



Stem Cell Therapy

By Dr. Donna F. Smith

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Stem Cell Therapy

By Dr. Donna F. Smith

IMPORTANT WORD FROM DR. SMITH - PLEASE READ FIRST

People are becoming more aware of the stem-cell medical research, where stem cells from a healthy patient is surgically-implanted into the body of an unhealthy patient.

However, for decades, I have been waiting and watching for the formulation of the whole food therapeutic grade plant supplement that would provide nutrients the body requires to grow its own stem cells, and I found it! Therefore, I have written this article, in which I refer to it as, “**Stem Cell Therapy**,” to introduce you to its science and ingredients, as well as its amazing health restoration and longevity benefits.

**A Healthy Human Mind and Body has Blood Quality and Nourishes every Cell.
That is why we want you to have our Stem Cell Therapy.**

**After reading this, call me to get started on your Stem Cell Therapy Supplement,
and always continues to cleanse your blood and nourishes your cells.**

Though the research and development of our **Stem Cell Therapy** supplement, dates back to the end of WWI, it has only been available in the U.S. since December 10, 2020; though the formulation that it originated from came to the U.S. in 2018.

More about its research and formulation are in another section of this article.

The good news is its formulation is effective for both therapeutic (clinical) use; hence, the term “**Stem Cell Therapy**,” AND yet it is safe and effective for health maintenance purposes, also. Most therapeutic supplements are too potent for maintenance use, which is why they require professional guidance and monitoring and thus are available through health practitioners.

You will clearly understand how unique this is if you have read my article, “**Three Ways Supplements Are Manufactured Today.**” which also defines the difference between therapeutic and maintenance supplements. However, for clarity and brevity’s sake, I will share the following:

In the medical industry, there are two types of pharmaceutical drugs: 1) high-potency, prescribed drugs and 2) low-potency, direct-sale or over-the-counter drugs sold in medical pharmacies and online.



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In the nutrition industry, we do not have external nutritional pharmacies, instead, like a hospital has an internal medical pharmacy, nutritional clinics have internal nutritional pharmacies for whole food vitamin and mineral supplements, homeopathic remedies, herbs and other plant-based supplements. Similarly, there are two types of whole-food supplements: 1) high-potency, clinically formulated, therapeutic supplements dispensed by nutritional healthcare practitioners and 2) low-potency, direct-sale or over-the-counter supplements sold in stores and online.

However, you want to avoid supplements that are synthetic or isolates as these are Nutritional Drugs, not whole food supplements, and only the latter actually provide the nutrients the body requires to heal, maintain optimal health and prevent disease. Please read my entire article for more information.

Many people are purchasing direct sale supplements from stores, pharmacies and online trying to treat “clinical level” health conditions with low-potency supplements formulated for maintenance use, not for clinical use.

This results in a cupboard full of unfinished supplement bottles and delays getting to the cause of their health challenges. On top of this, because they do not understand the three ways supplements are manufactured, they are often purchasing Nutritional Drugs, that are marketed as supplements, instead of whole-food supplements. Only whole-food supplements provide the nutrients that the body can use for healing, health maintenance and disease prevention.

Oh, by the way, I prefer to call our Clinical Nutrition patients “clients,” and generally, use the term “patients” only when writing about the medical industry.



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STEM CELL THERAPY - INTRODUCTION

Therefore, I have written this article to share the....

Greatest Unprecedented, Biochemical Technological Breakthrough of our Century...Stem Cell Therapy.

Questions?

If there was a chance to biologically reverse your age, would you want to know about it?
And if there was a chance for your body to improve age-related health issues,
would you want to know about that too?

If the answer is yes – then I have the answer, based on science that has been studied for over 70 years. It contains specific raw plants in the right combinations through quantum physics to make the most dynamic impact on the blood.

Why the Blood? Because, as you may know, water, ingested liquids, chewed food, and nutritional supplements, as well as chemicals, metals and other toxins in pharmaceutical drugs, food additives and preservatives, air, water and our environment, enter the stomach so that the digestive system can convert the nutrients into a biological substance that will enter the bloodstream for transportation to the cells for nourishment, healing (repairing), health maintenance, and preventing disease.

The blood also does its best to transport toxins through the circulatory system to the elimination organs (liver, kidneys, intestines, hair, skin and other body openings); however, what is not eliminated, gets embedded in tissue and, in time, becomes sources of inflammation (pain).

You see, there are three types of circulation:

1. Macro-circulation that requires a healthy diet and exercise.
2. Intermediate circulation that is helped by whole food supplements, such as vegetables, fruits, nuts and seeds, herbs, and other plant-based supplements.
3. Micro-circulation, which requires our **Stem Cell Therapy**. Healthy micro-circulation pushes the nutrients from #1 and #2 into cells and removes waste. Without open and clear micro-circulation, the cells become full of these toxins, including their own metabolic waste, and the nutrients are then unable to get into the cells to nourish, heal and regenerate new healthy cells to replace the damaged, toxic cells.



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You can have a good circulatory system and still not be able to regenerate (grow) new healthy cells. In other words, your circulatory system may be functioning, yet you still have more decaying, dying, dead, (aka diseased) cells and tissue in your organs and glands than your body's ability to grow (regenerate) new cells to replace them, that is, until you have stem cell production (SCP), which is possible through our **Stem Cell Therapy**.

So, our **Stem Cell Therapy** supplement nourishes the blood with the nutrients from over 40 high-frequency plants to:

- Open and improve blood circulation, including micro-circulation.
- Boost the immune system to remove old (aged), injured, decaying, dying and dead cells.
- These high-frequency nutrients neutralize the low-frequency toxins (chemicals, metals, germs, worms, metabolic waste or by-products, etc.) and help remove them from the body.
- Stimulates stem cell production so the body will grow new healthy cells, which reverses the aging and disease process.
- And more!!! Read on....

Proof that this raw plant food is the answer to age reversal comes from an independent 3rd party government-accredited Laboratory, **Telomere Diagnostics Incorporated (TDI)**. Scientists at this Lab were awarded the Nobel prize for their 10-year anti-aging research on Telomeres.

TDI performed 1500 tests on the biochemical technology of our plant food product and their emblem, TeloYears, is on the case studies as validation. Nine of these 1500 tests are included in this article for your review.

Their Telomere Length testing results proved that our **Stem Cell Therapy** supplement was capable of reversing biological age by 5-30 years.

Your chronological age indicates the number of years that you have been living on Earth, but your Biological Age represents the internal age of your cells, tissue, organs, glands and body systems.

For example, as you will see in the Telomere Length Test results included in this article, a client's chronological age may be 70, yet their internal biological age is 58 years. In other words, inside they have the body (biology) of a 58-year-old, though they have lived on Earth for 70 years. How would you like to have a 70-year-old body, yet look and feel like someone in their 50s because internally you are in your 50s?

Stem Cell Therapy ... the only Reverse Aging supplement of its kind in the World with documented scientific proof.



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WHAT ARE STEM CELLS?

A Stem Cell is defined as an “undifferentiated cell of a multi-cellular organism, which is capable of giving rise to indefinitely more cells of the same type, and from which certain other kinds of cell arise by differentiation, according to Wikipedia.

Stem cells that can differentiate into other types of cells, can also divide in self-renewal to produce more of the same type of stem cells.

In other words, Stem cells are mother cells that have the potential to become any type of cell in the body. One of the main characteristics of stem cells is their ability to self-renew or multiply while maintaining the potential to develop into other types of cells. Stem cells can become cells of the blood, heart, bones, skin, muscles, brain etc.

Stem cells, that divide in self-renewal to provide the same type of stem cells, are essential in recovering from injury-related accidents as cells are regenerated to replace the damaged ones.

Stems cells are also essential in reversing the aging process, not just slowing it down, but literally, reversing it.

Stem cells are essential to improving the health of every cell and tissue of the body, therefore, this is foundational to improving over-all health, maintaining health, preventing and/or reversing disease processes.

Telomerase is active in normal stem cells.



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WHAT IS A TELOMERE & TELOMERASE?

Telomeres protect the ends of our chromosomes by forming a cap, much like the plastic tip on shoelaces. If the telomeres were not there, our chromosomes may end up sticking to other chromosomes.

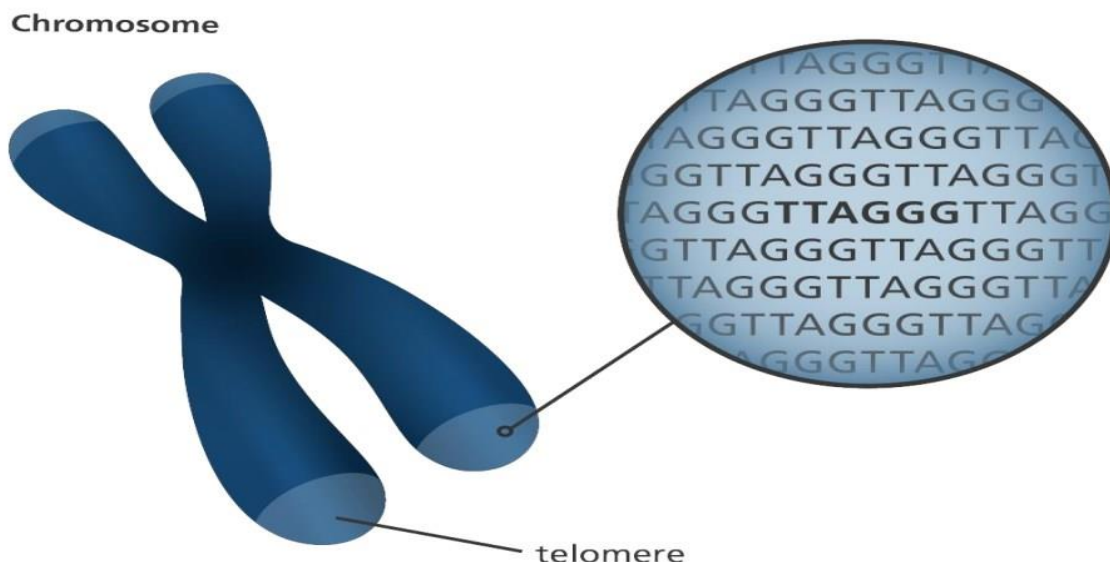
Every time a cell carries out DNA replication, the chromosomes are shortened by about 25-200 bases (A, E, G or T) per replication. However, because the ends are protected by Telomeres, the only part of the chromosome that is lost, is the Telomere, and the DNA is left undamaged.

Without Telomeres, important DNA would be lost every time cells divide (which is usually about 50-70 times).

Also, Telomeres protect the terminal regions of chromosomal DNA from progressive degradation and ensure the integrity of linear chromosomes by preventing DNA repair systems from mistaking the very ends of the DNA strand for a double strand break.

Telomeres help prevent genes from being lost in this process. But this means that as your chromosomes replicate, your telomeres shorten. That's where an enzyme called telomerase comes in. It is found in certain cells and helps prevent too much wear and tear. This includes shortening of your telomeres. So, Telomerase is active in normal stem cells.

Telomerase is an enzyme that adds the TTAGGG telomere sequence to the ends of chromosomes. The action of telomerase allows cells to keep multiplying and avoid aging.





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Telomeres' have a role in aging and age-related illness and disease, which frankly means it may have an effect on every health challenge we face as we grow older.

For example, it is obvious that all devastating debilitating illnesses are directly related to early-age inflammation and impaired microcirculation due to fast-aging cells; and most of neurological issues should be treated first as inflammation and circulatory system issues.

Additionally, complications and delays in recovery from injuries (from accidents, abuse or war) can also occur when the body is compromised by early-age inflammation and impaired microcirculation due to fast-aging cells.

**So, Telomere Length Testing and our Stem Cell Therapy
are major breakthroughs in age-related issues,
in addition to assuring ongoing health and longevity.**

Telomeres in human blood are extremely important to aging. At birth, they tend to be around 8,000 base pairs long, around 35 years they are 3,000 base pairs long and by age 65 they can be less than 1,500 base pairs long.

Therefore, the key to reversing the aging process, not just slowing it down, but actually reversing it, lies in the length of your Telomeres, i.e., growing longer Telomeres.

Remember when your Telomeres reach a critical (shorter) length, the cell stops dividing or dies. This is at the core of why some people are told the damage they have suffered from an injury or long-term disease is permanent. Because without longer Telomeres, the injury or disease-related cells cannot regenerate, divide, replicate and multiply. Thereby, replacing disease (damaged, decaying, dead) cells and/or injured (damaged, dead) cells with healthy new ones.

Therefore, wouldn't you agree that increasing your Telomere length could not only reverse your aging process, but it may also be essential to help restore the cellular and tissue damage from injuries and any disease, for that matter, no matter its origin?

Now, let's look at the Nobel Prize Winners who researched and validated the information in this article.



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NOBEL PRIZE-WINNING RESEARCH

Alexei Olovnikov (Early 1970's)

In the early 1970s, Russian theorist Alexei Olovnikov first recognized that chromosomes could not completely replicate their ends. Building on this, and to accommodate Leonard Hayflick's idea of limited somatic cell division, Olovnikov suggested that DNA sequences are lost every time a cell replicates until the loss reaches a critical level, at which point cell division ends.

Elizabeth Blackburn, Carol Greider and Jack Szostak (2009)

In 1975–1977, Elizabeth Blackburn, working as a postdoctoral fellow at Yale University with Joseph G. Gall, discovered the unusual nature of telomeres, with their simple repeated DNA sequences composing chromosome ends. Blackburn, Carol Greider, and Jack Szostak were awarded the 2009 Nobel Prize in Physiology or Medicine for the discovery of how chromosomes are protected by telomeres and the enzyme telomerase.

Barbara McClintock (1983)

In 1983, Barbara McClintock, an American cytogeneticist and the first woman to receive an unshared Nobel Prize in Physiology or Medicine, received the Nobel Prize for observing that the chromosomes lacking end parts became "sticky" and hypothesized the existence of a special structure at the chromosome tip that would maintain chromosome stability.



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HEALTH CONDITIONS AFFECTED BY SHORTER TELOMERES!

According to scientific research, telomere shortening may contribute to aging and age-related conditions. Telomeres are segments of DNA found at the ends of chromosomes. They can be prematurely shortened when exposed to environmental chemicals, oxidation, inflammation, and stress. This leads to DNA damage and contributes to early cell death.

Shorter telomeres have been associated with cardiovascular disease, inflammatory disorders, metabolic syndrome, diabetes, cognitive decline, and other chronic degenerative conditions associated with aging.

Inflammation is associated with aging and Telomere shortening. Telomeres become shorter after each cell division until eventually chromosomal DNA reaches a critical point at which the cell can no longer divide (known as the Hayflick limit). The loss of this protective telomere “armor” renders DNA vulnerable to damage and may result in an individual’s increased risk for accelerated aging and associated health conditions.

When Telomeres are maintained, then termination of cell division (senescence) and programmed cell death (apoptosis) can be delayed.



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TELOMERE LENGTH AND BIOLOGICAL AGE TEST RESULTS!

Your Actual Age 70 years old Based on your telomere length, you are 58  TELOYEARS old	Your Actual Age 39 years old Based on your telomere length, you are 30  TELOYEARS old
Your Actual Age 60 years old Based on your telomere length, you are 40  TELOYEARS old	Your Actual Age 67 years old Based on your telomere length, you are 44  TELOYEARS old
Your Actual Age 61 years old Based on your telomere length, you are 45  TELOYEARS old	



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Your Actual Age 66 years old Based on your telomere length, you are 48  TELOYEARS old	Your Actual Age 68 years old Based on your telomere length, you are 44  TELOYEARS old
Your Actual Age 30 years old Based on your telomere length, you are 25  TELOYEARS old	Your Actual Age 53 years old Based on your telomere length, you are 37  TELOYEARS old

Note: Results may vary depending on health issues, lifestyle choices, compliance and usage.

If this is possible regarding aging, and the above scientific testing proves it is, can you imagine the effect on damaged and decaying cells and tissue from injuries (caused by accidents, abuse or war), auto-immune diseases and other illnesses and conditions caused by the inflammatory processes, including degenerative, age-related diseases?



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About Telomere Diagnostics Incorporated (TDI)

The research provided in this document has been based on using the TeloYears test. TeloYears is a telomere length measurement DNA test offered by Telomere Diagnostics Incorporated (TDI), Menlo Park, California.

In other words, the TeloYears test results above were conducted by a 3rd-party Laboratory...TDI's highly-certified laboratory, using proprietary, unique testing methods, and is performed by a team led by 2009 Nobel Prize laureate, Dr. Elizabeth Blackburn.

Please note that TeloYears tests both the Telomere Length and Biological years; however, at this time, TDI is not providing the TeloYears tests due to the Governor of the State of California mandating that the Lab focuses on providing only COVID-19 testing until further notice.



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ORIGIN OF THE RESEARCH AND FORMULATION!

The major step in understanding aging and related illnesses was represented by the creation of the INSTITUTE OF GERONTOLOGY in the mid-1950s, located in Bucharest, Romania. The worldwide-known Professor Dr. Ana Aslan became the Director of that institute and remained its leader for more than four decades. The “secret” of increased longevity was properly demonstrated in countless cases.

The major achievement represented the controlled reduction of inflammation. The best anti-inflammatory product used at that time, GEROVITAL, used Procaine as the base, but in a better form. Then came the development of the “original plant formulation,” using an improved, much safer technology, as the answer for the body’s understanding of how to utilize anti-inflammatory properties.

The European scientists, after many years of research and tests, were able to completely eliminate all man-made molecules -- so a safe, effective, 0-side effects with “0.00% synthetic composition product” was created. The effects of inflammation on the human body have been well-known and debated for decades. ANY pain in the body is a direct result of inflammation; though there are different causes for that inflammation. Remove inflammation and the pain goes away. A safe natural anti-inflammatory looked like a dream, but now it has become a reality.

THERE IS NO SAFE SYNTHETIC ANTI-INFLAMMATORY “DRUG!”

Let me repeat this fact...

THERE IS NO SAFE SYNTHETIC ANTI-INFLAMMATORY “DRUG!”

In other words, any drug that you are taking for pain (aka inflammation) is not safe! This truly applies to all pharmaceutical drugs. This fact should be obvious by the long list of side effects for every pharmaceutical drug on the market, whether prescribed or not. However, until people limit drug intake to life-threatening conditions and/or injuries (from accidents, abuse or war) that require immediate Emergency Room treatment or Hospitalization, the health of any country’s citizens will continue to decline.

Once stabilized and discharged from immediate medical care, you need Clinical Nutrition Therapy (including our **Stem Cell Therapy**) to provide the therapeutic nutrients your body requires to complete its healing process. In other words, to safely, effectively and completely recover and restore your health.

Otherwise, to continue taking drugs, which do not heal the human mind or body, but simply manage your pain and other symptoms, will, in time, lead to new health conditions from their side effects and not only delay your completing the healing process of the original condition for which you were treated in the Emergency Room or Hospital, but cause new complications.



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To continue the history of our safe anti-inflammatory stem cell formulation...

Then for eight years, 4,000 doctors treating 300,000 patients, drawing blood every three months, clinically observed no contra-intra-indications, negative side effects nor allergic reactions.

Since its availability in the U.S. in 2018, this “original formulation” has also shown the same successful results among Americans.

What are the most important nutrients for your body?

**The answer is... the ones you do not receive today through
your diet and whole food supplements!**

THE NEXT STEP to avoid fast aging (and that led to this Breakthrough) came up in 2009 when these three researchers were awarded the NOBEL PRIZE for using DNA Testing (on Telomeres) for biological age evaluations, which demonstrated or gave more proof to the “biological age reversal” developed also by the European scientist using Stem Cell Advanced Techs.

This original formulation acts like a toxin neutralizer that allows the body to diminish inflammation throughout the entire body, and led the way to the new technology SSC ADVATECHS that made a BIG STEP forward by activating the immune system to eliminate the “faster-aging cells” at a higher rate. This way, the “biochemical signal” triggers or signals the need for the stem cells to replace the faster-aging cells.

THE FINAL STEP was achieved by a powerful computerized system that formulated the “perfect nutritional support” for the new, healthy stem cells to grow and replace the old, fast-aging cells. Many of the “traditionally used plants for longevity” were intensively studied as well.

**Thus, from the original formulation came...
the formulation of our Stem Cell Therapy Supplement!**

**And more good news!
The ingredients in the original formulation are also included in
our Stem Cell Therapy Supplement!**



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Our **Stem Cell Therapy** supplement is based on the ultimate, most advanced nutritional support using a computer-assisted combination of plant extracts. This product offers a safe way for a longer life.

Obviously, all devastating, debilitating illnesses are directly related to early-age inflammation and impaired microcirculation due to fast-aging cells and most neurological issues should first be treated as inflammation and circulatory system issues. Therefore...

**Nutrient-Based Stem Cell Therapy is also a major breakthrough
in age-related health issues!**



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ABOUT THE STEM CELL THERAPY INGREDIENTS

There are about ten thousand substances in nature and about 400 are good for the human body. This science is based upon the top 10% of these 400 and even includes nutrients no longer available in our current food supply.

Stem Cell Therapy is formulated from a highly engineered, computer-driven technology, gleaned data from five Nobel Prizes in Science with research and development dating back to post-WWI.

At 1:150 million ratios of variables, this supplement is totally secure and safe from reverse engineering.

Because it contains absolutely no synthetics or chemicals, with no chance of drug interactions or reactions, and no allergic reactions. It is completely safe for people of all ages, from infants to the elderly, even if on one's deathbed!

All plants used are considered safe on all three major institutions' safety lists:

1. Harvard Pharmacopoeia List,
2. The GRAS List, and
3. The FDA "approved as safe" list.

TO BE CLEAR...

The "Original Formulation" and our **Stem Cell Therapy** are not the same supplement. They are two separate plant-based supplements. However, our **Stem Cell Therapy** supplement includes the ingredients that are in the "original formulation," whereas the original formulation does not include the plants that provide the stem cell nutrients, which are the key to biological age reversal.

Note: Your first shipment of this amazing **Stem Cell Therapy** supplement will include an itemized list of each of the plants in this formulation, along with dosage, frequency and other special instructions.



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BENEFITS

If you had a science-based formulation of specific plant foods, where your body could receive the nutrients, it needed to do the following, would you be interested?

- Improve micro-circulation.
- Promote the anti-inflammatory process.
- Grows (regenerates) new stem cells.
- Stimulate and restore stem cells.
- Grow Telomeres on DNA to actually reverse aging.
- Provide ongoing Telomere support with continued use.
- Activate the immune cells to eliminate faster aging cells at a higher rate.
- Rid the body of the cause of aging and the aging cells.
- Grow new cells that can live longer.
- Neutralizes toxins within the body.
- Reverses the cause of aging and age-related issues
- Provide nutrients no longer available in our food supply.

I said, “Yes! Did you?”

Clients report one or more the following experiences from the above benefits.

- Faster injury recovery.
- Faster muscle growth.
- Increased Stamina and Enhanced Endurance.
- Enhanced Cognitive abilities.
- Hormonal Balance and Menopause Symptom Relief.
- Better Skin and Nails.
- Biological Age Reversal Possibilities.
- Balanced blood sugar and blood pressure.
- Cleans and improves the circulatory system, for example, removes plaque from the blood.
- To name a few.

What did I mean above by “where your body could receive the nutrients.”

Most people have poor functioning digestive systems and are thus unable to fully digest the “healthy” foods they are eating, much less get those nutrients into the cells. However, our **Stem Cell Therapy** supplement is effective no matter what the current state of your digestive system. For information about this, upon request.



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Now I have concluded your introduction to our **Stem Cell Therapy**, its science, purpose, benefits, etc.

However, before I concluded this article with the **Testimonial** section, I want to help you put all medical and healthcare services in perspective, so you will understand their definitions and differences, and thereby, enable you to make informed decisions about the care and treatment of your human body.

The lack of this understanding or perspective is what has led to ongoing decline in the health of not just American citizens, but citizens worldwide.

DIFFERENCES BETWEEN MEDICAL CARE AND HEALTH CARE?

Medical Care is Emergency Care and/or Disease Management

Though the medical industry is also referred to as providing “healthcare,” the fact is that medical care (drugs and surgery), is not “Healthcare.” Medical care is at its best when providing emergency medical assistance and hospitalized services to save the lives of people **experiencing immediate life or death trauma**. Once discharged, this is where the system begins to fail the patient.

In other words, once the patient is discharged, they are provided ongoing drug-related medical services that are actually termed as “Disease Management,” instead of their physicians’ referring their patients to Foundational “Healthcare” Services, which would actually help their patients restore and maintain optimal health. This referral may include Structural “Healthcare” services when the nature of their condition is structural-related.

Because drugs don’t heal the body, providing medical “Disease Management” services after they are discharged means the patient is now entering an ongoing regular drug regime to manage the “symptoms” of their medical condition or disease, by suppressing the nervous system and/or manipulating their biochemistry so the patient cannot “feel” their pain or other symptoms.

The definition of “**Drug Side Effects**” is actually new symptoms and/or conditions resulting from nutrient depletion and toxicity caused by the chemicals in pharmaceutical drugs (whether obtained by prescription, over-the-counter or online). I am sure you have noticed that every drug advertisement today is accompanied by a long list of “side effects.” Advertisements today are required to warn patients that these are their expected future conditions; if they choose to take that drug on a regular, non-emergency basis.



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In time, the outcome for those who regularly take drugs in this medical “Disease Management” System is generally surgery – because of the lack of doctor referral or patient neglect in follow-through Or the lack of patient Healthcare education, regarding the difference between “Disease Management” and true “Healthcare” services, in due time, surgery is required to remove the nutrient-depleted, toxic, diseased organ or gland. That is, if the patient can live without the surgically-removed organ or gland, and if not, they die prematurely.

Though people are becoming more aware of the role that diet, exercise, lifestyle and their environment have on the quality of their health, or lack thereof, it is drug side effects from regular drug intake that accelerate the deterioration of the body, which is further burdened by the biological load from all the chemicals, metals and other toxins in the air, water, food and environment.

It is almost ironic because all physical suffering, that is not caused by hereditary factors or an injury (by accidents, abuse or war) is caused by nutrient deficiencies/excesses and toxicity, which is exactly the outcome from regular drug intake. So, anyone who wants to enjoy health and longevity, must work towards ultimately limiting drug intake to treatment in life-threatening trauma when in an Emergency Room or hospitalized and for everything else, seek Foundational Healthcare, with the addition of Structural Healthcare services, when warranted.

True Healthcare Services Defined

Healthcare is a term more correctly used to describe services that help the individual safely and effectively restore and maintain optimal health, which includes disease prevention and post-traumatic recovery once discharged from the emergency room or hospital.

In other words, Healthcare refers to non-medical services, such as,

1. Dietetics
2. Clinical Nutrition (aka Functional Medicine or Orthomolecular Medicine)
3. Naturopathy
4. Homeopathy for acute symptoms, and
5. Structural Therapies, that include exercise and manipulation of the structural system (spine, bones, joints, nerves and muscles), such as Physical Therapy, Chiropractic, Massage Therapy, Acupuncture, etc. Structural Healthcare therapies help improve mobility and flexibility; strengthen the spinal system; and rebalance nerve flow throughout the body, all of which may provide symptom relief. However, symptom relief is only temporary when you overlook providing foundational Healthcare at the same time.



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Foundational Healthcare includes Clinical Nutrition, Naturopathy and Dietetics.

- Foundational Healthcare means your life (your existence) depends on it. You literally cannot live or be healthy without it.
- Considering that the human body would be dead in a few minutes without air, two weeks without water and less than a couple of months without food, it is the quality (purity) and sufficient quantity of air, water and food that determines the quality of health in your cells, tissue, organs, glands and body systems.
- Therefore, it is the nutrients from pure air, food and water, along with herbs and other medicinal plants, that nourish, heal (repair) and regenerate (grow) new healthy cells and tissue.
- Thus, the above are provided through Foundational Healthcare Services.

All other therapies (both medical and non-medical) are actually “alternative” therapies, yes, even medicine is an alternative therapy, because in the absence of trauma and neglect, drugs and surgery are not needed in order to live, like air, water, and food (which today includes nutritional supplements).

What about people who are currently dependent upon their drug regime to manage severe health conditions, you may ask? For example, when patients engage in our Clinical Nutrition Services to receive the exact therapeutic nutrients their body needs to heal itself, which is identify by a Clinical Nutrition Analysis of their Laboratory Reports, while at the same time, regularly taking drugs prescribed by their physician’s “Disease Management” services, in due time, their symptoms abate, where drugs are no longer needed, or in this process, symptoms may first improve dramatically, where adjustments such as a reduction in drug dosage, strength or frequency may be warranted and/or symptoms abate where drugs are no longer needed.

When this happens, patients ask themselves, “Why am I continuing to take drugs to manage symptoms I no longer have because my Clinical Nutrition Therapy has provided the nutrients my body needed to heal itself and this is verified by my improvement in my Lab Reports, so obviously it is time to talk to my physician regarding adjusting or eliminating my disease management drug regimen.

Foundational Healthcare represents services and therapies your daily life depends upon; whereas, by definition, an alternative therapy is a choice, you may choose or not choose to utilize alternative therapies, but you can’t live without foundation healthcare.

In cases where medical care shifts from an “alternative” service to necessary “life-threatening traumatic,” care in order to save that life, I have observed that ruling out hereditary factors or an injury, the primary cause was the neglect of utilizing Foundational Healthcare services on a daily basis, such as learning how to develop a principle-centered healthy diet and lifestyle, and utilizing Clinical Nutrition Therapy to restore health, and then learning how to maintain optimal health and prevent disease. So in most cases, it is obvious that this shift could have been avoided.



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By Dr. Donna F. Smith

Therefore, Clinical Nutrition Therapy and Dietetics are the keys to health restoration, health maintenance, disease prevention and longevity.

- Dietetics addresses the quality and quantity of what you eat and drink.
- Clinical Nutrition Therapy includes therapeutic whole food vitamins/minerals, herbs, and homeopathic supplements dispensed, based on the findings from a Clinical Nutrition Analysis (CNA) of the Lab Reports from testing the patient's biochemistry (blood, urine, hair, saliva, stool or genetics). The CNA identifies which nutrients your body requires to heal, restore and maintain optimal health and prevent disease.

With our **Stem Cell Therapy**, we are able to reach these goals faster and reverse biological age with the potential of extending longevity even further than would be possible without **Stem Cell Therapy**.

When you include these two foundational healthcare services, Dietetics and Clinical Nutrition Therapy, all of the other healthcare (non-medical) services mentioned above have the potential to provide more than temporary relief and assist in improving function faster.

For example, if the tissue around your vertebrae is nutrient deficient, your body is not able to hold a chiropractic adjustment for more than a few days or weeks, thus providing only temporary relief. This leads to ongoing chiropractic re-adjustments to re-position the vertebrae again and again. I learned this when I received specialized training from a Chiropractor who was also a Clinical Nutritionist. The same principle applies to other non-medical therapies listed above.

So, when Clinical Nutrition Therapy is provided at the same time as these other non-medical services, the results of the combined therapies help the patient recover faster.

In fact, a number of the above non-medical services are now integrating some aspects of these two foundational healthcare systems, Dietetics and Clinical Nutrition, into their primary practices, though Naturopathy started doing this decades ago and Homeopathy, also, with respect to Clinical Nutrition.

The same is true if you are currently receiving Disease Management services or have recently been discharged from the emergency room or hospital, adding Dietetics and Clinical Nutrition Therapy at the same time, will:

1. Help your body receive the exact nutrients it requires to heal, thus assisting in restoring your health vs. just managing your symptoms with drugs, and
2. Assist in faster and more complete recovery once discharged.



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What do I mean by “more complete” recovery? More than likely, you know or have heard of someone in their later years, who can tell when the weather is going to change by the pain or discomfort that occurs in the bones, joints or muscles from a past surgery or injury from their youth. This weather—affecting pain or discomfort is a result of not “completing” the healing process during the recovery period after receiving medical services, at that time.

In these cases, to fully recover, i.e., completely heal, in areas of the body that have been injured or underwent surgery, these people needed specific, concentrated therapeutic (clinically-formulated), whole food supplements. Again, when we add our **Stem Cell Therapy** to their overall Clinical Nutrition Therapy, we are able to assist people in getting results even faster than we could prior to its availability.

Paradigm Shift

When I started my business in 1981 and contemplated writing our Mission Statement, I found it in a quote by Winston Churchill (1945), *“Healthy Citizens Are The Greatest Asset Any Country Can Have!”*

Over the years, I have observed a growing “public” dissatisfaction with our medical system for a number of reasons. However, the primary reason is the increase in new health challenges that were not originally present until they started experiencing ongoing pharmaceutical Drug Side Effects.

However, the real solution lies in following Paradigm Shift that related to understanding how to use medical services so they do not work against you and how to use healthcare services to restore your health so in due time, you can limit medical treatment (drugs and surgery) to life-threatening traumatic injury (from accidents, abuse or war), which may potentially occur few to none throughout one’s life.

In other words,

1. **Utilize Medical Services** when in a life-threatening trauma caused by:
 - a. **Injuries** from accidents, abuse or war, results in one or more bone to set and cast, wounds in need of suturing, and/or a trauma that resulted in unconsciousness, excessing bleeding or persistent, severe pain, OR when/if...
 - b. **Any of the above is caused not from injury, but a lack of awareness or neglect in developing a principle-centered healthy diet, lifestyle and environment.** In other words, principle-centered means a diet, lifestyle and environment that is based on the principles of biology, biochemistry, physiology, psychology, bioenergetics and quantum physics vs. appetite, addictions, enticing advertisements, hereditary factors or public misinformation, disinformation and/or lack of accurate principle-centered teaching, OR when/if...



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- c. Any of the above leads to immediate surgery to save one's life, such as to remove a deceased organ or gland in order to save the rest of the body. A deceased organ or gland is one that has more decaying, dying, dead and toxic cells and tissue in an organ or gland, than healthy cells and tissue. Emergency surgery can save or extend one's life, for a while longer, if the patient is able to live without that organ or gland, otherwise, death ensues.
2. **Utilize Foundational Healthcare** – Clinical Nutrition with Dietetics, which may include naturopathic and/or homeopathic therapies, and other Structural Therapies, when warranted. Therefore, utilize non-medical Healthcare for your daily needs, i.e., for everything that is not immediately life-threatening.

WHAT DOES AGE-RELATED MEAN?

Now that you know the difference between medical care and health care, let me say, that today, in both industries, the term “age-related” has come to mean any symptom, illness, condition, disorder or disease that generally presents itself in the elderly, i.e., people 60 years or old. Because this is what the general public still believes, I will continue to use the term “age-related” for this meaning in my articles.

However, today, even our young people are experiencing so-called age-related symptoms, illnesses, conditions, disorders and diseases, which for brevity's sake, I will refer to as “age-related or health conditions” in this writing.

So, what does “age-related” really mean?

Regardless of age, if not caused by hereditary factors OR an injury (accidental, abuse or war), all other health conditions (see above) are caused by long-term nutrient deficiencies (or excesses) and toxicity (chemicals, metals and other toxins ingested or exposed to in our air, water, food, drugs and environment).

The more nutrient deficiencies, or excesses, and toxicity you have, the faster your mind and body deteriorate, hence the faster you experience age-related symptoms and the shorter number of years you live. This can occur at any age.

As people become older, year after year, their body continues to experience accumulative, deeper and more severe nutrient deficiencies/excesses and toxicity. So obviously a person who has lived for 60 years, or longer, is going to have a much faster rate of aging than someone chronologically younger.



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That is, unless they are proactive and get tested for and correct their nutrient deficiencies/excesses, and toxicity, through Clinical Nutrition Testing and Therapeutic Services, like what we provide through **Advanced Clinical Nutrition**.

Throughout our existence, many generations have experienced some level of nutrient deficiency (aka malnutrition) from times of failed harvests to the Depression years. However, what has accelerated the aging process and age-related (if you want to call it that) symptoms, illnesses, conditions, syndromes, disorders and diseases today is **Toxicity**. People today are exposed to more chemicals and other pollutants in our air, water, foods, drugs and environment, than at any other time in history. This is why cellular and tissue “detoxification” is included in all of our therapeutic, health maintenance and disease prevention Clinical Nutrition Services.

So, the term “age-related” today should either have a different meaning or even better, be eliminated from our vocabulary. Why? After analyzing the biochemistry of thousands of clients in more than four decades, I have observed that age-related symptoms, illnesses, conditions, disorders and diseases do not exist. So, anyone can experience adverse health effects from nutrient deficiencies/excesses and toxicity no matter what their age, even though it is a fact that the longer you live in our toxic world, the more toxic your body becomes, which is why the elderly suffer the most – they have lived in toxicity longer.

However, frankly, I think that this is either their choice or due to a lack of education in how to minimize and/or eliminate the toxins they have been and are currently ingesting or being exposed to. This also includes utilizing our **Full Body Detoxification Program** to remove toxins that have been embedded in their tissue for years.

So, hopefully, from what you are learning about our **Stem Cell Therapy**, in this article, it should be apparent that no matter what your age, **Stem Cell Therapy** is the ideal best next step in your current efforts to improve your health, reverse biological age, prevent disease and live longer. In other words, I mean, being healthy as you live longer.

Our **Stem Cell Therapy** neutralizes toxins and removes (detoxifies) toxins from the body and then regenerates (grows) new healthy cells to replace those that have been damaged by toxicity and malnutrition.



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MEDICAL & CLINICAL NUTRITION ANALYSIS OF LABORATORY REPORTS ARE NOT THE SAME!

Physicians provide a life-threatening or disease-related chemistry analysis or interpretation of your test results on any Laboratory Report (blood, urine, etc.).

Please note that the information below applies to any Laboratory report, not just blood. However, for now, let's use your latest Blood Chemistry Laboratory Report as an example.

When your physician or their assistant informs you that all your tests on a Blood Chemistry Lab Report are “normal,” what they mean is that your test number (or results) for each blood chemistry test is within the Lab Report’s reference range. This is good news because it means you do not currently have any **life-threatening or disease-related** blood chemistry tests.

However, to know if you are truly “Healthy” requires a **Clinical Nutrition Analysis (CNA)** or interpretation of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva, stool and/or genetics). In other words, when your test number on the Laboratory Report is within the range for “Homeostasis,” (aka biochemical balance), only then are you truly “Healthy.”

So, though good news when you have medically-normal test results on any Laboratory Report, it still does mean you are Healthy unless you also have homeostasis-normal test results. In fact, many, who have medically-normal Blood Chemistry Lab Reports, are surprised when the findings, from their **Clinical Nutrition Analysis** of that same Lab Report, identify an average of 5 to 20 blood chemistries with test results outside the range for Homeostasis, i.e., showing 5 to 20 unhealthy test results.

This means you are not fully informed of the “Disease” and “Health” state of your biochemistry unless you have both a Medical and Clinical Nutrition Analysis of your biochemistry. Having only the knowledge of a medical analysis means you are moving forward, thinking you have perfect Blood Chemistry results, and unaware of those 5 to 20 tests, on average, that lie outside of Homeostasis that are currently moving toward the Disease Stage in the process of developing one or more degenerative diseases.

Also, you can even be Symptom-Free and still not be “Healthy.” In these cases, it simply means that your abnormal test results identified in the **Clinical Nutrition Analysis** have not been there long enough to produce symptoms. However, if you do not restore biochemical balance and return to a biochemical state of ‘Health,’ at some point in the near future, you will be experiencing the symptoms related to each test result that is not in Homeostasis.



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Restoring your Health (aka biochemical balance) means correcting all test results that are outside the range of Homeostasis and **this is the true definition of True Preventative Healthcare (aka Disease Prevention).**

SCIENTIFIC PROOF – YOUR OWN BLOOD TESTS

Though the research from Nobel Prize winners has verified the safety and effectiveness of our **Stem Cell Therapy** supplement, if you want to prove to yourself (like I did), I recommend that you contact me for a **Clinical Nutrition Analysis** of the Laboratory Report from testing your own blood chemistry, before starting our **Stem Cell Therapy**, and then five months later, be retested and you will be amazed at the difference. That way, you also have your own scientific proof to verify the truth about our **Stem Cell Therapy** presented in this article.

This also applies to any other biochemical tests, such as hair, urine, saliva, and stool. Each specimen represents the current state of its cellular biochemistry and collectively, i.e., having all of these specimens tested with your blood chemistry, provides you with a “comprehensive” scientific analysis of your overall biochemistry so that you have the greatest opportunity to correct abnormal findings and, thereby, reverse current degenerative processes moving toward the development of one or more diseases.

This is preferred over moving forward, unaware, of these diseases in the making, until your body communicates through symptoms that they exist. In some cases, symptoms may present only when the disease state is severe or when it is too late to reverse the disease process and restore your health. However, “testing now” gives you peace of mind and, again, is the true definition of preventative healthcare (aka disease prevention.)

Ideally, comprehensive testing of each specimen at one time is preferred to assess the “overall” current state of your biochemical health, which in the long run saves you time, energy and money in therapeutic services and produces the fastest results.

However, for some, comprehensive testing is achieved by testing one or more specimen at a time, rather than starting with collective testing of all specimens, initially. In either case, prevention is possible when you make a decision to start now where you want to start or where you can and then stay the course until completed.

If interested in starting with proving to yourself that our **Stem Cell Therapy** works, we have three different blood chemistry panels from which to choose – i.e., you may choose the panel that:



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-
1. Best fits how much you want to financially invest in the **Clinical Nutrition Analysis** of your Blood Chemistry Laboratory Report OR
 2. How much do you want to know about your current state of health (biochemistry) and how many areas of your blood chemistry do you want to see improved through your own **Stem Cell Therapy** in five months?

Our three Blood Chemistry Panels are:

1. **Basic Blood Chemistry Panel** – 19 blood tests.
2. **Comprehensive Wellness Blood Chemistry Panel** – 44 blood tests. This is the blood chemistry panel physicians routinely ordered, prior to the time when Insurance and Medicare began limiting reimbursement for the number of blood tests physicians ordered for their patients.
3. **Female or Male Comprehensive Preventative Blood Panel** – 50 more blood tests, depending on Gender. If you have any family history or concerns about developing auto-immune conditions or cancer, this is the panel for you. If you have had COVID-19 or its vaccinations, I highly recommend periodic evaluations of the “Homeostasis” state of your biochemistry. This panel also includes the **Comprehensive Wellness Blood Chemistry Panel (#2)** above, plus inflammatory blood tests, anti-tumor and other immune and inflammatory-related blood tests.

Call and schedule a **Free First Consultation** with me for more information about which tests are ordered in each of these panels and their fees at (940) 761-4045.

Scientific Proof – Your Own, Nobel Prize Winners or Both?

If you are satisfied with the results in this article from the above Nobel Prize-winning researchers, and are not interested in obtaining scientific proof or verification from your own improved biochemical testing, feel free to contact me when ready to purchase our **Stem Cell Therapy** supplement.

Meanwhile, continue reading to enjoy reading the **Testimonials** below that represent just a few out of hundreds of thousands of people receiving safe and effective results from our **Stem Cell Therapy**.



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WHAT TO EXPECT IN THE LONG TERM

After integrating this **Stem Cell Therapy** into my practice, I was amazed by how much faster our clients' health improved, when comparing their retesting results to the findings from the first **Clinical Nutrition Analysis** of their Laboratory Reports when testing their biochemistry (blood, urine, hair, saliva and/or stool).

The human body is designed to self-regenerate when it has the nutrients to do so. **Regeneration** is the "natural process of replacing or restoring damaged or missing cells, tissues, organs, and even entire body parts to full function in plants and animals."

Here is what happens in the long-term when you daily consume our Stem Cell Therapy supplements.

Talk about "Regeneration," after four consecutive years of taking our **Stem Cell Therapy** supplement, every cell in every tissue of every organ or gland has been regenerated, including cartilage. Then after seven years, the cells of the spine, bones and joints are all regenerated. This means that every seven years, the biology of the human body has the opportunity to become new.

Yes, even in spite of the high level of toxicity in our air, food, water and environment and clinical levels of nutrient-deficient biochemistry today. Old, damaged, malnourished, decaying, dead cells have been removed and replaced by newly regenerated, healthy cells.

In other words, you always want to stay on our Stem Cell Therapy supplement.
Health is in your Blood!

This is what our **Clinical Nutrition Therapy** has been accomplishing since 1981, when I dispense the specific nutrients identified from a **Clinical Nutrition Analysis** of my clients' Lab Reports; and now when adding the stem cell nutrients along with their other therapeutic nutrients, this process of cellular regeneration is happening faster, and each client, and myself, are becoming biologically younger than our chronological years.

Yes, this means the skin, hair and nails, too, and the body is growing longer Telomeres, which means we have a greater potential for living healthier and longer.

Once you are Symptom-Free, you want to just stay on our Stem Cell Therapy supplement!



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TESTIMONIALS

While reading these Testimonials, keep in mind that our **Stem Cell Therapy** supplement became available in the United States on December 10, 2020, based on research that dates back to post-WWI. I was introduced to it by a colleague in April, 2021, and have taken it every day since. I also intend to stay on it for the rest of my life, as I highly recommend that my clients do the same.

Therefore, though these are impressive and were available when this document was written, I have many, many more testimonials I can share with you. This also includes the photos of one man who used our **Stem Cell Therapy** supplement to grow his thumb and nail back. Yes, that is right, he accidentally chopped off his thumb and grew it back with our **Stem Cell Therapy** supplement!

To continue....

Frailty And Weakness Disappearing!

“After only 2 days of the **Stem Cell Therapy** supplement, symptoms of weakness and frailty disappeared and my core strength is returning, which is just astounding.”

TR, 74y, Australia

Consistent Health Improvements!

“It's been only one month of taking the **Stem Cell Therapy** supplement and I am so excited I just can't hide it any longer! The progress I am noticing on my body is remarkable. I am able to move with ease, I am feeling flexible and able to work out with weights again! :-)) I can do squats and my arthritic pains are subsiding. Hooray!!

After just seven weeks of using the **Stem Cell Therapy** supplement, my 63-year-old husband, who suffers from Rheumatoid and debilitating body issues, is showing signs of improvement.”

GT 60y, Alberta Canada



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New Hair Growth!

“Circulation noticeably improved in first 2-3 weeks! Ankle pain and swelling reduced so I am more active and loving it. Veins on the back of hands are smaller!

My husband shows new hair on arms, eyebrows and it's darker, and much better overall skin texture.

Increased vitality, as we both have smaller appetites, which leaves more time to focus on creative projects instead of eating! Even less sleep is required. We are so pleased with these results from the **Stem Cell Therapy** supplement.”

RK 83y / MK 72y, Belize

Walking Again! Thanks To The Stem Cell Therapy Supplement

“I sent the **Stem Cell Therapy** supplement to my 90-year-old Dad in Brazil. He had pneumonia and kidney failure. He stopped talking and walking and was in very bad condition. Since taking it, he is now at home and he just started walking again! I’m so grateful we have the **Stem Cell Therapy** supplement.”

VA, Oregon USA

Reverse Aging Is Apparent!

“My husband D, 93 years, and I am 85. We have been on the **Stem Cell Therapy** supplement since 12/28/20. He has snow-white hair but now is getting reddish brown streaks, and I have brown roots coming in my white hair!

My memory has significantly improved. My massage therapist tells me that the skin on my back and legs has become firmer and clearer of spots and bumps. D's back has fewer moles and large brown bumps. His naked figure is looking slimmer.

In the last 5 years, D has lost over 100 lbs. and was looking saggy and baggy, which is now beginning to firm up. I too, have lost weight and my saggy belly flap is firming up. I have been a singer at church all my life and the **Stem Cell Therapy** supplement has healed my vocal cords, raised my volume and increased my upper range. Hooray for the **Stem Cell Therapy** supplement!!!!

JP 85y & D 93y, Texas, USA



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After reading this document,

call me to get started on your Stem Cell Therapy Supplement

at a reduced price

and

stay on it forever

Why? because

1) it always cleanse your blood of toxins and inflammation
and 2) nourishes your cells.

For many people going through

Clinical Nutrition Therapy and the Personal Education Program (PEP), like you,
this may be the only supplement they ever need!!

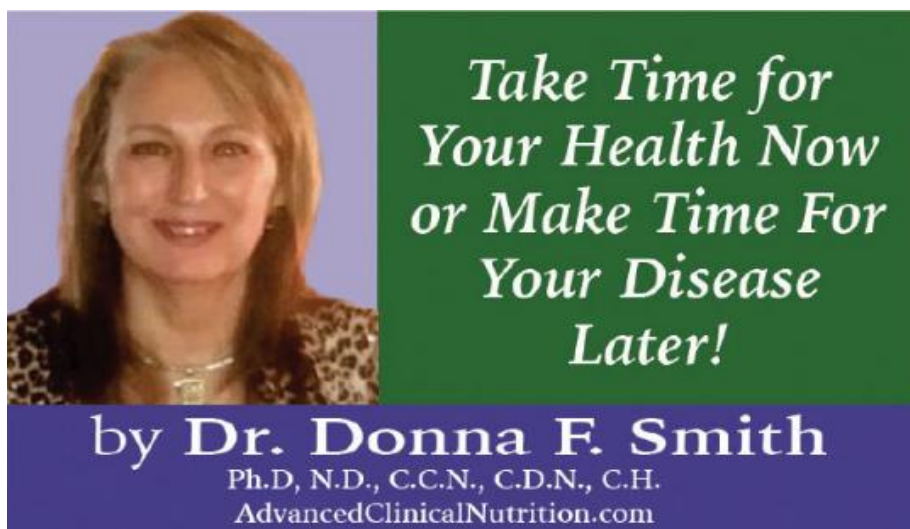
TO ORDER, Please Call (940) 761-4045.



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By Dr. Donna F. Smith

ABOUT DR. SMITH



Degrees & Certifications

Clinical Nutrition (Ph.D.)
Doctor of Naturopathy (N.D.)
Board Certified Clinical Nutritionist (C.C.N.)
Certified Dietitian-Nutritionist (C.D.N.)
Canadian Chartered Herbalist (C.H.)

Dr. Donna F. Smith is the owner of **Advanced Clinical Nutrition** (est. 1981) in Wichita Falls, Texas, where she provides **Clinical Nutrition Testing and Therapy** (aka Functional Medicine), based on the findings from a **Clinical Nutrition Analysis of the Laboratory Reports** from testing her clients' biochemistry (i.e., blood, urine, saliva, stool, hair, and genetics, etc.). She has a success rate of over 90% helping her clients improve their health and her clients, currently, reside in 37 U.S. states and seven international countries.

Dr. Smith also serves on the Board of Directors for the **International and American Associations of Clinical Nutritionists** (IAACN.org). She has served as a Head Start Board Member Dietary and Nutritional Advisor; IAACN Texas Chapter Board of Director Secretary; National Health Federation Founder and President of the Wichita Falls Chapter, and Co-founder of the Association of Alternative Health Care. Her professional biography has been published in several Who's Who Directories in the Library of Congress.



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Interviews to date include a variety of nutrition-related topics by NBC and CBS network television news reporters, podcasts, such as The Female Millionaire, and radio, which includes a monthly series of Mid-Day Radio Talks with Susie Bradshaw KWFT Radio for 22 months, interviews by Dennis Courtney, M.D. Radio Talk Show in Greensburg, PA. and, locally, by Joe Tom White Morning Radio Show.

She is also a contributing writer for *The Villager*, a South Denver, CO., newspaper (since 3/2021), *Wichita Falls Parent Newsmagazine* for six years and is a freelance nutritional health writer for a variety of publications, having written over 100 articles for internet and traditional magazines, such as the *American Chiropractic Magazine*.

Dr. Smith's public speaking engagements include various clubs, organizations, corporations, hospitals, clinics, universities and scientific conferences, such as the IAACN, national groups of scientists and biochemists of the American Society of Clinical Laboratory Science (ASCLS), Stephen F. Austin University, Midwestern State University, Columbia Southwestern Medical Center, 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.

Clinical Nutrition Testing, Therapy, Maintenance and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail, and telephone consultations. Lab Kits are mailed to each client's home, where they collect their specimen samples and then mail them directly to our Laboratories and/or have blood drawn and routine urinalysis collected at a local Quest Laboratory near their home.

Dr. Smith has successfully assisted her clients in improving their health, with the most frequent, but not limited to, increasing energy, balancing hormones, improving mental and emotional function, strengthening the nervous system, muscles, joints, and immune system, restoring overall organ/gland and body system function, improved skin, hair and nails, and in some cases even restoring natural color, managing weight, preventing/reversing disease processes and enhancing life and/or sports performance.

For more information, to order a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva and stool), including genetic testing, and to contact Dr. Smith, call (940) 761-4045. The first consultation is FREE!

Meanwhile, please browse her Visitor website at www.AdvancedClinicalNutrition.com and read Free **Articles by Dr. Smith**, including all of **The Villager's** publications. You may also connect and/or follow her on www.linkedin.com/in/drdonnafsmith and www.Facebook.com/DonnaFSmithPhD. Though she is more active on LinkedIn; than other social media formats.