and mind-body changes. To develop motivation by pleasure, begins with reproducing these pleasant thoughts and feelings from the newness phase when the newness or Infatuation Phase has ended.

When the newness of therapy and making changes ends, the Infaturation Phase is over. To persevere to attain optimal healing, clients move out of the Infatuation Phase and into the Difference Phase.

The Difference Phase to An Unyielding Decision

Emotional Changes and Differences

As symptoms leave, the motivation of pain is no longer a sufficient motivator to progress and succeed through the Difference Phase to the Resolved Phase to An Unyielding Decision.

In my **Client Handbook**, you will read about the **Four Phases of Healing**. To heal any and all areas of the body, the body goes through these four phases. Understanding these phases will equip you with the knowledge and understanding of what is required to heal and what is happening internally in each phase, so that when symptoms leave, you can understand the phase of healing that you are in and what is still pending to reach the phase of optimal healing.

In the Difference Phase, you will begin to be aware of the difference in your current lifestyle and the lifestyle that is require to heal and maintain health. When this occurs, you may experience a broad spectrum of emotions, such as the:

- Emotions of **Embarrassment** may arise when the pride you have had in what you thought was "healthy living" falls short in light of the defintion of a principle-centered, healthy lifestyle.



Successful Self-Motivation

By Dr. Donna F. Smith

- Emotions of **Guilt** may arise if you think you “should” have known the information in the Personal Education Program (PEP) already.
- The Emotion of **Submission** may challenge you as you make the unyielding decision to now consistently apply what you have known, but neglected to consistently apply in your daily life that are in alignment with the principles of healing and lifestyle development.
- The Emotion of **Humility** may challenge you to accept what you do not know and stay open to learning and implementing new knowledge.
- Emotions of **Anger** may arise due to the lack of family, friends, and community support or because childhood and Public Health Education was lacking in these principles that could have helped you avoid developing dietary and lifestyle practices later in life that must now be released and replaced with principle-centered healthy practices.
- Emotions of **Overwhelmed** in the many differences and changes that you need to make may arise.
- Other emotions may arise.

Whatever these emotions are just thank them for coming to your attention, write down the emotion you are feeling, accept it and let it go. Though there is more to giving proper attention and taking the appropriate action in regards to what the emotion is communicating, at this time “acceptance” (that this is a normal occurrence when making changes), trusting your emotional processes, and letting go so you can return to a state of pleasure and ease, is sufficient to move forward.

However, if you are challenged to accept and release any emotion or you are constantly feeling ill at ease and not able to return to a state of pleasure, you may ask that educational consultations on Emotions, that is part of the **Personal Education Program (PEP)** on the **Mind-Body Connection**, be presented earlier than we may have it scheduled so you can be equipped with this knowledge of what each emotion is communicating and know what action steps you need to take to resolve your emotional states when they arise.



Successful Self-Motivation

By Dr. Donna F. Smith

Facing The Truth About Your Current Lifestyle

I think one of the most challenging realization each of us must face and accept is that our daily dietary and lifestyle choices and our current thoughts (beliefs) and emotional states are responsible for our current state of health (or ill health). To the degree that your current lifestyle is not congruent with the principles or Laws of Health determines the degree of severity of pain and other symptoms you experience when you have progressed to the organ, gland and body system stages of dysfunction and disease.

So the bottom line is we are responsible for our current and future state of health.

Granted the misinformation and disinformation that clients have accepted as truth certainly has contributed to their dietary and lifestyle practices, and current state of health, however, though clients cannot change past decisions, they can take responsibility now and become educated through our PEP Series to discern truth from fiction, stay informed and make new choices.

This article will not be addressing the role accidental injuries or injuries from violence, abuse or war and their effect on our current state of health.

In the Difference Phase, when each new client completes their Personal Education Program where they have attained the knowledge they need to develop a consistent, principle-centered healthy lifestyle, each client is faced with the truth of their motivations or standard of living. To be a healthy person for the rest of their life means being motivated by the pleasure of the highest standard of health and having a lifestyle that is congruent and in harmony with the Laws of Health so each day, their lifestyle is working for, not against them.

In their Clinical Nutrition Therapy, they are pleased with their improvement in symptoms, in test results and in addition to the Laws of Health they have implemented to date from their PEP Education.

When they have attained optimal healing in the areas for which they first sought my help, and though this and all of the above are **worthy of celebration and reasons to be proud of their efforts**, the question now is:

“Do they want to settle for raising their standard of living to a degree above where it was when they started Clinical Nutrition Therapy, which includes healing in the areas for which they first sought my help, which means they are healthier now than when they first started therapy” or have they made an unyielding decision to make Health their #1 Priority in life and go the distance to:



Successful Self-Motivation

By Dr. Donna F. Smith

- attain optimal healing in respect to other areas in need of healing indicated in their testing, that they were not aware originally aware of. For example, nutritional deficiencies or biochemical imbalances that have not yet become severe enough to produce symptoms, but will in time if not corrected.
- and to continue implementing their PEP education, until they have mastered consistent, principle-centered healthy dietary, lifestyle and mind-body practices.

So are they the kind of person who wants to be a truly healthy person for the rest of their life?
Are you?

Resuming Unhealthy Lifestyle Practice Leads To Resurfacing of Symptoms

Each time they go revert back to old unhealthy lifestyle practices, even temporarily, if sufficient enough healing has not taken place at a cellular level yet through their therapy, they are open to experiencing the resurfacing of symptoms that had abated.

“I Forgot How Sick Feels”

This is a recent quote from a client email only a few days before the writing the first draft of this article.

“Dr. Smith, thanks for the encouragement. Hopefully, I won't slip like this again. I was so well, that I forgot how sick feels.”

The encouragement I gave her to share some highlights from this article that I was in the process of writing, i.e., to help her understand that she should expect to, as she put it, “slip again.” However, the next time, she will get back on track sooner. Each time a client cycles they often recover sooner than the last time. And I informed her that she was did not slip, what she experienced is a natural process of making lasting changes so to be kind, compassionate and patient with herself.

I included the above for three reasons,

1. First is to demonstrate what I am sharing in this section of this chapter about how once the healing process begins, to stop prematurely, before healing is attained, previous symptoms will resume (resurface again). **The body is saying, “Hey, I am not finished yet. I still need your help. Give me back those nutrients! Please!”**



Successful Self-Motivation

By Dr. Donna F. Smith

2. Second is to demonstrate the next part of this chapter where I am sharing how it is human nature to forget about pain and other symptom when they leave.
3. Third, you can easily see she was in the Difference Phase, because:
 - a. The Infatuation Phase was over – in the Infatuation Phase clients implement their program and make changes as though they had made an unyielding decision (consistently and conscientiously, until the time when they can do this “unconsciously” like brushing their teeth). This is because therapy and changes are new and they are enthusiastic.
 - b. However, because they have not progress through these stages, they are still motivated by pain. So when her Infatuated Phase ended where the Honeymoon is over, and her body had received, through her Therapy and changes in the Infatuation Phase, the amount of nutrients where it did not have to produce symptoms any more to communicate to her conscious mind that it needed her help (because she was providing that help), her symptoms left, and she no longer had pain to motivate her to stay on the road to healing.
 - c. So her symptoms resurfaced and that is when she contact me, feeling guilty about “slipping” but still motivated by pain, she is ready to get back on the road to healing. If she learns from this to complete the Difference Phase, she will make her unyielding decision and be proud of her accomplishments, motivated by pleasure, and stay on track to attain optimal healing and develop a principle-centered healthy lifestyle. Then her symptoms will not return because she is able to sustain her healing results.

Experiencing the old pains and symptoms contributes to process through these Phases that will help the client to get to that place where they have “had enough” sooner. Feeling the pain all over again due to re-creating the causes of their symptoms and not providing what the body needs to heal is just not worth reverting back to the old lifestyle.

You see what is happening here is when they violate the laws or principles of health, their body communicates this again through symptoms. When they stop violating the Laws of Health and resume their healthy dietary and lifestyle practices their pain and symptoms leave again. This has to occur over and over again to come to that place, within themselves, where “enough is enough.” **The only way to avoid this cycle is to make your unyielding decision and be motivated by pleasure as you implement your therapy and dietary, lifestyle and mind-body changes.**



Successful Self-Motivation

By Dr. Donna F. Smith

--Human Nature Is To Forget Pain

One of my first instructors told our class to keep a record of all symptoms each client is experiencing before they started Clinical Nutrition Therapy. Even if the symptoms are not related to the primary purpose the client has sought our help. The reason he said is because “human nature is to forget pain and other symptoms once they have abated (are gone).”

Hence, the **Health Appraisal Comprehensive (HAC) Questionnaire** captures all the symptoms in the each body system and their organs and glands and I created the **Client Communicator (CC)** to capture all the symptoms that bother the client the most, so I can stay focused on what is priority to the client. I also use the Client Communicator to record symptoms I want to keep track of so I can identify healing patterns communicated through the order of symptom improvement and abatement, or that I may deem important, though the client may not.

I remember the first client I had, decades ago, who came into my physical clinic and announced, “I don’t feel any different! Your therapy is not working!”

So I asked him to sit down and we would review each of his symptoms on the Client Communicator.

- I asked him how is the pain in his knee?
 - He said, “Oh, yeah, I don’t have that anymore.”
- What about the headache that have you hve experienced several times a week the last two years?
 - That’s been gone for weeks!
- What about your loose stools?
 - Don’t have that either!

I continued down his Client Communicator and asked him about all 25 of symptoms he had before starting therapy. At the end of this review, he had no symptoms in 13 of those on the list and improvement in all the others. Improvement in these ranged from 30% to 90%. He had been in therapy less than four months.

I then asked him if he still believes there was no difference in his symptoms and he admitted there was with a puzzled look on his face.

I asked him if he thought my therapy was working, again he admitted it was with the same puzzled look on his face.



Successful Self-Motivation

By Dr. Donna F. Smith

I then explained that it is human nature to forget pain and other symptoms when they are gone, just like a women in labor forgets the pain of childbirth.

Having experienced the above with other clients, since this first one, the outcome has been the same. Each had symptoms they had forgotten about that were present before starting therapy.

However, my experiences have presented one fact that I was not originally aware of.

For some clients, in the beginning (i.e., in the first three months or less) judge or evaluate the effectiveness of Clinical Nutrition Therapy based upon one or two symptoms that are bothering them the most.

If the primary symptoms that want immediate relief in does not occur as quickly as they expect or want, they consider their therapy is not working. They do not take into account other symptoms that have improved, abated or even improved or abated sooner than they expected. This is because they are focused only the symptoms that bother them the most. If not the most severe, they may be just simply the ones that are interfering with their lifestyle activities and responsibilities the most.

Though I can understand this, what they do not understand is that the body has its own time table for symptom improvement and abatement.

I have observed abatement in the most severe symptoms experienced by a client within minutes, a few days or weeks, whereas with other clients, they may experience improvement, but not abatement for months and months. However, in time, these clients becomes symptom free. (Remember, however, that though they are symptom free, whether they have attained healing is determined by updated test results.).

Symptoms improve and then abate once the body has received sufficient nutrients where the cells do not need to keep producing symptoms to communicate to your conscious mind that they need your health, and when they trust that nutrients will continue to be consistently provided so they will have what they need to heal.

How soon a client receives improvement and abatement in their symptoms and addresses all their priorities depends upon the Financial Plan they have selected (Horse, Rabbit, Squirrel or Turtle) and how consistent they are in making lifestyle changes.



Successful Self-Motivation

By Dr. Donna F. Smith

--What Does It Mean “The Body Has Its Own Time Table?”

- Some areas of the body must be healed first before the body can heal the area producing the most severe symptoms or those that are the most important to the client.
- Severe symptoms, generally, require more time to heal.
- It is also, generally, the most severe symptoms that are the most important to the client. If the client does not understand how their body heals, because of past medical-conditioning when strong pain killers can quickly suppress severe symptoms, some clients may have unrealistic expectations in their body's ability to heal.
- Symptoms that are less severe often heal before more severe areas, but these are not the areas of priority to the client so they do not judge or evaluate Clinical Nutrition Therapy on those symptoms.
- The body heals in reverse order. This means that if the client has had some symptoms longer than others, the body will heal the areas causing the newer symptoms before it heals the long-term symptoms.
 - One of the reason the body does this is because the causes for the areas experiencing new symptoms may be inhibiting or blocking the body's ability to get to the causes for the areas that have been suffering longer.
 - Another reason is that the longer the cause has existed, the more cellular damage has occurred or the more deeper toxins are embedded in tissue, both of which takes longer to heal than minor or moderate cellular damage or toxins that are free flowing or circulating in the body.
- However, the fact the client has symptoms that are improving is a sign that therapy is working and healing is in progress, which is also scientifically supported by the improvement on updated tests. Even if these symptoms are not symptoms that are of priority to the client in comparison to other symptoms and even if their priority symptoms are not improving (or abating) as quickly as the client wants or expects. In time, they will.
 - When clients acknowledge that they are experiencing symptom improvement faster than expected or as expected in other symptoms, they can be



Successful Self-Motivation

By Dr. Donna F. Smith

encouraged that healing is occurring within on the areas producing their priority symptoms and in the body's own time, they will attain optimal healing. Again, this can be verified by updating testing.

- For some of these clients, simply communicating with me when they feel they are not getting results as quickly as they expect, allows me to adjust their program so they can.
- Because of the effectiveness of Clinical Nutrition Therapy, the client will observe that some of areas of the body and their symptoms that their current therapy is not addressing, will improve and/or abate.
- For some clients, they are on a Turtle Program, but expecting the results of a Squirrel Program, or they are on a Squirrel Program, expecting the results of a Rabbit, and so on. So communicating with me, they can have realistic expectations for the Financial Program they chose or they can change to a higher Financial Program and provide more therapeutic support for the areas of the body producing symptoms that bother them the most and speed up the healing process to attain results sooner, than later.
- For some clients patience with their own body's order of healing and perseverance to stay the course and respect their body's time table must be exercised by the client. After all, the client is responsible for the state of their health and this innate healing process is unique to their individual biochemistry. So the time it takes is simply, the time it takes.
- In all my years of clinical experience, there have been many times I have observed that just before the client's priority symptom(s) abates is when they become they most concerned about whether they will experience abatement. I haven't quite figured this out, but there is some mind-body principle at work here.

Identifying Triggers

As they move through their human nature cycle of perseverance, clients may also recognize what triggers the old habits, patterns and practices. Recognizing them helps prepare for the next time, gives them strength to overcome, so that in time, they are no longer controlled by these triggers.

Triggers are caused by the deep memory cells they have from these repeating the same habit or practice over and over again. The only way to eliminate these triggers (memory cells) is to replace them, day after day, with new memory cells of healthy dietary and lifestyle



Successful Self-Motivation

By Dr. Donna F. Smith

practices. This has to be experienced over and over again, to the point, where the old memories or triggers have been replaced completely or sufficiently to remove their power and control over your actions.

The more self-discipline you have developed and the higher your standard of living is (i.e., Health is #1 Priority), the faster you will move through your cycles.

Health is Our #1 Priority In Life

When a client first reads these words, they make think, “No, God is my #1 Priority in Life and my Family is my #2 Priority, so Health may come in 3rd or is lower on their priority scale when making a living (Financial Income) precedes Health. Let’s look at each of these priorities and so you can put each in perspective as all of these are important priorities in life.

1. God –

- a. The Bible teaches us that the human body is the “temple of the Holy Spirit.” **1 Corinthians 6:19-20 reads**, “Do you not know that your body is a temple of the Holy Spirit... Therefore honor God with your body.”
- b. So putting health first is putting God first. When we care for our body as God wants us to care for it, we are honoring and showing respect for His Temple. Think of it this way, when we put trash (junk food) in our body, this is the same as trashing a physical temple or place of worship.
- c. Prayer is transmitted to God through our thoughts and emotions. God’s response is received in the same way. Thoughts and emotions are transmitted and received through electrical frequencies. The word, “Emotion” comes from “E” for energy and “Motion.” So are emotions are energy in motion. Now think of the electrical wires in appliances, television, radio, computers and other machinery that transmit and receive electrical currents. If there is corrosion on the wires of a radio, there is disruption in receiving and transmitting a clear sound or message. If there is corrosion on the wires of your television or a lightning storm, both interfere with the image and sound on your screen.
- d. The above applies to the electrical system (nervous system) of the human body. Nutritional deficiencies, biochemical imbalances, nervous system dysfunctions and diseases adversely affect the transmission and reception of thoughts and emotions. Hence, interferes with transmitting prayers and receiving God’s answer to them.



Successful Self-Motivation

By Dr. Donna F. Smith

-
- e. Did they teach any of the above in the church you attend? Most Religions focus on God's Spiritual Laws and neglect God's Laws of Health.

2. Family –

- a. Have you ever been too ill to take care of yourself and family? When you are ill or have dysfunctional or diseased parts of the body that interferes with your daily activities and responsibilities, you are unable to care for yourself or your family.
- b. Putting your Health first is the best gift you can give your family.
 - i. Being a model or a living example of adhering to the Laws of Health is the best way to teach your children and assist them in being healthy throughout their lives.
 - ii. You have the opportunity to provide for your children and grandchildren the PEP education you did not receive in your upbringing. For those who listen to your teachings and follow your lifestyle example, they will not have to do as you are doing now, making changes from unhealthy, erroneous lifestyle practices to a principle-centered, healthy lifestyle.
 - iii. When a child grows up in a home established in principle-centered healthy lifestyle practices, they may detour from this for a short time in their teen and early adult years. It is a natural process of their growth and maturity to experiment with other lifestyles. However, the strong, healthy mind and body they received from the healthy lifestyle practices as a child will sustain them and as mature adults, they will return to the healthy practices learned in childhood.
- c. Neglecting to put your Health first puts you in the position of being a burden on your family. Though they may not view this as a burden because they love you and because of that lovingkindness they do their part to care for you in sickness and in health. However, when you neglect to prevent health challenges that are in your control to do so, your family is now in the position to care for you in ways they would not have had to do, had you taken care of your mind and body in the way it was designed to be cared for and not settled for a measure of health improvement, but had put your health first so you can become and stay healthy for the rest of your life.
- d. Premature death means not living to enjoy your family as long as was originally possible for you to enjoy them.



Successful Self-Motivation

By Dr. Donna F. Smith

3. Financial Income or Responsibilities

- a. Have you ever been too ill to go to work?
 - b. Have you ever had a prolonged illness that used up your sick leave? Every day after this, costs you money.
 - c. Neglecting to put Health first can reduce, even eliminate your ability to earn financial income for yourself and/or family. It also requires financial investment to restore your health, which is always more than is required to stay healthy and maintain health.
4. Now that you have each of these in perspective, would you agree that Health is your #1 priority in life? Also the healthier and more vibrant your mind and body is, the more energy, mobility, mental clarity, and emotional balance you have to invest in your relationship with God, family and increase your financial earnings.--+

In a marriage, the manner in which a couple resolves or does not resolve their differences (i.e., lifestyle habits not congruent in a relationship becoming one) can lead to divorce or reinforce their unyielding decision to stay committed to their marriage to work out their differences, no matter what. As a couple works out their differences, they will experience different emotions, face the reality of marriage really means, make changes in the erroneous beliefs they had about relationships and marriage, and other differences both in themselves and as a couple.

To succeed in their marriage, the couple must raise their standards of living to let go of a single-minded standard of living to a couple-minded standard of living. They must let go of unhealthy emotions like jealousy, or unhealthy mental thoughts and actions, like self-centeredness, and together create a principle-centered healthy relationship, i.e., a relationship that is founded on spiritual laws and the laws of health in respect to mental, emotional and physical health.

Just like in a marriage, in the Difference Phase, you will experience different emotions, changes in your erroneous beliefs and face realities about your current lifestyle, i.e., standard of living and health. You can choose to have a measure of improvement in your lifestyle and standard of health and a measure of healing from your therapy, or you can choose to go the distance to attain the highest standard of health, consistently establish a principle-centered, healthy lifestyle, and attain optimal whole body and mind healing.



Successful Self-Motivation

By Dr. Donna F. Smith

Human Nature Cycle of Perseverance That Leads To Lasting Change

In the Difference Phase to Making An Unyielding Decision clients experience their human nature in the cycle of perseverance. Understanding this, the client is able to be patient and compassionate with themselves when experiencing these Phases.

What is the Human Nature Cycle of Perseverance?

This is when you feel like you are taking two steps forward and one step backwards. And you certainly may be. You have days when it is a joy and pleasure to adhere to the principles of health and other days where you find yourself living your old lifestyle of unhealthy practices again.

The first phase of perseverance is being Consciously Incompetent. You have to focus or “be conscious” of each choice you make every minute of the day to make the healthy choice. However, because this is new to you, you are not yet competent (incompetent) in developing consistent healthy lifestyle practices. So you lose focus from time to time. However, the key is awareness. When you become aware you have lost focus, you refocus and continue on.

When you are aware of your human nature, the phases or cycles of perseverance, you will not allow your detours to frustrate you, and the more you experience detours and succeed in getting back on track, in time, you will find detours (returning to old habits or lifestyle) becomes less and less and then you review your day and realize you have been adhering to healthy lifestyle practices for weeks.

Unless you have made an unyielding decision not to get off track, no matter what, you will have these challenges until you get mentally, emotionally and physically exhausted from them and say, “I have had enough!” That is if you truly have a deep desire to become and stay healthy for the rest of your life, which is one unyielding decision that you have made that you may not be aware of. At moment, when you have had enough of the old lifestyle, you will then make the unyielding decision to live a healthy lifestyle according to the principles of health and nothing will detour you again!

If a client does not understand human nature, and the cycle of perseverance, i.e. the act moving forward and backwards, multiple times, yet continuing to move forward, in spite of those backward moves, they will not have the patience and compassion with themselves to persevere until they have mastered the process of making lifestyle changes that last.

Instead, they may feel guilty or berate themselves for a lack of discipline or think they are a failure. Neither is true. They are simply experiencing the natural process that most everyone must experience to make lasting changes. In fact, feeling guilty, berating one's self,



Successful Self-Motivation

By Dr. Donna F. Smith

being frozen by the emotion of overwhelmed, which can lead to procrastination, actually interferes with their progress. What is required here is acceptance. .

Being aware of these Phases and Human Nature Cycles, helps the client accept this natural process and acceptance is the quickest way to release these unhealthy mental and emotional states and get back on track.

In time, perseverance gives way to “being” – just like the example of brushing your teeth, you do not have to focus on the principles of health – **you are the principles of health** – that is your lifestyle and it is as natural and easy to live as the old, unhealthy lifestyle practices were. We call this being “unconsciously competent.” In other words, you have mastered consistent application of the principles of healthy living and you are unconscious of it – you don’t have to focus (be conscious) of each step of application.

Now, being in Clinical Nutrition Therapy and making daily healthy dietary, lifestyle, mental and emotional choices brings you closer to restoring your health and when therapy is complete, your principle-centered healthy lifestyle has been established to help you stay healthy for the rest of your life. This is much preferred than its alternative, unhealthy daily choices that slow down your healing processes, delaying health restoration, cause more health challenges and prevent you from living healthy, but assures a life of pain, disease and premature death.

Again when clients do not understand their human nature when making changes from old to new healthy lifestyle practices or the cycle of perseverance (forwards and backwards multiple times), they may allow their dissatisfaction with their unhealthy actions and frustrations over the focus and effort required to replace them with principle-centered healthy dietary and lifestyle practices that they may revert back to their original unhealthy lifestyle, altogether. To a return permanently to a unhealthy lifestyle that required no focus, planning, preparation or commitment.

They may even discontinue their Clinical Nutrition Therapy and revert to taking drugs because no effort or commitment is required to suppress symptoms.

Dissatisfactions and frustrations are signs that the client is still motivated by pain and not pleasure. When motivated by pleasure, they enjoy the planning, preparation stages. When motivated by pain, this is generally the pain they feel in not being able to do some other task or project that is more important to them than their health.

To prevent this and overcome all challenges is to:

- accept their human nature and to realize that, for most people, they must go through this human nature cycle of perseverance over and over and over again, until they have finally had enough and can make an unyielding



Successful Self-Motivation

By Dr. Donna F. Smith

decision to stay the course, no matter what. An unyielding decision is one that cannot be altered, broken or stopped once made, no matter what.

- Look for the pleasure in each process and task. Pleasure begets and reinforces more pleasure.

The more self-discipline you have developed and the higher your standard of living is (i.e., Health is #1 Priority), the faster you will move through your cycles and the sooner you will come the place where you have had enough of that and make your unyielding decision.

Successful self-motivation, which is required for self-discipline, is easier when motivated by pleasure, than pain, and solidified when you have made your unyielding decision.

The Resolved Phase to An Unyielding Decision

The Resolved Phase is where either the client has:

1. Made an unyielding decision at the beginning of their Clinical Nutrition Therapy and bypasses the Infatuation and Difference Phases. OR
2. Has completed the Infatuated and Difference Phases, and they have had enough of the old unhealthy lifestyle and therapies that just suppress their symptoms and thus made their unyielding decision. AND having released the old lifestyle they are now motivated by pleasure in implementing their new lifestyle practices.

There is a spiritual principle at work when any person makes an unyielding decision about anything. Whether that decision is to get out of debt, raise the money to take a trip around the world or by a new automobile, or to heal their body and stay healthy for the rest of their life.

The entire Universe begins to support them in that decision, i.e., the Law of Attraction is activated. In this resolved state of mind,

- Clients observe that implementing principles or Laws of Health occurs instantly and with ease, because they do not consider anything but what is good for them according to these principles.
- The cycle of perseverance no longer exists.
- Triggers can miraculously disappear because their unyielding decision has instantly replaced trigger memory cells.



Successful Self-Motivation

By Dr. Donna F. Smith

- Money that they need to purchase equipment, like a air purification system, if they do not have one, is available sooner, because resolving to make Health their #1 Priority, rearranges financial priorities too, as well as activating the Law of Attraction to attract whatever you decide you need. . As the Bible reads, “For where your treasure is, there will your heart be also.” (Matthew 6:21) In other words, what we value or love the most (our heart’s desires), is where we invest our money.
 - During the Difference Phase, periodically, a client will contact me to say that they cannot afford their Clinical Nutrition Therapy. What they really mean is that there is some other priority where they prefer to invest their money.
 - Paraphrasing the above Bible scripture, where their heart’s desire or priorities are, there is where they money goes. People have a right to invest or spend their money wherever they choose and I respect their rights. They are also responsible for the consequences of their decisions.
 - Whenever Health is not their #1 priority, other priorities for their money will appear. This is because they have no unyielding decision that has put money for health as a priority. So they will discontinue their therapy prematurely, i.e., before attaining optimal healing and establishing a consistent principle-centered, healthy lifestyle. In time, they revert back to much of their old unhealthy lifestyle practices, maintaining only a small percentage of what they learned. Then, in time, symptoms in the areas that have not healed at the time they discontinue therapy, will also resurface.
 - Clients in the Resolved Phase, i.e., those who have made their unyielding decision, who are having real financial challenges will call me, inform me of their financial challenge and ask how they can stay in therapy and their Personal Education Program (if they have not yet completed this) at a lesser financial investment, so they can continue to make progress.
 - For examples, the most extreme cases I can recall are was when two Resolved Clients had a fire in their individual homes, one was a total loss and the other experienced damage in several rooms. Both of their insurance companies did not cover all the expenses required to reestablish their homes.
 - However, for each of them I revised their therapy and rearranged their PEP education so they could continue.



Successful Self-Motivation

By Dr. Donna F. Smith

Remember that an unyielding decision is fixed. Once it is made, there is no desire for unhealthy foods or lifestyle practices, nor will anything or anyone influence or deter them from their unyielding decision, not even the most extreme circumstances.

In the Resolved Phase, there is no turning back – clients are not motivated by pain any longer, but motivated by the pleasure in the process of developing a principle-centered healthy lifestyle.

They are resolved to do whatever is required in therapy and dietary, lifestyle and mind-body changes to restore their health and stay healthy for the rest of their life.

Because in the Resolved Phase, you are now motivated by pleasure and have made your unyielding decision, you:

- love the health and vibrance you feel in your mind and body from my Clinical Nutrition Therapy and the changes you have made.
- walk proudly through your day, feeling the pleasure of making daily healthy choices and have that inner knowing that you had the perseverance to consistently develop and live according to the principles of health.
- And because of the above you are able to sustain healing attained through your therapy and maintain your health for the rest of your life after completing your Clinical Nutrition Therapy.



Successful Self-Motivation

By Dr. Donna F. Smith

MOTIVATION BY PLEASURE TIPS

In this chapter are some suggestions to be motivated by pleasure, instead of pain.

1. Complete my Personal Education Program (PEP) on Mind-Body Connection so you can understand how your mind and emotions work, and the interaction between the body and mind/body. Then you are equipped with the knowledge in how to replace any pain-related motivation to pleasure, as well as what to do whenever you experience what we tend to call “negative” thoughts and emotions.

My Mind-Body PEP Education is true, healthy Psychology. If psychologists were educated in and integrated these principles in their practice, fewer, if any, people would be prescribed additive, psychotropic drugs.

2. Each time you experience joy or pleasure in the Infatuation Phase, take a moment to observe what you are thinking, doing and feeling.
 - a. Record this with great detail and description in a journal.
 - b. Re-read your journal entry when finished and add to it so that when you read it you can feel the joy and pleasure again emotionally.
 - c. Then reproduce these pleasant feelings and thoughts whenever you observe yourself being motivated by pain, fear or any emotion you don't want to have in respect to doing what your mind knows is right for you to be doing. Replace the pleasant with the unpleasant.
 - d. This may mean having your journal close by as you prepare a healthy meal or apply any lifestyle principle, so you can remind yourself of the thoughts you had that led to the emotion you want to feel.
3. When you succeed in a small step, don't ignore it. Stop for a moment and dance, shout, celebrate the little steps and your subconscious mind will start helping you in



Successful Self-Motivation

By Dr. Donna F. Smith

both the little and big steps. Why? because you have taken a moment to feel, verbally and physically express your joy, gratitude, pleasure,

- a. Think of this, it is always a pleasure to do “more” nice things for someone who smiles, compliments, says thank you, and shows appreciation for what you do for them, each time you do something nice for them. Someone like this makes you want to do more for them. Your mind is the same way.

If you find the above challenging or do not interest you, schedule your PEP Consultations to be coached in mind-body principles that will assist you in making lasting changes. This includes identifying thoughts and beliefs that are sabotaging your joy and feelings of pleasure and what you can do to change them.



Successful Self-Motivation

By Dr. Donna F. Smith

CONCLUSION

Clients do not know what they do not know. Now that you understand the Phases you may go through to make an unyielding decision, which is the key to “Successful Self-Motivation,” completing your **Personal Education Program (PEP)** in Dietary, Lifestyle and Mind-Body Principles of Health is essential to receive the education you do not know, but you need to know to implement in your daily to restore and maintain your health.

As I mentioned previously, in the Dietary Survey, I take on each new client who purchase our Dietary Services (the Therapeutic Dietary Plan and PEP Dietary Consultations), which to date has been all of them, but two, new clients know:

- only 30% to 50% of what they need to know to develop a principle-centered healthy dietary lifestyle.
- Surveys on what they know about Lifestyle principles is less than 10% and
- What they know about Mind-Body principles is less than 5%.

This does not include the percentages of what they know and are not consistently applying.

As you can see above,

- Most of the education they have is **Dietary**, but they are still missing 50-70% of the knowledge of dietary principles.
- When clients think of **Lifestyle**, they still relate it to diet, with the inclusion of exercise and perhaps sunshine, not realizing that they currently lack 90% of what they need to know to develop a principle-centered, healthy “lifestyle.”
- What they know in respect to the **Mind-Body Connections** is a few aspects of a few principles, mostly commenting “I think I have heard of that, but don’t know what it really means.”

With an unyielding decision and the knowledge from your PEP Education on Dietary, Lifestyle and Mind-Body principles, you are finally equipped to :

- successfully motivate yourself by pleasure,



Successful Self-Motivation

By Dr. Donna F. Smith

- implement these principles to develop a principle-centered, healthy lifestyle, until each principle is implemented as unconsciously, consistently and competently as brushing your teeth.
- make daily healthy choices,
- take responsibility for your Mental, Emotional and Physical Health.
- improve and maintain Mental, Emotional, and Physical Health for the rest of your life.
- You are also able to be a model for your children and grandchildren to help them do the same,
- And thus your financial investment will continue to pay you and your family, over and over and over in superior health and save you money as you only have to financially invest in your PEP Education once and your family's PEP Education is FREE.
 - In fact, when you schedule your PEP Consultations, you may have your spouse or any adolescent or adult family member join you on the telephone consultation at no additional fee.
 - Also, by doing this you are creating a “support” buddy or buddies that helps each of you implement these principles.

I look forward to assisting you in making your unyielding decision, being motivated by pleasure and implementing the Dietary, Lifestyle, and Mind-Body principles to develop a consistently, principle-centered, healthy lifestyle that lasts.



Successful Self-Motivation

By Dr. Donna F. Smith

ABOUT DR. SMITH

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

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

Some of her best selling e-books has been listed below. She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University,** Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

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

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

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

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

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

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at Services@AdvancedClinicalNutrition.com. Meanwhile, please browse www.AdvancedClinicalNutrition.com to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide



Successful Self-Motivation

By Dr. Donna F. Smith

presentations. You may also view Dr. Smith's TV Shows and videos on [YouTube.com/DrDonnaFSmith](https://www.youtube.com/DrDonnaFSmith), post questions on her blog at DrDonnaSmith.blogspot.com and follow her on [Twitter.com/DrDonnaSmith](https://twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](https://www.facebook.com/DonnaFSmithPhD).

E-BOOKS BY DR. SMITH

- **Anti-Aging Personal Care Program (Hair, Skin, and Nails)** – Over 200 Pages
- **Comprehensive Holistic Dental Health Program** – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (**169 pages** – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- **Fibromyalgia – A Clinical Nutrition Syndrome** (70 Pages).
- **Dr. Smith's Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions]** - (69 Pages).
- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **15 False Assumptions the Public Makes About Food Supplements** – (15 Pages)

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body. This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision regarding your health care.