



Cancer and Its Prevention Introduction

Dr. Donna F. Smith

Table of Contents

Leading Causes of Death.....	2
Causes of Cancer.....	3
Other Leading Causes of Death.....	6
Health and Longevity	7
About Dr. Smith	8

You may be wondering why Cancer Prevention is for the young as well as the old. It is because most people are afraid of cancer and our young are dying, too.

If you have it in your family history and do nothing now more than likely your body is already quite toxic and primed for cancer.

So, for the above reasons, I am addressing it early in PEP.



Cancer and Its Prevention Introduction

Dr. Donna F. Smith

Leading Causes of Death

Before heart disease and cancer became the leading causes of death, acute infections were the primary cause of death in the United States. In the early 1900s, chronic diseases began to replace acute infections as the leading causes of death.

Heart disease was the leading cause of death in the United States from 1910 to 2016, with the exception of 1918 to 1920. Cancer was the second leading cause of death from 1933 to 2016, with the exception of 1936 and 1937.

Today, heart disease and cancer are the leading causes of death in the United States, followed by unintentional injuries.

Heart disease and Cancer account for more than half of all deaths worldwide.

Heart Disease is one-third of all deaths globally and the primary causes is Milk and Sugar. We will address Heart and Blood Disease in the **Personal Education Programs (PEP)**, titled ***Blood Health and The Truth About Milk***. Sugar shows up on the Blood Lab and *Health Appraisal Comprehensive (HAC) Reports* and if/when it does, we address it through Dietetics and Therapeutic Supplements until corrected.

For now, let us talk about cancer. Cancer is one-fifth cause of all deaths globally. Cancer was rarely heard of in the past, now it is a leading cause of death. So, let's look at what has changed.

Noncommunicable diseases, such as cardiovascular disease, lung disease, some cancers, and type 2 diabetes, are the primary cause of death in the 21st century. 80% of these deaths occur in low- and middle-income countries.

In the United States, death rates for diseases like tuberculosis, gastrointestinal infections, and diphtheria have decreased significantly. However, death rates for other diseases, such as cancer and heart disease, have increased.



Cancer and Its Prevention Introduction

Dr. Donna F. Smith

Causes of Cancer

These are not in order as any one or all of these causes can cause cancer!

1. **Inflammation** – Anywhere in the body, however, particularly in your blood because the blood feeds every cell in the mind and body. Inflammation is being caused by #2 - #6 below. So, we treat #1 first and inflammation is always a factor...read on.
 - a. After WWII, a team of scientists were commissioned by the royalty in England for only two purposes...to find the cause of 1) illness, which included premature death, and 2) aging.
 - b. Once discovered the scientists founded their own business because the answer was too important and needed by all.
 - c. The answer is included in your PEP and on your POC as soon as allowed.
 - d. Since March, 2022, Dr. Smith learned of the internal answer (Inflammation) and in December, 2022, the company developed and therefore, Dr. Smith learned of the external answer (Aging). Because of their importance to Health and Longevity, Dr. Smith became a part of this company for herself, her family and her clients. It is important that once started, every day is routine. Read on...
2. **Drugs** – Drugs were introduced. In 1950. When the knowledge that their side effects lead to disease and/or death, smart people started looking at drugs differently. In fact, they realized:
 - a. Drugs were originally designed for short-term use in a “life and death” situation only, not every day use.
 - b. Drugs were originally designed to keep the human and animal body stable in a “life and death” emergencies. Today, most emergencies can be addressed with through Clinical Nutrition. In other words, when it is not a life and death emergency, it is better to seek a Clinical Nutrition as you become healthier and live longer.
 - c. Drugs do not heal the mind or body. Only Clinical Nutrition can heal.



Cancer and Its Prevention Introduction

Dr. Donna F. Smith

3. Diet -

- a. Everyone knows to stay away from junk foods, however, since I started my **Advanced Clinical Nutrition** in 1981, I have yet to talk to anyone who knows which foods God designed for the Human Body. To find out order **Dietetics** (Covers Type, Quality and Quantity and How to Eat in This Toxic World).
 - b. Preparation of food. **See #4, all PEP on this subject, and PEP article, The Cancer Chemical In Food Acrylamides.**
4. **Toxicity** – We have polluted air, water, food, lifestyle, environments, and medicine (aka drugs). We even have drugs in our food. **We live in a toxic world!** See Drug above.
5. **Alcohol** – I am talking about daily and weekly, not occasionally, such as Thanksgiving, Christmas or your Birthday! Even then, it is better to stay with wine.
6. **Smoking** – Cigars, Cigarettes and Snuff or any plant material that is smoked or chewed:
- a. The time it takes to recover from smoking depends on the health benefit you're looking for, but here are some general guidelines:
 - i. **1 year** - Your risk of having a heart attack is cut in half.
 - ii. **2–5 years** - Your risk of developing mouth, throat, esophagus, and bladder cancers is cut in half. Your risk of stroke drops to the same as a non-smoker's.
 - iii. **10 years** - Your risk of dying from lung cancer is cut in half. Your risk of cancer of the pancreas and kidney decreases.
 - iv. **15 years** - Your risk of coronary heart disease is the same as someone who doesn't smoke.

b. Smoking Can Cause Many Health Problems:

- i. **Cancer** - Smoking is the leading cause of lung and oral cancers, and can also cause cancer in many other parts of the body.



Cancer and Its Prevention Introduction

Dr. Donna F. Smith

- ii. **Cardiovascular Disease** - Smoking can damage blood vessels, which can lead to a faster heart rate, higher blood pressure, and an increased risk of blood clots and stroke.
 - iii. **Lung Disease** - Smoking is the leading cause of chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking can also worsen asthma and increase the risk of pneumonia.
 - iv. **Other Health Problems** - Smoking can cause diabetes, vision problems, and increase the risk of pregnancy problems and sudden infant death syndrome (SIDS) in babies.
 - v. **Addiction** - Nicotine, the addictive drug in tobacco smoke, creates a pleasurable feeling in the brain that makes it difficult to quit.
- c. **Public health concern** - Smoking and secondhand smoke exposure are responsible for over 480,000 deaths in the U.S. each year. Talk to me about Secondhand Smoke.
- d. **Nicotine Replacement Therapy and Lifestyle Changes** can help people quit smoking.
- i. **Clinical Nutrition** has answers regarding Therapeutic Supplements and Lifestyle changes that end Smoking, so be sure to ask.
 - ii. **Medical answer** - Nicotine replacement therapy options include prescription nicotine in a nasal spray or inhaler, and over-the-counter nicotine patches, gum, and lozenges. **You are still getting nicotine and other pollutants.**
- e. The first few days after quitting are usually the hardest, but staying smoke-free can lead to more energy, better looks, and a longer life.



Cancer and Its Prevention Introduction

Dr. Donna F. Smith

Other Leading Causes of Death

- Accidents (unintentional injuries)
- COVID-19 (Keep your body's Immune System strong through Clinical Nutrition, and avoid COVID-19 and its vaccinations).
- Stroke (cerebrovascular diseases) – See PEP titled Blood Health, and Blood and TMA (Hair) Lab Reports. Have your Client Communicator (CC) list Blood Pressure, Pulse, Sugar/Diabetes, Blood Oxygen (O₂) and Weight, if not already. Ask if you also need the Blood Health Lab Reports now or periodically.
- Chronic lower respiratory diseases – See PEP titled Lung Capacity for lungs. Also, Blood and TMA (Hair) Lab Reports.
- Alzheimer's disease – See PEP on Mental Health. Also, the Neurohormones and TMA (Hair) Lab Reports.
- Diabetes – See PEP titled Blood Health. Also, Blood and TMA (Hair) Lab Reports.

Though these are the most frequent causes, we have designed **Dietetics** and the **Personal Education Programs (PEP)** to get to the cause of all diseases and death, as well as show you how to be healthy and maintain your health in the toxic world we live in.



Cancer and Its Prevention Introduction

Dr. Donna F. Smith

Health and Longevity

What Health and Longevity are all about:

1. Getting healthy by taking **Therapeutic Supplements** based your **Health Appraisal Comprehensive (HAC)** and **Lab Reports** (Blood, Urine, Hair, Saliva and Stool).
2. Then maintain your health through your **Lifestyle (PEP)**, **Dietetics**, **Health Maintenance Supplements** identified by your Lab Reports, periodically.

Periodically means, once a year, which is ideal, or every two years for some people. The point is you want to make sure you are testing frequently enough to address any areas that will not stay in Homeostasis because of your air, water, food, lifestyle, environment, and medicine (aka drugs), if any.

3. Keep monitoring inflammation. Health and Longevity require pure blood with no inflammation.

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TO ORDER AND FOR MORE INFORMATION,
Please call (940) 761-4045 to Schedule a Free Consultation with

DR. DONNA F. SMITH!

You may also request this consultation through our website at

www.AdvancedClinicalNutrition.com

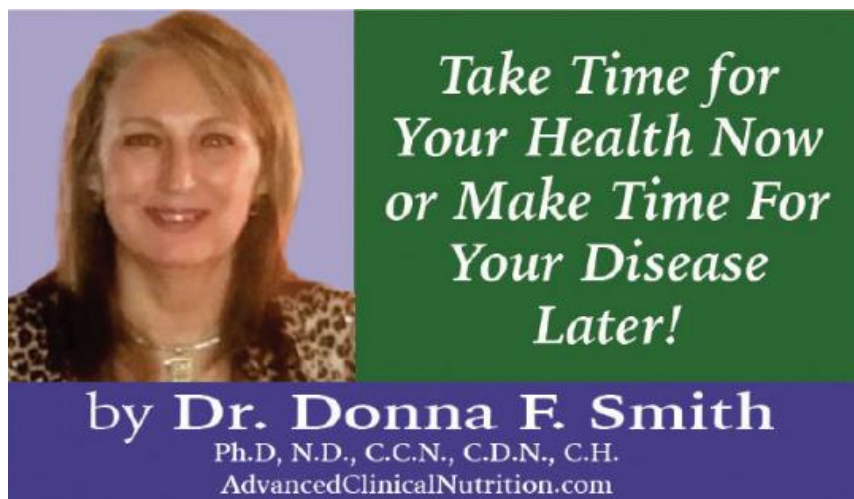
and we will be glad to call you!



Cancer and Its Prevention Introduction

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



Cancer and Its Prevention Introduction

Dr. Donna F. Smith

Health Care. Her professional biography has been published in several Who's Who Directories in the Library of Congress.

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.