



MEDICAL SERVICES

How To Use Medical Services For Your Best Health Interest

By Dr. Donna F. Smith

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INTRODUCTION

Today over 75% of American use non-medical therapies exclusively or in addition to their medical treatment. Medical Treatment today is defined as drugs or surgery, and all therapies that do not include drugs or surgery are classified as non-medical therapies, complementary or alternative therapies. Complimentary or alternative therapies are terms the “medical industry” has assigned to any therapy that is non-medical.

Though prior to the 20th Century medical treatment was what is termed today as non-medical therapies, because diet, foods, herbs, light, sound, physical therapy, and other more natural remedies were prescribed. Pharmaceutical drugs were not officially integrated into the medical system until 1950. However, it only took twenty years for the public to experience increased symptoms and health challenges caused by Drug Side Effects and increased surgeries from the damage of drug treatment to begin seeking non-medical therapies again. Today, properly prescribed drugs are the #1 Killer in the U.S.



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Therefore, medical services are best used when limited to saving someone's life in a true "life-threatening" emergency crisis.

This article provides guidelines for how to use medical services so they work for you and not against you.

If you would like a quick over-view of what you will learn in this article, read the Conclusion on page 18 and then return here to resume reading the entire article.

CONDITIONS THAT REQUIRE MEDICAL SERVICES

Because you now have the availability of our Clinical Nutrition Testing and Therapeutic Services, which include Dietetics, Naturopathy, Botanical Medicines (Herbs), Chinese Herbs and Homeopathy, you have the opportunity to limit medical services to the following procedures.

Note: For conditions related to the Musculo-Skeletal System, any one or more of the above therapies may be required, in addition to Chiropractic Therapy. Chiropractic therapy may be required to realign subluxated vertebrae to assure complete healing results. Therefore, for brevity's sake, I will use "Clinical Nutrition Therapy" to represent all of the above treatment modalities provided through Advanced Clinical Nutrition and referred out, as in the case of Chiropractics.

Conditions that require Medical Services are listed below:

1. **Setting a broken bone or bandaging a sprain.**
2. **Suturing an open wound.**
3. **Life-threatening Emergency Medical Assistance.**
 - a. When fully utilizing our services to attain optimal healing to restore your health, while engaging in our educational services to learn how to consistently implement dietary, lifestyle and mind-body principles to maintain health and prevent disease, you will also avoid having to use medical services for emergencies related to the neglect of the proper care of your human body.
4. **Uncontrolled bleeding, any cause.**
 - a. Then if any of the above is required, to contact me immediately upon discharge so I can provide a recovery program to assure complete healing and to assist your body in countering any adverse diagnosis or treatment procedures.



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5. **Annual or Bi-Annual Medical Check-ups** should be continued for diagnostic purposes to take advantage of the vast diagnostic testing equipment available only through physicians, medical clinics and hospitals. However, to avoid diagnostic procedures that are harmful to the human body, follow the guidelines provided on page 12.

Short-term use of Drugs are effective in life-threatening emergencies, or injuries like a broken bone or suturing an open wound, because they can suppress the sensation of pain or other symptoms and manipulate the biochemistry to help the patient stabilize and thus get out of danger as quickly as possible.

However, they are harmful and damaging to the body when used long-term for non-emergency conditions.

By short-term, I mean using drugs for only the amount of time required to stabilize their condition to get the patient out of a life-threatening state. This is generally a few days, weeks or several months in the more severe cases.

CONDITIONS THAT DO NOT REQUIRE MEDICAL SERVICES

In the previous section of this article, I outlined when Medical Services are required. Therefore, all other Symptoms, Syndromes, Disorders, Diseases and any other Non-Life-Threatening Emergency Condition **do not require Medical Services.**

In fact to use medical **treatment** for any purpose other than #1 to #4 above, **will not only result in harmful and life-threatening health consequences, Medical treatment cannot assist you in healing your body and restoring your health.**

For brevity's sake, I will now use the term "condition or conditions" to represent any symptom, syndrome, disorder or other non-life-threatening condition.

Why do the above conditions not require Medical Services? Because they are caused by:

1. **Nutritional Deficiencies**
2. **Toxicity** (poisons from our food, water, air and environment)



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3. **Parasites** – parasites (germs and worms) will enter the body when #1 and #2 has deteriorated the cells and tissue of the organs and glands to the point where cell energy production is low. [Click here](#) for more information on the purpose of Parasites.
 4. **Biochemical Imbalances** (which occur over time because of #1 and #2 above).
 5. **Dysfunctions** in Organs, Glands and/or Body Systems (which occur over time because of #3).
 6. **Diseases** that have not progressed to a Life-threatening State**. – When #1 to #5 has not been corrected in their stage of development, in time, they will progress to their disease stage.

****Important Note:**

1. Medical Treatment may not be required even in the case of life-threatening diseases, depending upon the type of disease and advancement stage. However, being monitored by a physician is recommended for diagnosis purposes to monitor disease stage until out of danger. In other words, in case medical intervention is required before Clinical Nutrition Therapy has sufficient time to reverse the disease processes significantly where the patient is no longer in a life-threatening state.
2. Conditions that are in a state of “no return” often require both Medical Treatment and Clinical Nutrition Therapy. The “point of no return” is when a disease has progressed to the point that the human body is too damaged to be restored to a healthy function. However, even in these cases, Clinical Nutrition Therapy is required to provide the highest potential for survival when the disease is too advanced for the body to reverse the disease process and completely restore health in order to extend life. **It is a fact that people live longer when Clinical Nutrition Therapy is provided while receiving Medical treatment, than when medical treatment is used alone.**
3. Additionally, for Diseases that are not life-threatening and have not reached the “point of no return,” only Clinical Nutrition Therapy can provide what the body requires to reverse the disease process and restore optimal health. **Additionally, to use medical treatment in these cases results in making the condition worse and developing more conditions due to Drug Side Effects, which also interfere with the body’s innate healing processes.**



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WHY MEDICAL SERVICES CANNOT HELP THESE CONDITIONS

The conditions listed in the previous section of this article do not require Medical Services because drugs and surgery cannot cure (heal) them. In fact drugs and surgery make these conditions worse.

Proof of the facts in the above paragraph is observed in the **Diagram of the “Pathway of the Metabolism of the Cell,”** which is provided on my **Library of Documents** web page.

[Click here](#) to go directly to the **Library of Documents** web page, which is linked to the **Articles by Dr. Smith** web page listed in the **Table of Contents** of my website below. After clicking, when the web page opens, scroll down and begin reading at the word, “**Diagram**” to the bottom of web page; then click on the **Image** to the right of the word “**Diagram**” to view the contents of each cell.

When you view the contents of our cells, you will see that they **only contain “nutrients,”** which includes water. Therefore, to heal the human body of any symptom, syndrome, disorder, condition or disease requires providing the nutrients cells need to:

- Repair damaged cells,
- Remove toxic, damaged, decaying, or dead cells, and
- Regenerate (grow) new health cells to replace those that cannot be repaired.

Medical treatment (drugs and surgery) cannot do this and the chemicals, metals and germs in the drugs are toxic to the human cells, thereby, causing more cellular and tissue damage. The longer drugs are taken the more damage occurs.

When drugs are used short-term for the purpose of saving someone’s life when in an emergency crisis, **Clinical Nutrition Therapy** can provide the nutrients depleted by the drugs and remove the toxic substances in the drugs from the body to help it recover from the adverse effects of medical treatment, as well as provide the nutrients to help the body recover from the injury, repair skin cell and tissue damage from surgical procedures, and help the body restore health faster.

Most people do not realize that after being discharged from hospital and emergency rooms, the body is compromised in its ability to “completely” restore its health because of:

- The nutrient depletion and toxicity from medical drug treatments,



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- Damage to skin cells and tissue traumatized by cutting through skin tissue to perform surgery and
- Cellular, Tissue, Organ and/or Gland damage that was caused by the actual injury (or disease).
- Drugs, such as antibiotics, steroids, cortisone, non-steroid anti-inflammatory drugs, drugs for skin diseases or disorders and many others also destroy intestinal flora (friendly bacteria), which is essential to prevent
 - germ overgrowth, such as viruses, yeast, etc. in the intestines
 - germs and toxic substances in the intestines from permeating the walls of the intestines and getting into the blood, causing the entire body to become infected.
 - The above is called Dysbiosis and causes “Leaky Gut Syndrome.” Therefore, in time, the patient develops multiple infections and other health conditions in many other areas of the body.

Remember that emergency medical assistance only stabilizes the patient to save their life, and then the patient is discharged with the expectation that the body will complete the healing processes. However, the body can only heal to a certain degree, instead of healing completely, when Clinical Nutrition Therapy is not provided during hospitalization or immediately upon discharge, in order to provide:

- Nutrient repletion,
- Detoxification of toxic substances in the drugs,
- Treatment to prevent or dissolve internal and external scarring due to injury or surgery.
- The specific nutrients required to complete the healing process in the areas damaged by the injury or disease,
- Repair the intestinal wall and assist the intestines in growing new intestinal flora, i.e., assist the intestines in returning to a state of Eubiosis (the opposite of Dysbiosis). Dysbiosis lays the foundation for many infectious diseases in the future, including cancer.
 - I am one of the few doctors in the United States, who knows which herbs to provide my clients, when taken in a specific way, will assist their intestines in growing new intestinal flora again.
 - Most practitioners in my field just give “probiotics.” Probiotics do not correct Dysbiosis and only helps the patient’s symptoms while they are being taken. Once Probiotics are discontinued, germ overgrowth proliferates again and symptoms return.

Because healing is incomplete without Clinical Nutrition Therapy, at some future time; the patient begins to develop degenerative diseases in the areas that were once



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damaged by an injury and if the life-threatening emergency crisis was due disease in an organ or gland, the disease did not receive the nutrients and detoxification to actually heal the cause of the disease, so in time, symptoms of that disease resurfaces. Also, healthier areas of the body in time can become unhealthy because of the adverse effect of the injury or disease that did not receive the Clinical Nutrition Therapy required to heal completely.

Examples of these are:

1. **An example of a Disease** that did not completely heal on its own after being discharged from the hospitals after medical treatment stabilized the patient so he or she was no longer in a life-threatening state is cancer that is no longer in “regression” or when other areas of the body are diagnosed with cancer because the original cancer site has now had time to spread because complete healing was not attained after hospital discharge. .
2. **An example of when the body did not completely heal from an injury**, after being discharged, whether the injury was life-threatening or not, is when the weather changes and a middle-aged ex-football player suffers from pain in the knees from an injury in his high school or college years. At first, pain may be experienced only when there is a seasonal change in temperature, however, In due time, as the knees continue to degenerate because they did not heal completely after discharge, the pain become constant, i.e., he is in pain year round, not just when the weather changes, and then knee surgery will be recommended by physician.

However, if after being discharged from receiving medical treatment at the time of injury, this football player had been provided the Clinical Nutrition Therapy his knees required to recover from both the adverse effects from medical treatment and the specific nutrients the knees required to repair cellular and tissue damage from this injury, his knees would have healed completely, he would have avoided telling the weather by the pain in his knees and he would have avoided knee surgery in his later years.

When drugs are used long-term for symptoms, syndromes, disorders, conditions and diseases, all of which are caused by nutritional deficiencies, toxicity, biochemical imbalances and organ/gland dysfunctions, the chemicals and metals in these drugs have a greater damaging effect on the cells and tissues, as they:

- Deplete even more nutrients,
- Increases toxicity levels,
- Interfere with biochemical and metabolic processes, and
- Cause organ/gland and body systems to become more dysfunctional.



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Any one or more of the above effects then accelerates the progression towards their disease stages. If the organ, gland and body system is already in the disease stage, drugs then accelerate the advancement of the disease.

Additionally, long-term single or multiple drug intake cause more health challenges than the patient had when they originally sought medical services because of **Drug Side Effects**.

Drug Side effects are the symptoms of nutritional deficiencies and toxicity caused by the chemicals and metals in the drugs. Some drugs also contain viruses, bacteria and other germs, like vaccinations, which further infect the body.

The chemicals, metals, and germs in drugs do not just adversely affect the organ, gland or body system for which they have been prescribed, these toxics substances adversely affect the entire body by causing nutrient depletion and toxicity in other organs, glands and body systems, too. Hence, in time the patient develops more health challenges.

People who do not understand this, continue using drugs, and in time, are prescribed more drugs to treat the symptoms caused by the side effects of the previously prescribed drugs they are on and then soon find themselves taking more and more drugs until the time comes when drugs will not suppress their pain and other symptoms, and then surgery is their only option, according to their physician.

So today, there are so many unnecessary surgeries being performed, not only because of the damage that results from long-term drug use, but because physician are uneducated in how the body truly heals and thus do not understand the importance of referring their patients for the Clinical Nutrition Therapy they require for healing.

Even physicians who are aware of Clinical Nutrition Therapy may not refer their patients because they fear a loss of medical income. Not healing a patient is the best assurance for repeated medical service business for their patients.

It is interesting to note that in America, consumers do not continue to go to the same auto mechanic, plumber, electrician or business, when they fail to fix their vehicle, plumbing or electrical systems the first time. However, when their body is not healed by medical treatment, Americans repeatedly return for more medical treatment, often provided by the same physician who did not provide treatment that healed their body their first time.

Additionally, the **American Medical Association (AM)** wants a monopoly in the treatment of the human body and threatens to suspend the licenses of physicians who do not promote



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drugs and surgeries as the exclusive treatments for the human body, which also discourages physicians from referring their patient for Clinical Nutrition Therapy..

However, this monopoly is becoming more and more difficult because there is a growing number of patients that are waking up and seeking Clinical Nutrition due to their dissatisfaction of medical treatment because it cannot heal their body.

Some physicians are waking up too and completing post-graduate studies to provide Clinical Nutrition Therapy. Unfortunately the therapy they are providing is not healing the body either because they dispense isolated and synthetic supplements, which are nutritional drugs, not whole food therapeutic supplements.

Because of the increase in patients seeking non-medical therapies today, the AMA, joined at the hip with the pharmaceutical companies, are attempting to use their billions to influence legislation to pass a law to assure this monopoly. They are also trying to include access to supplements only when dispensed through licensed physicians. (Supplements would include vitamins, minerals, herbs and homeopathics.)

Therefore, your Health Freedom Rights are at risk right now. So contact ddc@clinicalnutrition.com and ask to be put on her emailing list to stay informed. She will notify you when and what to do to take action to block legislation. Stay on her list because when we are successful in blocking one bill, in due time, they submit another.

Women are especially targeted for unnecessary surgeries. For example, today, over 90% of all hysterectomies are “elective.” An elective surgery means that the condition for which the surgery has been recommended is not life-threatening, but the patient has chosen or elected to have the surgery. Why would anyone choose surgery when not life-threatening? Because their physician convinced the patient that this was their only option.

By the way, the causes for extended periods, excessive and uncontrolled menstrual bleeding and/or endometriosis, the primary symptoms that lead to hysterectomies, are:

- Calcium deficiency
- Calcium metabolism dysfunction
- Hormone imbalances caused by birth control pills and devices
- Hormone imbalance resulting from other causes.



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A Tissue Mineral Hair Analysis will identify Calcium and all other mineral deficiencies and dysfunctions in mineral metabolism and a Saliva Hormone Test will identify hormone deficiencies, excesses and imbalances. All of which can be corrected through Clinical Nutrition Therapy and thus prevent hysterectomies.

So today many people are living without:

- one or both ovary
- uterus
- tonsils,
- adenoids,
- gall bladder
- lymph nodes,
- spleen
- one or more testicle
- prostate gland
- a kidney
- an adrenal gland
- or some other organ/gland

The loss of even one organ or gland compromises longevity. In a life-threatening state, when surgical removal of body part is immediately required to save a life so the patient will live, rather than immediately die, their original potential for longevity has been comprised and thus, people with missing body parts do not have the potential to live as long as those who are whole.

Fortunately, Clinical Nutrition Therapy can help the body by providing nutrients to help compensate for the missing parts and so other parts of the body are not also compromised, which can help prevent further compromise to their longevity. Taking a therapeutic supplement for the rest of your life is certainly preferred over taking a toxic drug for the rest of your life.

God included each part of the human body for specific functions and it is the responsibility of each person to learn how He wants the human body to be cared for and treated, so we can keep our body parts and function as healthy, whole being for the amount of time He allotted us on earth.



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My services are provided for this specific purpose, to provide the therapy God intended for us to use to restore health and provide the education to assist clients in maintaining optimal health for the rest of their lives, as well as becoming as self-sufficient as possible.

My **“Updating Your Medicine Chest to a Health Chest” e-book** was also written to help clients become more self-sufficient, so they know what to use instead of toxic over-the-counter drugs for first-aid, the flu, injuries and any other acute symptoms that may unexpectedly arise from daily living.

For information about this e-book, [click here](#) to go directly to my **“E-Books By Dr. Smith”** web page. This e-book contains over 100 safe and effective Remedies that I have personally used and professional recommended since 1981. For a list of the acute symptoms and conditions these remedies address, [click here](#) to go directly to my **“Ordering W. F. Supplements.”** Web page. To order, this e-book, call (940)761-4045.

MEDICAL CHECK-UP GUIDELINES

The best assurance you have in using Medical Services so they work for and not against you, is to use them primarily for diagnostic purposes. Because our medical industry does have more diagnostic equipment than non-medical health care practitioners, seeking a medical diagnosis and then treating that diagnosis through Clinical Nutrition Therapy allows you to use medical services to your best advantage. .

If you receive no medical diagnosis for your symptoms because all medical exams and tests are “medically normal or medically healthy,” this is because the organs, glands or body systems producing those symptoms have not yet progressed to a “disease or life-threatening stage” where it is detectable through a medical interpretation of your tests and examinations.

Therefore, what you need now is a Clinical Nutrition Analysis or interpretation of the Medical Exam Interpretation Reports and Lab Reports to identify the causes for your current symptoms. You will also, then, have the opportunity to correct the causes (nutritional deficiencies, toxicity, biochemical imbalances or organ/gland dysfunctions) before they have time to progress to a disease or life-threatening state, where they can be medically diagnosed.

Because our medical industry does have more diagnostic equipment for the diagnosis of disease, having an annual or bi-annual Medical Check-Up is prudent for early detection.



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Avoid Invasive or Toxic Diagnostic Procedures

Whether you are seeking medical diagnosis because you are currently experiencing symptoms or having a Medical Check-up for early detection, it is important that you avoid invasive and/or toxic diagnostic procedures that are harmful and damaging to the inside of your body. Otherwise, you will soon experience new symptoms and health conditions resulting from these diagnostic procedures.

Examples of Invasive and/or Toxic Diagnostic Procedure are listed below:

1. **Swallowing** dyes, barium, or other toxic solutions;
2. **X-Rays and Mammograms**, which kill healthy cells and tissue, and can cause cancer.
 - a. It has been known by the medical community for decades, that the accumulation of radiation for X-rays can cause cancer; however, physicians still heavily rely on X-rays as an essential diagnostic tool.
 - b. It has also been known in the medical community for almost a decade that mammograms cause cancer; however, when sharing this information with my female clients, I have yet to find a client who has told me that they already knew this because they were told by their physician.
 - c. However, even after reading this information, you elect to have an X-ray or Mammogram, be sure to contact me for our homeopathic to take immediately after to remove Radiation from your body.
3. **Invasive scopes or tubes** - Or allowing them to put scopes or tubes down your mouth, nose, up rectum, or making a surgical opening to do so – as these can cause internal scarring.
 - a. Now, if any of the above is done because the body is in a life-threatening state – after discharge, we can detoxify the body, dissolve scars, and remove radiation from cells and tissue through our treatment. However, the above should not be done as part of an annual medical check-up for early detection purposes.

The above invasive and toxic **Diagnostic Procedures** may be required in a true “life-threatening” emergency and though your body will suffer consequences from them, **saving your life** right now is of higher priority. However, they should not be used for Annual Medical Check-ups for early disease detection or to diagnose the cause of symptoms being caused by



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non-life threatening conditions if you want to avoid developing new health conditions, which can even lead to future life-threatening conditions or diseases in due time.

Guidelines For A Healthy and Safe Medical Check-Up

Below are guidelines for a healthy and safe Medical Check and these are the types of diagnostic procedures you should request of your physician. Remember that your physician is being paid by you and/or your insurance/medical services and you have a right to ask for what “you” want.

You are hiring your physician to provide the testing, examinations and diagnosis provided by his medical “business” so you can become “medically” informed. Then seek a Clinical Nutrition interpretation of these medical tests, exams and diagnosis to become “clinical nutrition” informed.

Then equipped with both a medical and clinical nutrition interpretation of your tests, exams and diagnosis, you are now “fully” informed to make the best decision for your body.

You may have to insist that your physician perform these or find a physician who will. Most physicians are so use to providing invasive and toxic diagnostic procedures that they do not want to do anything else and they may use intimidation, scare tactics or any other psychological manipulation technique, generally learned in medical school to get patients to comply, in order to coheres or influence you. They may even threaten to not provide medical services to you in the future if you do not comply with their diagnostic procedures and the treatment they prescribe.

1. First you need to know “by law” that a physician can lose, or have their medical license suspended for a period of time, by refusing their medical services to a patient if this is brought to the attention of the Medical Licensing Review Board. So, even if a physician threatens you with not providing his services in the future, your physician has more to lose than you do by taking action on this threat.
2. Second, you need to ask yourself, do you really trust your body and your life to someone who would treat you so disrespectfully as to threaten or scare you or try to intimidate you? I certainly would not.

Therefore, the tests and examinations you want to request include the following, whether you are asking for a diagnosis for current symptoms or a Medical Check-up for early detection:

1. **Physical Examination** - A truly “physical” palpitation-type head-to-toe examination. Using their hands, they touch every part of your body to feel for swollen glands, cysts, tumors, unusually shaped organs and glands. This includes using a stethoscope to



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listen to your heart beat and lungs; as well as examining the eyes, ear canal, nostrils and inside the mouth.

- a. **For women only**, a hands-on breast exam and **Pap Smear**, even if you have had a hysterectomy. Some physicians will tell you that if you have had a hysterectomy that a Pap Smear is not necessary. Remember that perhaps for medical purposes the physician may not consider this as being true, but it is important for Clinical Nutrition Analysis. For example, just because you have had your uterus removed, does not mean all uterine tissue has been surgically removed.
 - b. **For men only**, ask for a palpitation (touch) physical examination of the testicles, scrotum, and prostate gland.
4. **Anthropometric Readings**, such as:
- a. Blood Pressure, sitting and standing.
 - b. Pulse, sitting and standing.
 - c. Weight,
 - d. Body Mass Index,
 - e. Fat Percentage (this information is also provided in the BIA-BCA test – See #6 below)
 - f. Muscle Percentage (this information is also provided in the BIA-BCA test – See #6 below)
 - g. Cardio-Vascular Stress Testing, like having you walk on a treadmill.
5. **Laboratory Tests –**
- a. Blood, urine or any other specimen collection that is non-invasive.
 - b. Technically, a blood test is invasive; however, you can contact me for what to do after having blood drawn to prevent internal scarring at the needle puncture site. To understand the importance of having Clinical Nutrition Therapy to prevent and dissolve all current scars you have, whether caused by injury, piercings, tattoos, surgery, medical diagnostic procedure, or medical treatment, like vaccinations, B12 injections, allergy shots, etc., [click here](#).
 - c. Also, because of Insurance and Medicare controls over the number of blood tests that a physician can order, they no longer test for the 44 blood chemistries that comprise a “comprehensive” blood chemistry evaluation, like we do. Routinely, you can expect only 16-26 blood tests. These 16-26 blood tests are the bare minimum required to monitor the most life-threatening blood states, such as liver disease, kidney disease, electrolyte imbalances, Cholesterols, white and red



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blood counts, and one of four blood Thyroid Test (TSH), Calcium and Protein, and a few others.

d. Even when we have provided our clients with a list of these 44 tests, we rarely receive any more than what they routinely provide. This is why we order blood tests for our clients. **Therefore, for blood testing, you would do better to request this through me and then take a copy of your comprehensive 44 blood test to your physician for a medical interpretation.**

e. [Click here](#) to understand the differences between a “Medical” interpretation and a “Clinical Nutrition” Analysis or interpretation of a Blood Chemistry Laboratory Report. The same principles apply in the interpretation of any Laboratory Report, whether blood, urine, hair, saliva or stool, or any other Examination or Diagnostic Report.

6. **Bio-Electrical Impedance (BIA)** – ask your physician if their clinic or the hospital where they have medical privileges has a BIA machine and if they do, have this test done for a comprehensive **“Body Composition Report (BCA).”**

a. You can also be proactive and call **RJL Systems**, the manufacturers of the BIA machine and ask them to give you the contact information for the nearest health care practitioner (medical or non-medical) who has purchased a BIA machine from them. Their number is 800-528-4513.

b. The BIA machine is used at John Hopkins, Mayo Clinic, all military hospitals and many other prestigious hospitals and clinic to test “wasting” in cancer, AIDS, the elderly or anyone who is losing weight rapidly. **Wasting** is severe nutrient depletion to the point of not having enough nutrients over-all body to even survive. Wasting is life-threatening malnutrition or another word for death by starvation, even if the person is eating an sufficient amount of food each date..

c. However, when receiving Clinical Nutrition Therapy for nutrient repletion and growing new healthy cells, a Clinical Nutrition Analysis of the **Body Composition Report** when tested using a BIA machine helps us monitor cellular and tissue restoration.

d. [Click here](#) for more information on the importance of this test, including:

- i. The various tests that comprise a Body Composition Report.
- ii. What you can learn from a Clinical Nutrition Analysis of the above test and
- iii. Instructions in how to prepare your body for having this test done.



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- iv. As you will see when you visit this webpage, I provide the BIA-BCA test at my On-Site Clinics, which are scheduled periodically throughout the year and annually at the **Christmas Magic Event**, held in Wichita Falls, Tx in November. This provides an opportunity for clients to receive this test, which is also important for an **Annual Clinical Nutrition Check-Up**, as well as to introduce our services to event visitors.
 - v. Though medical services may charge over \$300 for the BIA-BCA Test, at Christmas Magic we provide test at a huge discount. For example, at the time of this writing, the BIA-BCA test is provided for \$35.

MRI & OTHER IMAGING TESTS

Unlike, X-rays are form of electro-magnetic radiation that actually damages and kills cells and tissue, MRI Magnetic Resonance Imaging (MRI), Nuclear Magnetic Resonance Imaging (NMRI), Magnetic Resonance Tomography (MRT) and other imaging tests do not damage or kill cells and tissue .At least at this time, there is no scientific evidence that they do. However, they do reverse the polarity of the electrical frequencies of your Brain and Nervous System.

Reverse polarity means that all electrical messages or communications from the Brain to the cells and from all cells to the Brain, as well as cell-to-cell communications, are being transmitted in a reverse or opposite direction.

Because every cell, tissue, organ, gland and body system (the entire body) is dependent upon the Brain and Nervous System, the adverse effect of these tests will in time lead to health challenges in every part of the body.

However, the good news, you correct this reverse polarity immediately after having these tests performed and thus prevent their adverse effects.

Therefore it is very important to contact me for a one-time 30-minute consultation and I will coach you on what you need to do before and immediately after having tests performed so you can prevent their adverse effect.

With one physical technique and one bottle of one supplement you can prevent adverse effects resulting from having an MRI or any other imaging test and rebalance your polarity. This treatment is very inexpensive and short-term, i.e., only needed when you have these tests performed.



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When you follow my advice, you will then be able to have these tests done safely. Otherwise, by not following this advice, they become unsafe, lead to a myriad of health conditions and life-threatening states.

YOUR MEDICAL RECORDS

When scheduling an visit to your physician for any purpose, including your Medical Check-up, inform the physician or their assistant that you want copies of your medical records, such as:

1. Lab reports,
2. Physical Exam Reports (which may also be called Interpretation Report or Medical notes,
3. Radiology Interpretation Report (if you elected to get an X-ray,
4. Anthropometric readings,
5. along with written diagnosis, if any and
6. MRI Reports, if included in check-up

Then forward all copies of your medical records to me for a “Clinical Nutrition Interpretation” of these documents. **You absolutely will not be fully informed of your current health state if you do not have both a medical and clinical nutrition interpretation of your tests and exams.**

You have paid for these medical services, either out of pocket, through your Insurance or Medicare, and have a legal right to copies of all your medical records. **So do not let your physician or any medical assistant tell you otherwise.**

You should keep a copy in your own medical home files for a number of reasons, such as:

1. To keep all physicians, if using more than one, informed of findings from other physicians. Or if you choose to change physicians at any time in the future.
2. To protect yourself in case your physician purposely or accidentally omitted some information you need to know.
3. So you do not have to rely upon your own memory, especially from year to year.



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4. As well as so you can provide me with a copy of any medical records for a Clinical Nutrition Analysis of them, no matter when you visit your physician, whether for an Annual Medical Check-up or for any purpose in between. **This applies to all other health care providers also, whether they provide medical or non-medical therapies.**

For the reasons above, it has always been my standard practice to provide a copy of all Laboratory Reports I order for our clients' biochemical testing (blood, urine, saliva, hair and stool). For the reasons above, this should also be a standard medical practice, but it is not, so you must remember to request them before having tests and examinations performed and observe that the person is recording your request for copies in your chart. However, though this is in your chart, you will still have to request them each and every time you have tests and exams performed in the future because they do not often look in the chart for past references for this request.

Note: An Annual Medical Check-up may provide "Early Detection," however, a Clinical Nutrition Analysis or interpretation of these same documents, provides a true "Wellness or Disease Prevention" interpretation, which is more effective than 'early detection' of disease. Why? because you then have an opportunity to correct abnormal clinical nutrition findings before they progress to their disease stage rather than waiting until they are in the disease stage and then having them detected.

What Do I Mean Above By "For Your Protection?"

As we all know, some lessons are learned the hard way. I did not realize the importance of having my clients provide me with medical records after any visit to their physician, as well as any other health care provider (medical or non-medical) until my mother, who is also a client, had an on-the-job injury.

Until that time, it did not seem necessary because:

1. The Clinical Nutrition Testing I performed for my clients provided the information I needed to know about their current health challenges, as well as any past medical conditions that were still challenging them.
2. After starting Clinical Nutrition Therapy, clients rarely had visits to their physicians, and even though I encouraged them to have an **Annual Medical Check-Up**, many declined following through on this recommendation because they were highly dissatisfied with the medical industry as a whole



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3. And none of my clients up to that time had ever had an on-the-job injury while in my care.

So when my mother informed me that her physician had told her that she had only sprained her upper right arm, and had definitely said there was no “tear,” I took this information on face value and provided Clinical Nutrition Therapy for sprained muscle tissue. After 3 months of Clinical Nutrition Therapy she had only healed 80%, but should have healed 100%.

So I had her go to her Chiropractor in case she had a subluxated vertebra pinching a nerve to that arm, in case this was the cause for why she had not healed 100%. She did have a subluxation, which he adjusted. After her first Chiropractic adjustment, she improved another 5%. After her second Chiropractic visit a week later, she informed me that her Chiropractor had requested and received her medical records from this injury and he had told her that she did have a tear in the muscle. I then requested a copy of the medical report and there it was in black and white, she did have a tear. So her physician had lied to her.

I immediately added the nutrients for a tear upon receiving this report. However, because I did not know about this tear at the time of injury in order to provide the exact Clinical Nutrition Therapy she needed for a tear, my mother was unable to fully heal from this injury. Thus, the outcome of her combined Clinical Nutrition and Chiropractic Therapies gave her only a 95% healing and so periodically, she still feels pain in her upper arm.

I was so angry at this physician for lying to her and at myself, for being so trusting, and from that moment on, I have requested that all my clients provide medical reports no matter what the purpose of their medical visit, as well as reports from any other health care provider, medical or non-medical. Thus, being able to provide a Clinical Nutrition Analysis of their medical tests and exams, as well as be sure that they have been fully informed of their medical condition by their physician. Like I said some lessons we learn the hard way.

CONCLUSION

After reading this article, you have the following understandings:

- **The importance of having an Annual or Bi-Annual Medical Check-up,**
- The specific tests and examinations that should be provided at your Check-Up, as well as the types of medical diagnostic procedures to avoid.
- **Which types of health conditions require:**
 - **Medical Services**



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- Which conditions do not require Medical, but require Clinical Nutrition Services.
- And which require both.
- Why Medical Services should be limited to Emergency Medical Assistance or used for Non-Invasive, Non-Toxic Diagnostic Purposes only.
- **Why we have a high rate of unnecessary surgeries performed today, which has led to an increased population of people living without one or more organ and/or gland.**
- The definition of Elective Surgery, why 90% of hysterectomies are “elective,” why women elect to have a hysterectomy and the true causes for the symptoms that have led to their physician recommending a hysterectomy.
- **Why Drugs do not heal or cure any symptom, syndrome, disorder, condition or disease.**
- Why Drugs are effective when used short-term in life-threatening emergencies, but are harmful and have life-threatening health consequences when used long-term.
- **The true definition of Drug Side Effects.**
- Why patients have more health challenges after drug therapy than before.
- **Why patients do not completely heal after being discharged from hospitals after treatment for injuries or diseases.**
- Why Clinical Nutrition Therapy is essential when in the hospital or upon discharge to assist the body in healing completely.
- **The definition of Eubiosis and Dysbiosis, why Probiotics are only a temporary help, but do not get to the cause, and how Dysbiosis leads to infectious diseases and cancer.**
- Why Americans do not truly have Medicare and insurance coverage, though they pay for it.
- **The importance of providing me with a copy of all medical reports for Lab Reports, Examinations and other Diagnostic Procedures, whenever you visit your physician for any reason, which includes visits to non-medical health care providers.**
- And lastly, the value in receiving a Clinical Nutrition Analysis of all medical reports, so you have the opportunity to correct the causes of your symptoms, as well as abnormal findings not yet producing symptoms, before they advance to the Disease stages.

Unfortunately, the medical industry no longer honors the **Hippocratic Oath, which states, “First Do No Harm;”** instead, Drugs are the #1 Killer in the U.S.

Medical Services are also the most expensive system for the treatment of the human mind and body today. This includes the high cost for Insurance and Medicare, which does not cover all the therapies the patient chooses for the treatment of their mind and body. So the reality is,



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though the patient pays for this coverage, it is truly Medical Services that have Insurance and Medicare, not the patient. Additionally, as mentioned previously, Insurance and Medicare does not always cover all medical services provided or all pharmaceutical drugs a patient may be prescribed.

The fact is, if the patient truly had Medicare and Insurance, then Medical and Insurance would pay for the patient's treatments, no matter what therapy the "patient" chose to use, instead of just covering "medical" services and pharmaceuticals. This issue requires serious legislation attention and reform in America.

Medical Services in America have been called a "health" care system; however, it would be more appropriately termed as:

- Disease Care or a Disease Management System and
- Emergency Medical Assistance.

In America, we have one of the best Emergency Medical Systems available in the world for Life-threatening Emergencies. In fact, I truly believe that had my cousin, Princess Diana, been in America at the time of her auto accident, she would have had the greatest potential for survival.

However, harmful and life-threatening health consequences result from using Medical Services for the treatment of symptoms of Diseases, Syndromes, Disorders, and other Health Conditions that are not life-threatening and which are actually caused by one or more of the following:

- nutritional deficiencies,
- toxicity (chemicals and metals in our food, water, air and environment),
- biochemical imbalances and
- organ/gland dysfunctions

Diseases (which include Syndromes, Disorders and other Health Conditions) are actually advanced stages of one or more of the above. Therefore, these causes are best treated through Clinical Nutrition Therapy so the patient has the opportunity to correct them before they advance to their advanced stages and become life-threatening. Even when in their disease stage, Clinical Nutrition Therapy is still the best treatment to reverse the "disease" or as we prefer to call it "dis-ease" state of the body and restore health.

With the information provided in this article, you are now equipped to:



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- Use Medical Services for the emergency benefits they provide when you have had a true medical emergency injury, like a broken bone, or are in a life-threatening state.
- At the same protect yourself from harmful and life-threatening health consequences resulting from both invasive and toxic diagnostic procedures and treatment used for non-emergency injuries and conditions.
- Understand the importance of using Clinical Nutrition Therapy alone or in combination with Medical Services and other therapies for both emergency and non-emergency injuries and conditions. .
- Stand firm in your request for medical records each time you visit your physician for any reason.

ABOUT DR. SMITH

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

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

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

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

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

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

Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there



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are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

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

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

E-BOOKS BY DR. SMITH

- **Anti-Aging Personal Care Program (Hair, Skin, and Nails)** – Over 200 Pages
- **Comprehensive Holistic Dental Health Program** – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (**169 pages** – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- **Fibromyalgia – A Clinical Nutrition Syndrome** (70 Pages).
- **Dr. Smith's Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions]** - (69 Pages).
- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **Updating Your Medicine Chest To A Health Chest** (Over 170 Pages)
- **15 False Assumptions the Public Makes About Food Supplements** – (15 Pages)

DISCLAIMER

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