



What Motivates You? (Pain or Pleasure) and the Keys To Making Permanent Dietary and Lifestyle Changes 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, when the pursuit of pleasure is in your efforts to be in harmony with God's Spiritual, Physical and Health Laws (e.g., Laws of Nutritional Biochemistry, Biology, Quantum Physics, as well as His Physical Laws, like the Law of Gravity or His Spiritual Laws as taught in the various religions on earth). In contrast, the pursuit of other carnal pleasures, appetites or desires, result in pain. Ex: eating in a single sitting, a tub of artificial ice cream may give momentary pleasure, but is toxic for the body vs. a single serving of a non-dairy dessert or any temporary pleasure someone might get from not showing compassion by saying "I told you so," or in over-spending.

As one action, **which** comes first, makes all the difference in the quality of health, quality of living and whether or not one has what it takes to make lasting, permanent changes in their life. **Therefore, what you must first determine is which motivates you the most, pain or pleasure? And if your answer is pain, your next step is to make a solemn, unyielding decision to be motivated by pleasure. Then begin setting up ways to feel the pleasure of healthy eating and living.**

Keys To Making Permanent Dietary and Lifestyle Changes

Clients who succeed in making lasting changes are those who:

- complete each of Consultations with Dr. Smith required in the scope of a clinical nutrition code of ethic and legal practice.
 - We realized that having just invested in biochemical testing, the series of New Client Orientation Consultations required weekly for the first 6-8 weeks may be financially challenging, for some. The good news is that beginning in the third month, this will be concluded and Consultations will be once monthly for Progress Reporting and periodically, in its place, the Report of Findings, when time to discuss updated testing.
- We have a solution to help you. Therefore, should finances become challenging, their therapeutic supplement program will be redesigned so that, the amount the client has designated for their Therapeutic Supplement Auto-Shipment (Turtle, Squirrel, Rabbit, etc.) will cover both consultations and therapeutic supplements, until weekly consultations have been completed.
- daily record all the information required on the Dietary Forms (Tools) for weeks, even months, until changes become an unconscious daily practice, like brushing teeth.
 - Since 1981, Dr. Smith has, also, observed that it is impossible to make these changes permanent by keeping a mental list and tally only. Planning, taking action on your plan and, recording the actual and honest outcome of your actions on these forms, helps you stay accountable to yourself and provides the accurate visual and tangible feedback you, and Dr. Smith, need to realistically assess your progress, make adjustments and continue to move in a positive direction, until you no longer need to use these tools.
- accept that it will takes weeks, even months, to attain an unconscious and permanent daily practice of implementing this Dietary Plan and Dietary, Biochemical and Lifestyle Principles (or Laws).
- understand that their therapeutic supplement program and, drinking Reverse Osmosis purified water in the amount calculated for their body requirement, will nourish their body to promote healing, and thus give them the time needed to implement their Dietary Plan and develop a principle-centered, healthy lifestyle to sustain their healing, as well as prevent creating more health challenges and diseases, caused by an unbalanced diet and lifestyle. (The formula to calculate your water intake is in Tab #4, in the **Eating Guidelines Addendum**.)
- understand the Phases of an Unyielding Decision and their human nature cycle of perseverance to develop patience with themselves to stay the course, until lasting changes have become consistent in the Laws of Health.



How Americans Became Motivated By Pain Instead of Pleasure

3 Categories of People Motivated by Pleasure

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. 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. The second are those who once they understand what is required to improve and maintain health, they make an unyielding decision which instantly makes them motivated by the pleasure of developing a healthy, principle-centered lifestyle.
3. The third, most frequent among clients, is making a decision, that is actually a process of becoming unyielding, which requires multiple detours and getting back on track until they finally say, "I have had enough," and from that point on their decision is unyielding. More on this in "The Human Nature of Perseverance."

Only the motivation of pleasure will permanent result in making changes that last. The pleasure that comes with the integration of the principles of health and nutritional biochemistry by developing a consistent, healthy, principle-centered diet and lifestyle, which becomes evident by having a healthy mind and body for the rest of your life.

How Americans Became Motivated By Pain Instead of Pleasure

Until the 1970's, physicians were the primary source of public health education. However, the America Medical Association and Medical Schools, since the early 1900's, have promoted only medicine (drugs) and surgery for the purpose of emergency medical assistance and disease management, without the wisdom or foresight to support non-medical therapies, like nutritional biochemistry, naturopathy, clinical nutrition, dietetics that respects the nutrition of the body, and other sciences that assist the body in regenerating new healthy cells and tissue, i.e., therapies and education that applies the Laws of Health that govern the care and maintenance of a healthy mind and body, in addition to, the prevention of disease.

Therefore, Americans have been reared uneducated in these principles (or laws) and thus, people have been living by temporary pleasures of their desires and appetites, without giving thought to the fact that they are, also, creating nutrient deficiencies and biochemical imbalances that cause organ/gland dysfunctions that, in time, leads to the progressive degeneration of and diseases in these organs/glands/body systems, thus, causing them great pain. When Pain becomes constant and interferes with their activities and lifestyle, they were encouraged to seek medical attention for drugs to kill the pain or suppress their symptoms. Pain then became a high motivator to begin to make changes. Still the amount of changes, routinely, for the average person is just enough to not feel immediate or ongoing pain in present time. They were not taught that only by making lasting (permanent) changes, according to the Laws of Health, would prevent their pain from returning, and they were often told they have to be on drugs for the rest of their life because there is no cure, which really means "drugs and surgery will not cure the cause of their pain or other symptoms."



Motivated By Pain (continued)

Public Dissatisfied With Medicine and Seek Non-Medical Therapies by Dr. Donna F. Smith

How Many People Do You Know Who Are Motivated by Pleasure

If you are unsure of this reaction to pain, ask yourself, “How many people, including myself, do I know that practices disease prevention, in other words, is living a healthy, principle-centered dietary and lifestyle practices, with none or very few detours from doing so, compared to those who do not take action to improve their health until they are sick (e.g., acute cold/flu) or suffering great pain from the symptoms of their organ/gland dysfunctions or disease? Motivated by Pleasure means the pleasure that comes from being healthy and living a life that promotes health, living according to the Laws of Health.

Americans Were Conditioned To Be Motivated By Pain

Without education in the Laws of Health to promote and maintain health, i.e., what the body and mind requires of you to grow and regenerate new, healthy cells and tissue, which is to be motivated by pleasure, Americans learned to be motivated when in pain, seek temporarily relief from their pain, and if the pain returns, they can take another pain killer.

However, because of the increasing and deeper (clinical) levels of nutrient deficiencies caused by regular use of over-the-counter and prescribed drugs, and the industrialization of packaging foods with chemical preservatives and additives, Americans are now suffering more from pain and other symptoms of clinical and subclinical nutrient deficiencies, which leads to biochemical imbalances adversely affects the healthy function of their organs/glands, than the symptoms of disease. And in time, pain killers or other drugs to suppress symptoms no longer work, so physicians schedule the surgical removal of the part of the body in pain, if possible. Some areas of the body cannot be removed or the patient would die.

Public Dissatisfied With Endless Cycle of Drug Taking and Their Side Effects

This has resulted in a growing public dissatisfaction of an endless cycle of taking drugs and then more drugs for the increasing side effects from the original drugs they are taking. (Note: “Side effects” are the symptoms of nutrient deficiencies and biochemical imbalances caused by the chemicals in drugs.) Thus, they are waking up to the realization that they can no longer just do what physicians tell them to do (take drugs) and think nothing more is required of them.

Public Seeks Non-Medical Therapies - Taking Responsibility for Health

Therefore, in the 1970’s, there was a re-emergence of non-medical therapies, like naturopathy, and since, the numbers continue to increase on Americans seeking non-medical therapies, like chiropractics, acupuncture, clinical nutrition, naturopathy, homeopathy, herbology, massage, reflexology, etc.

With the use of non-medical therapies the public is coming to the realization that they must now take responsibility for their health and begin caring for their body in ways new to them. Still, many do not yet realize that this actually means learning about and implementing the Laws of Health in diet and lifestyle practices, as they improved their nutritional biochemistry through clinical nutrition and/or naturopathic therapies. Otherwise, they will experience only temporary relief from the non-medical therapies they may need, or choose to use, and will not sustain their benefits.

For example, chiropractic spinal adjustments will not hold (or be sustained) when the musculo-structural system is nutrient deficient and muscles will still be painful after massage, when muscles are nutrient deficient, and so on.



Motivated By Pain (continued)

Putting Medical and Non-Medical Therapies In Perspective

by Dr. Donna F. Smith

Non-Medical Professionals Are Not Trained/Degreed In the Laws of Health

With the exception of the Laws of Health that pertain to their specific therapies, the professionals of non-medical therapies (chiropractics, massage, acupuncture, etc.) rarely have a degree in clinical nutrition (nutritional biochemistry) or have an understanding of the Laws of Health foundational to healing the whole body, so delays in this public education are still occurring and without it, the public is not prepared to discern the misleading and inaccurate dietetic and nutritional information, now, being circulated by both medical and non-medical therapies.

The Medical Terms for Non-Medical Therapies is Complementary and Alternative Medicine (CAM)

- **Complementary medicine** is used together with standard (20th Century) medical care. An example is using acupuncture to help with side effects of cancer treatment.
- **Alternative medicine** is used in place of standard (20th Century) medical care. An example is treating heart disease with chelation (pronounced "kee-lay-shen") therapy (which seeks to remove excess metals from the blood) instead of using a standard approach. Note: Our services include oral chelation, which is safer to use than chelation by injection. Chelation by injection should not be used unless a person is in a life-threatening state, because it remove essential minerals, too.

Definitions above provided by the National Center for Complementary and Alternative Medicine (NCCAM), and according to their Statistics, as of December, 2008, and the National Center for Health Statistics (part of the Centers for Disease Control and Prevention) reported that 40% of Americans are now using non-medical (CAM) therapies. Physicians Desk Reference (PDR, 2007) reported 70% of Americans take vitamin/mineral supplements.

Putting Medicine In Perspective

It is interesting to note that medicine considers anything non-medical as complementary or alternative to medicine, and includes dietetics and clinical nutrition in these categories. The truth is medicine (drugs and surgery) is an alternative medicine.

The definition of "alternative" in any dictionary means the "possibility of choosing between two different things or courses of action." People have a choice today to choose between medicine (drugs and surgery) or non-medical therapies (chiropractics, naturopathy, etc.)

However, how long would the human body live without air, food and water? Not long! So how can dietetics and clinical nutrition be an alternative therapy? They are foundational therapies, to which all other therapies should be complementary.

Additionally, why is medicine creating a term for non-medical therapies, anyway? Shouldn't that be the right and responsibility of the collective group of non-medical therapies? This is just another demonstration of how medicine is attempting to keep its position as the last word or authority in any and all healthcare systems.



Motivated By Pain (continued)

Sick or Injured? Call A.C.N. First!

Segregated Therapies Perpetuate Motivated by Pain

by Dr. Donna F. Smith

Putting Medicine in Perspective / Emergency Medical Assistance (continued)

Ideally, today, medicine should be limited to emergency medical assistance, when a person has an accidental injury requiring the setting and casting of a broken bone or surgery to suture skin broken open by the injury. Those who neglect to restore their health through clinical nutrition and naturopathy AND learn about the Laws of Health to develop a principle-centered healthy lifestyle to maintain health and prevent disease will, in time, require medical treatment for the surgical removal of diseased body parts in order to save their life. However, there are parts of the body that cannot be surgically removed, without fatal consequences.

It is in these extreme cases that medicine is at its best. However, using drugs of any kind on a frequent or daily basis will cause more health challenges, due to their side effects, which are symptoms of nutritional deficiencies. Therefore, medical treatment should not be continued or started, without the support of a therapeutic supplement program to promote healing, a speedy recovery, replenish nutrients depleted by drug therapy and detoxify toxic chemical residues.

Because only drugs and surgery were promoted in the first 70 years of the 20th century, along with Dietetics that did not adhere to the Laws of Nutritional Biochemistry, it may take another hundred years before we have Medicine in the ideal perspective, as stated above, and to accomplish this, requires staying alert to protect your rights.

READ ENCLOSED "PROTECT YOUR HEALTH FREEDOM RIGHTS - EVERY DAY-BE A WATCH DOG!"

Sick or injured Call Advanced Clinical Nutrition First!

Fortunately, our clients learn about the safe and effective use of herbs, homeopathics and whole food vitamin/mineral supplements, so their need for drugs, in the future, will be in perspective, i.e., limited to emergency medical assistance in times of accidental injury.

As a new client, we ask that you call us first whenever you are sick or injured, unless you have a true medical emergency (broken bone or skin in need of suturing). In these latter cases, of course, call us as soon as you are released from the hospital or emergency room. Then, we can provide a injury recovery program that will assist your body in healing two-three times faster than if you relied on the body healing itself, without cellular and tissue nutritional support.

New clients are often amazed to learn that we can help them in all their healthcare needs with therapeutic supplements that work just as fast as drugs (often faster), and they get to the cause, promote heal, have no side effects, and unlike drugs, enhance the overall health of the body.

Segregated Therapies Contribute to Motivation By Pain

Another example of dietetics and clinical nutrition being foundational therapies 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) and massage (muscles). Clinical nutrition and naturopathy, however, are whole body/mind therapies, i.e., nourish and detoxify the human mind and body). Note: Though Clinical Nutrition and Naturopathy includes dietetics, Dietetics, does not include clinical nutrition, and without considering what happens inside the body due to what is eaten/drunk, even dietetics could be considered a segregated therapy. However, therapies, must include dietetics to be considered a whole body/mind therapy.



Motivated By Pain (continued)

Segregated Therapies Contribute To Motivated By Pain (cont.)

by Dr. Donna F. Smith

Segregated Therapies Contribute to Motivation By Pain (continued)

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 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. Unless the professionals of segregated therapies (medical or non-medical), also, have degrees in clinical nutrition and/or naturopathy, this service is not being provided. Though, most provide education in their own segregated therapy, like physicians providing information about on drugs, chiropractors about the spine, massage therapist about the muscles of the body, etc.

Therefore, for our purpose of clarifying and educating the public, we will not be categorizing dietetics or clinical nutrition as a complementary or alternative therapy. However, naturopathy is because it utilizes a variety of non-medical therapies, in addition to dietetics and clinical nutrition, for example, hydro-therapy, etc.

Additionally, **though a number of non-medical therapies may appear holistic**, i.e., treating the whole person (mind, body and social conditions), if the therapy does not include dietetics, clinical nutrition, and consider psychology, sociology and environmental factors affecting the whole person, their therapies are not holistic by definition. Remember segregated therapies may consider these factors related to their one specialized body part, but because they specialize in only one part, they cannot consider all the parts of the body in relationship to the whole person. **Therefore, naturopathy is truly the only “holistic” therapy, by definition.**

According to a New Client Survey performed by Dr. Smith, new clients had only a 20-50% understanding and daily application of the Laws of Health. Thus, this is the reason the public is currently in pain and suffering multiple symptoms from multiple organ/gland/body system dysfunctions and diseases. In other words, they lack 50-80% of the knowledge in and how to implement the Laws of Health, and they do not, yet, realize that clinical nutrition and naturopathy are the therapies that must be used, alone, and/or whenever they use any non-medical therapies in order to sustain the benefits received from these therapies. And as far as using medical therapy, the public must realize that their health will become worse, due to the side effects of drugs and surgery, unless clinical nutrition and naturopathy is also used.

Therefore, it is a fact that, no matter what therapies (medical or non-medical) are used, only temporary relief of pain or other symptoms is possible, unless the individual is also on a therapeutic clinical nutrition supplement program when receiving them, and any improvement from these therapies cannot be sustained (or maintained), unless they patient/client has been educated in the Laws of Health and have developed lasting and daily principle-centered healthy dietary and lifestyle practices.



Motivated By Pain (continued)

Medical-Dominate Public Education Led To Lack of Community Support in the Laws of Health

by Dr. Donna F. Smith

New Client Orientation Coaches On Dietetic & Lifestyle Laws of Health

It is for this reason that we provide required New Client Orientation Dietary and Lifestyle Consultations for the first 6-8 weeks for all new clients. It is important to build a foundation of knowledge in how to implement the Laws of Health, initially, in respect to dietetics. Then through monthly progress reporting consultations, additional dietary, lifestyle, environmental and personal care education, will be provided and tailored to each client's needs, until it is determined through assessments, testing and client program adherence, that the client is educated, prepared and equipped to continue to succeed in their healing process on their clinical nutrition program and continue making lasting changes, without the need for monthly consultations.

Medical-Dominate Public Education Led To Lack of Community Support

Additionally, the American culture, our community, does not support health in business, restaurants and our schools, according to the Laws of Health. For example, our restaurants and schools continues to provide meals that do not meet the criteria of a balanced diet. Teachers are not provided the help of a floating teacher to cover their classes, so they may have the breaks they need to eat their snack, drink sufficient water or go to the bathroom, nor do businesses provide sufficient time for employees to do the same. Schools, shopping malls and businesses have junk food vending machines that perpetuate diabetes and other diseases related to refined sugars and fried foods. Time is provided only to eat food, not rest afterwards, which is required for proper digestion.

Our food industries and grocery stores continue to sell more packaged foods containing chemical preservatives and additives, sodium chloride (like Morton's salt, and refined sugar and flour products than organic fresh, raw vegetables, fruits, nuts, seeds, grains and free-range animal proteins. Due to the hours required in a day to manage a home, family and work to make a living, including businesses that require long work hours for their employers and employees, rest and sleep is often sacrificed. And automation from automobiles to can openers have minimized physical activity and labor to the point where we have to schedule time to exercise.

These conditions make it even more challenging for individuals to find the cultural, family and community support and environment they need to make lasting changes easier. Therefore, it is only an unyielding decision to make these changes in spite of these conditions that Americans can and will become and maintain health, and prevent disease, for the rest of their lives.

Those who recognize these truths, also, recognize the value and importance of the therapies, personal education and mental/emotional support of our comprehensive clinical nutrition and naturopathic services and become committed to implement all instruction provided in consultations and in this Personal Education Program (PEP) binder, including timely communication by email consultations and scheduling client-initiated consultations, the moment they experience any challenges in their initial attempts to do so, until they master each change.

Thus, the outcome of the American Medical Association and their dictates on the public health education their physicians can provide, have conditioned Americans to take action only when in pain, so the public is not prepared, nor educated, in how to make their decisions, unyielding decisions, nor do they understand the human nature cycle of perseverance that for many requires patience and tenacity to make an unyielding decision to do whatever it takes, no matter how long it takes, to heal every area of their mind and body, not just the primary areas of pain or where they are experiencing symptoms today, and then sustain their healing by learning how to maintain health and prevent disease.



Motivation by Pain (continued)

American Culture Perpetuates Motivation By Pain Sabotage From Conditioning From Other Therapies

by Dr. Donna F. Smith

Medical-Dominate Public Education Has Led to Motivated By Pain

Though our clients begin to feel better in 3-6 weeks on their therapeutic supplement program, it will takes weeks, even months, to become educated and to master the development of principled-centered healthy dietary and lifestyle practices.

This lack of public education in the 20th Century, which has led to being motivated by pain, instead of the pleasure of living a lifestyle in harmony with God's Health Laws, also, led to not understanding why only "temporary" relief from medical and other non-medical therapies was possible, i.e., that a therapeutic supplement program to support the areas being treatment was also required. Sp mew clients come to us conditioned to not communicate when therapies do not work, provide the results they are expecting or when relief did not last. After all, it did not help the many times they had communicated to these other therapies before.

Conditioning From Other Therapies Can Sabotage Clinical Nutrition Therapy

Please review again how client's may sabotage their own healing progress. Because of this prior conditioning by other therapies before us, when our therapies appear not to work or be sustained, some new clients forget we asked them to communicate this, but instead alter or stop their clinical nutrition program. (The worse thing they can do.) They don't understand that it is not the same with Clinical Nutrition and Naturopathic Therapy.

Because of this prior conditioning of temporary relief of other therapies and their lack of education in the Laws of Health, specifically as it related to how their body heals and the phases it goes through in the process of being healed, they do not realize by scheduling a telephone consultation, that they will get the understanding of the healing process they are in, outside factors interfering with their healing process can be identified, if applicable, and their program can be adjusted to provide the nutrient requirements to meet this new level of healing or to overcome outside factors, so they may continue to heal and get the results they have expected from our therapies, as well as all the past therapies they tried before us.

The instruction our clients receive truly works and, at the same, as their healing progresses, their nutritional needs change, too. Nutrients needed today to meet the current healing stage, may be different from the nutrients needed three weeks ago. Client monthly progress reports are scheduled every four weeks, because the body's healing cycles are in threes. Generally, the body changes every three weeks and then settles into that stage in the fourth week. So assessing client progress at four-week intervals allows the opportunity to adjust the client's program. Sometimes, the threes are three days or six days (6 days is a set of two threes). Changes in three or six days occur in between monthly appointments, so it is the client who must schedule an appointment to have their current stage identified for adjustment, if needed.

Adjustments may be needed to counter outside factors, like drug side effects for clients still using drugs, their diet or beverage intake, scars, environmental and bio-electrical exposures – there are a myriad of interferences that can make it "appear" their clinical nutrition program is not working.



Motivated By Pain Conclusion

Health Restoration Requires Professional Guidance

Dr. Donna F. Smith

Conclusion of Public Motivated By Pain – 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. Thereby, sustain healing, maintain health and prevent disease for the rest of your life. 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 at the system and don't let it control you any more! Join the Health Freedom Federation and vote yes on the Texas Health Freedom Legislation to protect your rights to choose. Vote No on Codex.
3. Third, understand and accept the Phases you will go through to make an unyielding decision to go the distance. Starting with the fact that to truly becoming and stay healthy is to make an unyielding decision to do so, which must be made at some point, before it's too late. Additionally, foresight prepares and helps you stay focused and not allow challenges and distractions to stop you in the pursuit of your health goals. An unyielding decision 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.

Professional Guidance Required For Health Restoration

Additionally, because of the multiple symptoms and diverse factors adversely affecting their biochemistry and the overall healthy function of their organs and glands today, in addition to, the fact that the Health Law education and testing, therapy and consultation services they need require a degree (Ph.D., N.D., C.C.N., etc.), it is impossible, without clinical nutrition and/or naturopathic professional guidance, for any individual to restore their health and learn what they need to know and do to sustain healing, maintain health and prevent disease, today.

Due to Public dissatisfaction with the medical therapy of an endless-drug-taking cycle and temporary relief from the various non-medical therapies they have tried, when food supplements (herbs, vitamins, etc.) came to their attention, since becoming available in the 1970's, the public began to self-design supplement programs in an effort to self-heal. Though their intentions were right, they needed to do something, the results have not been all they expected, again temporary relief and perhaps they have been on them long enough to experience some of the symptoms associated with biochemical and metabolic imbalances from taking supplements without prior clinical nutrition testing to know for sure what they need and to monitor the effect of the supplements they have selected to take, etc.



Health Restoration Requires Professional Guidance

The Phases of Unyielding Decision

by Dr. Donna F. Smith

Health Restoration Requires Professional Guidance

The reality is, the Public does not have knowledge or degrees to obtain the resources to heal themselves without professional guidance to:

- do their own nutritional biochemical testing and analyze the results,
- identify all the multiple causes of their multiple symptoms,
- Prioritize and then adjust, when indicated, the plan for nutritional biochemical therapy,
- design their own dietary, lifestyle and therapeutic supplement program to correct the abnormal findings from a clinical nutritional analysis of their biochemical testing,
- purchase therapeutic supplements formulate to correct abnormal test findings, because they are only attainable through those who have degrees (Ph.D., N.D., C.C.N.)
- Have the knowledge of the Laws of Health and know how to simplify them into practical daily application, to develop a principle-centered, healthy lifestyle in harmony with these Laws.
- stay mentally and emotionally focused without an expert to be accountable to and who can assist in the challenges experienced in the journey to make these changes permanent and lasting, until self-accountability and self-reliance is firmly established.
- And because, as explained on next page, our communities are not congruent with the Laws of Health; therefore, they have little support from family, friends, and the community, so the support of an professional is essential to supply this support, until the client becomes an example of health to their family and social circle to influence global change.

The above is a brief overview of the professional services required to assist each client in healing and making lasting principle-centered dietary and lifestyle changes to maintain health and prevent disease.

The Three Phases of Making An Unyielding Decision

The Three Phases of 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. An unyielding decision cannot be stopped, broken or altered. In the final phase, the Resolved Phase, is an understanding and accepting their "human nature" in the cycle of perseverance, which begins in the Infatuation Phase and continues all the way through to the Resolved Phase, where their human nature is accepted and now used to work for, not against, themselves.

Not understanding and accepting their human nature and these Phases, clients give up too soon or sabotage the healing they can obtain through our services. Then, they are back to searching for other therapies, other health care professionals, not realizing that what we offer, in education and services to heal, is exactly what is needed, and whether we provide these services, now, or another professional, later, the process to healing and maintaining health is going to be the same. **So, why not stay put and get the job done now?**

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 for, but also in any and all the areas, identified in their initial test results that they were not aware of originally. For example, the patterns of organ, gland and body system dysfunctions and/or disease(s) they are currently in, which have not progressed to the point of producing symptoms. However, to neglect to support them nutritionally, in time, they will.



Phases of Unyielding Decision

Infatuation and Differences Phases

By Dr. Donna F. Smith

The Phases of Making an Unyielding Decision (continued)

Additionally, it takes more time, energy and money to complete the process of healing later than now. As each day, that is passing by, allows more time for the body to develop more and worse nutritional deficiencies, biochemical imbalance, organ/gland dysfunctions, and/or diseases. Therefore, as mentioned previously, most people are motivated into action by pain. However, to stay motivated by pain, means to continue to be unaware of or neglect to take action to heal areas of the body processing towards dysfunctions and disease, now, to prevent future pain.

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 needs for you to do to sustain the healing attained through their clinical nutrition program, there are three Phases clients go through to make an unyielding decision to go the distance and improve and maintain their health, and prevent disease by developing a principle-centered healthy lifestyle, based on the Laws of Health. Unless, they are able to make this unyielding decision the moment they begin their initial clinical nutrition program.

The Phases of 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 a few years after marriage, when the newness is gone, the differences are settled and the marriage has been refined and developed into that the personality of two becoming one – the joy of the union, the solid, meaningful, fulfilling life experience.

The Infatuation Phase

Starting something new is highly motivating with hope and enthusiasm of improved health and freedom of pain. Soon, clients feel encouragement and confidence in their ability to heal and our ability to help them heal when they experience improvement within the first three-to-six weeks after they begin their clinical nutrition therapeutic supplement program, and from the investment in their health (time, energy and money) regarding the dietary and lifestyle changes they have made, to date.

By 12 weeks, they have experienced even more (or complete) improvement in their symptoms, and have had sufficient time to make some foundational changes in their dietary and lifestyle practices, according to the Laws of Health that they are learning through consultations and educational information in their PEP Binder.

Due to the 12-week lifespan of the red blood cells, they may have also completed their first phase of healing at a cellular level. Updating testing in the fourth month, reveals:

1. the healing attained [in areas where their test results are in homeostasis, (i.e., normal nutritional range),
2. areas that have improved, but not yet healed (test results show improvement, but not yet in normal range), which future updated testing will monitor until they have healed,



Phases of Unyielding Decision

The Infatuation Phase (continued)

by Dr. Donna F. Smith

The Infatuation Phase (continued)

3. areas still in need of healing (because we have not yet started to support them). Note: Some of these areas will improve indirectly as a result of the therapeutic supplement program addressing other priorities and some will require a program of their own.

Updating Biochemical Testing - When updated testing indicates healing has been attained, the therapeutic supplement(s) supporting them will be finished and discontinued, and a new or updated Therapeutic Supplement Program of Care (POC) will be designed to support areas indicated on tests that are still in need of healing. For example, areas that have improved, but not yet attained healing – some areas take longer than others. or areas that have not been supported by supplementation until tests indicate they have become a priority.

Monthly Progress Reporting Consultations in between testing will indicate when adjustments to therapeutic supplement programs are needed to assure continued success in healing. There are many factors, along the road to healing, that can require adjustments in a client's program. For example,

1. being exposed to germs (viruses, bacteria, etc.) until they have been on their program long enough to strengthen their immune system. We have homeopathics and herbs to digest germs and worms, and our clients can get instant relief without the side effects from drugs.
2. adverse affects caused by violating the Laws of Health until dietary and lifestyle practices, etc., have been established on a lasting and permanent basis. For example, when a client eats too many acid foods, causing GERD, acid reflex, heartburn, gas, etc., we have herbs and homeopathics to neutralize these acids and restore digestive pH, until the client has made the changes in their diet to stop violating the Law of Acid and Alkaline Balance.
3. other factors that adversely affect their healing progress, such as side effects from drugs they are still taking, scars from previous injuries or surgeries, and environmental exposures.

Time will be needed regarding "other factors" to:

- improve health where prescribed drugs are no longer needed,
- update their Medicine Chest to a Health Chest to eliminate over-the-counter drug use,
- scars will need to be detoxified and healed as scars block nutrients, lymph fluid, blood and energy flow,
- elimination of toxic exposures require appliances like a Reverse Osmosis water purifier and air purifiers,
- electro-magnetic fields needs to be balanced by EMF protectors,
- health equipment. For example, the Chi Machine to provide oxygen to the cells, since it is impossible today for people to get 90 consecutively minutes of aerobic exercise.
- and whether exercise (aerobic or anaerobic) is possible, due to factors like age or past surgeries that might inhibit this, or client is not yet ready to make an unyielding decision to exercise regularly.

To the degree the client is willing to do what their health and lifestyle requires, no matter how long it takes them, to eliminate anything that adversely affects their health, including their willingness to adhere to their therapeutic supplement and dietary program, and integrate the Laws of Health, determines the level of health they will attain no matter what therapies used.



Phases of Unyielding Decision

The Differences Phase

by Dr. Donna F. Smith

The Differences Phase

As you will read in the **Client Handbook** in the **Phases of Healing**, symptoms are messengers in the communication system of the body, and when they leave, this means that the areas causing pain and other symptoms are being nourished now. However, it is updated testing that determine if the healing in these areas are complete, also. Therefore, when this happens and the enthusiasm of starting something new, also, leaves, somewhere in the 3-6 months period, the infatuation phases ends.

In this phase, the client has been on their clinical nutrition program and integrated healthy dietary and lifestyle practices long enough that what begins to surface are the differences, the in congruencies between what they thought was required to become and stay healthy and the reality. Now, each client is faced with the truth of their motivations or standard of living. At this phase, they are pleased with their improvement in symptoms, in test results and in the Laws of Health they have implemented to date. And though this is worthy of celebration and reason to be proud of their efforts, the question now is “Do they want to settle for healing only those areas for which they first sought our help, when indicated by their updated test results, OR is Health their #1 Priority in life.”

In other words, are they the kind of person who wants to be a truly healthy person, which is to be motivated by the pleasure of a higher standard of living to make an unyielding decision to go the distance --to heal in all areas of their mind and body progressing towards dysfunction or disease, yet have not produced symptoms to motivate them by pain, or not? Thus, prevent future diseases.

Those that are, will continue their therapeutic supplement program to work on all areas of their body, until their initial biochemical tests indicate they have achieved optimal healing AND they will continue to be coached, if needed, until they have made lasting, permanent changing in all dietary and lifestyle practices congruent with the Laws of Health.

In a marriage, the manner in which a couple resolve their differences (i.e., lifestyle habits not congruent in a relationship becoming one) can be the difference of making a decision to divorce or that unyielding decision to stay committed to their marriage, work out their differences, no matter what. The same applies to the decision to be motivated by pleasure, instead of pain. In other words, **Feeling the ongoing “emotional” pleasure of their accomplishments, a “healthy mental pride” in a consistent and higher standard of living, the “physical” pleasure of truly being a healthy person, as indicated by test results, not just being “symptom” free. In other words, being mentally alert, emotionally balanced, physically strong and active for the rest of your life and the peace and confidence that comes with knowing they have purposely extended their longevity.**

Within the phases of making an unyielding decision is the understanding of their human nature cycle of perseverance. Without this understanding, the client is unable to be patient and compassionate with themselves when experiencing these Phases and they will become frustrated and quit most everything, no matter how much we support them, mentally, emotionally and physically and no matter how much they have achieved to date in healing and integrating the Laws of Health. Some will resort back to taking drugs because it is “temporarily” easier, some will go back to eat junk foods because it takes no thought or planning. 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 over and over and over again, until they have finally had enough and can make an unyielding decision to stay the course, no matter what. An unyielding decision is one that cannot be altered, broken or stopped once made.



The Resolved Phase - The Final Phase

Human Nature Cycle of Perseverance

by Dr. Donna F. Smith

The Resolved Phase (Human Nature Cycle of Perseverance That Leads To Lasting Change)

The Resolved Phase is where the client has experienced their human nature cycle of perseverance over and over and over again to where they can now firmly and unyielding make the decision that they have had enough of the cycle and from that point on there is no turning back – they are not motivated by pain any longer, but motivated by the pleasure of being and staying healthy for the rest of their life and now they prevent disease and extend their longevity. This means learning all the Laws of Health, integrating them into their daily life and staying consistent in adhering to them. Why? Because each time they go through their human nature cycle, old symptoms resurface and they feel old pains again. Then 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 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.

Human nature is to forget pain. Therefore, just at the point where clients are consistently feeling healthy again due to their “initial” efforts, after first starting their clinical nutrition program and completing their Dietary Consultations, they begin to take their health for granted again. So the next time they are exposed to junk food due to an old trigger of passing by McDonalds or going to a party, they justify that their health is well enough to deviate from their healthy practices, “just this once.” Unless they have made an unyielding decision, once is not just this once. Those, who are motivated by pain experience the ancient proverb that says, “One bite is too many and a thousand is not enough.” What this means is that one bite causes a resurfacing of all the old patterns, habits and practices and “a thousand is not enough” because they find they can’t stop, so days and weeks go by before they realize that they have not maintained their healthy practices, symptoms begin to surface and they feel like they are back to square one again.

Those who are in the process of developing an unyielding motivation of pleasure to develop a healthy, principle-centered lifestyle begin again, will resume their healthy dietary and lifestyle practices until they are triggered again and then, again. This cycle repeats itself over and over, yet because the client has determined to get back on track each time, the distance, between episodes of slipping back into old habits and patterns, get further and further apart, and even when they happen, the duration of each episode becomes less and less. For example, the first couple of time, it may take a couple of weeks, to resume healthy practices again. The next couple of times, it may take a 10 days, then a week, then a few days, then a day, then a few hours in a day. Then it may be, they get off track in one meal, but are back on track at the next.

As they move through their human nature cycle of perseverance, they will also begin to recognize what triggers the old habits, patterns and practices. Recognizing them helps them prepare for the next time, gives them strength to overcome, so that in time, they are no longer controlled by these triggers. It took years, decades, or more, to develop the unhealthy and incongruent to the Laws of Health, dietary and lifestyle practices, clients had when they first contacted us. Their triggers are caused by the deep memory cells they have from these long-term habits. The only way to eliminate these triggers (memory cells) is to replace them, day after day, with new memories of healthy dietary and lifestyle 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. For some, the entire process above may be only a few months; others may take several years. Sometimes it may feel like it will take forever. However, that is generally, right before breakthroughs and looking back, clients are amazed that it did not take as long nor was as difficult as they originally thought. **Being aware of these Phases and Human Nature Cycles, helps clients accept this natural process, rather than feel guilty or berate themselves during it, and helps reduce their time in it.**



Frequent Conversations With Clients

The Resolved Phase – Conclusion

by Dr. Donna F. Smith

The Resolved Phase – Conclusion

Then one day, realize that there is no desire in them for anything, but that, which promotes health in their mind and body. They look around and now see the beauty and elegance of a healthy home. Their refrigerator and cupboards have nothing unhealthy in it. Meals have life in them --fresh, raw and bright colors of red, green, yellow, etc., They can barely remember the days when everything on their table was brown, dead, fried, pasty and gooey.)

They play with their children or grandchildren in positions they could never get into before, they go for long walks and feel stronger and more energetic, afterwards. They have reached that point of no return. The process towards that unyielding decision is resolved, and they have an unyielding decision that cannot be stopped, altered or broken. They are living the highest standard of living, and that is a healthy principle-centered lifestyle congruent with God's Health Laws.

2 FREQUENT CONVERSATIONS WITH CLIENTS

#1 I Forgot How Sick Feels

This is a recent quote from a client email only a few days before the writing of this article. Parenthesis enclose information for the readers of this article.

- **CLIENT:** Thanks for the encouragement. Hopefully, I won't slip like this again. I was so well, that I forgot how sick feels.
- **DR SMITH:** Human nature is that our mind forgets pain once it is gone. This is why clients slip up, as you put it, again and again and again, until they stop the mental/emotional cycle of "feel pain, do what makes pain go away" (i.e., being motivated by pain) and "feel good – stop what makes pain stay away." In other words, until, they come to that point where they make a firm (unyielding) mental decision to do what makes them feel good all the time, no matter what is going on in their busy lives, (i.e., adhering to the Laws of Health, which starts in Tab #4 in this PEP Binder).

The slipping up again and again (i.e., the human nature cycle of perseverance) is part of the process of bringing the mind to the place where it says, "I have had enough of pain – I am ready to submit to doing what is right for my mind and body and not let my feelings and temporary pleasures rule me." And thus, end once and for all, the conditioning of motivation by pain and become motivated by the pleasure of being healthy, i.e., feeling good all the time, and thus stay consistent in adhering to the Dietary and Lifestyle Principles (or Laws) that promote health and prevent disease.



Take Time For Your Health or Make Time For Your Disease!

by Dr. Donna F. Smith

#2 Being Perfect in Diet

CLIENT: Do I always have to be so perfect in my diet?

DR. SMITH: First, there is a difference in a perfect diet and a “balanced” diet, the latter is defined in Tab #4 of your PEP Binder. It is not that you have to be perfect in your diet, what you want is to come to the place, as quickly as possible, where it is more important to you to have a clean, healthy body than to pollute it with poisons, labeled as “food,” by the food industry. Right now, one of the major reasons, you are not well is because your body is overloaded from years of eating these poisons. All unhealthy foods are poisons. Your concern about being perfect, as you call it, is rather your concern about denying yourself these poisons. It is important for you to realize that this concern is stimulated by the substances in them that cause cravings and imbalanced emotional states. The poison is controlling you, not you choosing what is right for your body. After all, do you really want to be poisoning your mind/body by the foods you eat? Of course not. The food industry purposely manufactured them this way, so you will buy more.

Right now, what will help you is to choose your moments. When you can’t seem to control your desire for them, you can certainly delay your decision to act on that desire. Cravings will leave the more consistently and frequently you delay poison intake and eat fresh, real whole food (your Eating Guidelines) instead AND reduce poisons to no more than twice a week, or less, which will not over-burden your body. Healthy food is delicious. If you like pastries, for example, make them with healthy ingredients, whole grain flours, honey or Stevia, etc. When you no longer desire poisons, that is when you will have a perfect diet and be perfect in your diet. When this has occurred, you will be happy to be so perfect in your diet. (Order and refer to the healthy recipes in the “Natural Foods Cookbook” - \$10).

“Make Time For Your Health Now or Make Time For Your Disease Later!”

Dr. Donna F. Smith

The investment in your health and initial intentions for contacting **Advanced Clinical Nutrition** reflects wisdom. Your **Clinical Nutrition Programs** (therapeutic supplement and dietary plan) are designed to correct abnormal values in your Biochemical Testing (blood, urine, hair, saliva, stool, etc.) and/or Nutritional Evaluations, like the Health Appraisal Comprehensive Summary Bargraph and, at the same time, are tailored to your personal health goals and current standard of health.

Your Clinical Nutrition **“Therapeutic Supplement” Program**, which includes increasing Reverse Osmosis (R.O.) water intake (per body weight), will assist your body in regenerating new healthy cells and tissue to assist your body in healing dysfunctional organs, glands and body systems and, thereby, restore your health. It is a fact, however, that to prevent future diseases and sustain optimal health attained through this program, is accomplished by developing lasting, healthy, principle-centered (Laws of Health) dietary and lifestyle practices.

Therefore, the decision is – are you ready to do this now or later? Because no matter when you do the above, the process to healing and maintaining health is going to be the same. **There is no way to get around it – this is the process to become and stay healthy for your lifetime.** Doing this later, only allows more time for your health challenges to get worse, which will cost more in time, money and energy later, than doing this now. Note: the longer it takes for the client to make lasting changes in developing a healthy, principle-centered lifestyle, according to the Laws of Health, the longer therapeutic supplements will be required due to the ongoing and increasing toxicity and dietary deficiencies being created.



What Is Your Decision?

by Dr. Donna F. Smith

What is Your Decision?

After reading this article and starting your program, when you know whether your decision:

A. Regarding Biochemical Testing and Clinical Nutrition Therapeutic Supplement Programs is:

1. to obtain healing in the areas for which you first contacted us only or
2. you have an expanded vision of the importance of becoming healthy in all areas identified in your tests and evaluations and

B. Regarding your Therapeutic Dietary Program and Personal Education (Lifestyle) Program (PEP):

1. You are ready to make a commitment towards making an unyielding decision to develop principle-centered, healthy dietary and lifestyle practices and
2. when you made that unyielding decision.

Please communicate, when each of the above applies, so our services may support your decision(s).

In considering your decision, we acknowledge that there are many factors that influence a person's decision regarding their health care, such as, family and work time commitments, finances, as well as whether Health is the #1 priority in life, or not, at this time. From reading this article, it is apparent that, though these are all important factors, none of them should have prior over improving one's health right now or at any time. If you are unsure of this statement, re-read the page on "Health is The #1 Priority of Life." Some people are concerned about finances, and live on a fixed, disable or welfare income, and may think this will never change. The Bible states that 'where a person's heart is, there lies their treasure, also.' Our experience confirms the Bible, as we have observed that people spend and invest their money based upon what is priority to them. When health is their #1 priority, we have observed clients selling their furniture, having yard sales, whatever is necessary when their income is low. We have helped many people improve their health, who had very little money left over after basic living expenses, like rent, electricity, etc., because Health was their #1 Priority and to honor them for this high standard commitment, we tailored our services to meet their finances. The more you invest in your clinical nutrition therapeutic supplement program, obviously, the faster you heal. The least investment, the greater the importance in making dietary and lifestyle changes as soon as possible. Even at a snail's pace vs. a Turtle, Squirrel, Rabbit or Horse, in these cases, in time, their body begins to heal sufficiently and with increased energy and strength, they are able to increase work hours, find a job, start a business, etc. Then, they have the resources to increase their investment in their health, and therapeutic supplement program, and attain healing and health goals at a faster pace.

We have also experienced clients who tell us they cannot afford the services their body requires to accomplish the health goals they say that want, yet driving by the theatres we see them standing in line for the next movie. Health was not their priority. Sometimes, it takes a little more time of going through the human nature cycle of being motivated by pain to come to the place where the person is ready to make the decision in #A2 above. Hopefully, your decision to contact us means you have already gone through this. However, no matter what your decision, we are here to support you and by knowing what your decision is all future services will be provided according to your decision. Of course, you may upgrade your decision to #A2, at any time.

As long as you are willing to take your therapeutic supplements and increase your Reverse Osmosis Water Intake to the amount calculated, according to your body weight, your mind and body will heal. To sustain healing, is to start #B2 (or #B1 working towards #B2) above, and correct dietary and lifestyle practices perpetuating your symptoms, due to violating the Laws of Health. Otherwise, besides hereditary weaknesses, they will also be required for "acquired" weaknesses and ongoing assaults to the human mind and body from these practices. Though this is still tremendously better than taking poisons, like rat poison in Coumadin or other chemical drugs, including Mercury-containing Flu Shots. In conclusion, it is important to restate that our services (testing, education, consultations, programs, etc.) are provided according the Laws of Health and your standards. Therefore, whether now or later, the process will still be the same to become and stay healthy for the rest of your life. Amen.