



PERSONAL EDUCATION PROGRAM (PEP) INTRODUCTION

By Dr. Donna F. Smith

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THERAPY (PR-CC) AND EDUCATION (PEP)

Clinical Nutrition Therapy consists of designing and monitoring the human body to help you become healthy. The five major components are:

1. Analysis of Laboratory Reports – The most frequent are the Lab Reports of biochemistry (Blood, Urine, Hair, Saliva and Stool) and Genetics.
2. Therapeutic and Health Maintenance Supplements.
3. Therapeutic Supplement Program of Care (POC) – Dosage, Frequency, and Special Orders.
4. Program of Care (POC) Instructions.
5. Client Communicator (CC) – Symptom Progress Reporting. . Some unhealthy people do not have

Education is designed to help you understand and get to the cause of being unhealthy and help you stay healthy once you attain it from your **Clinical Nutrition Therapy**. The two major components are:

1. The Personal Education Program (PEP) and
2. Dietetics and Dietary Consultations.

Each **Personal Education Program (PEP)** is provided in the order of what is best for the human body. However, there may be times your **Lab Reports** may take precedent.

Dietetics and Dietary Consultations are ordered based on your **Lab Reports**, whenever you are ready.

Implementing and mastering each **PEP** will take you time. However, when you consider the rest of your life, this time is minimal.

It is a greater challenge to “maintain” health attained in **Clinical Nutrition Therapy**. Hence...

The **Laboratory Reports** tell you when you are Healthy and how to maintain Health.



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QUOTES - EDISON & EINSTEIN

The following quote from **Thomas Edison** has been erroneously attributed to Albert Einstein: **"The doctor of the future will give no medicine, but will interest his (or her) patient in the care of the human frame, in diet, and in the cause and prevention of disease."**

Albert Einstein is known for a quote about the future of medicine being the "medicine of **frequencies**." However, medicine is not famous today for frequencies, we are! Einstein was correct about frequencies, just not the source being in medicine. Albert Einstein was interested in electromagnetic fields and this may be the inspiration for his quote.

At **Advanced Clinical Nutrition**, we apply **Clinical Nutrition Therapy** to bring clients to Health and the **Education of Dietetics** and **PEP** to maintain Health as quoted by both men.



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CLIENTS vs. PATIENTS

By the way, I prefer the word “clients” rather than “patients” because the word, patients, still carries the practice in medicine of the patient, i.e.,

1. Having no say over their own body,
2. Cannot ask questions and
3. Treatment is solely up to the physician,
4. The information the patient gets to read or do is only what the physician deems necessary.
5. Uses pharmaceutical chemical drugs exclusively or more often for what is truly a medical emergency.

A “client” has the opposite rights today and is more interactive in the healthcare. In other words, my role as the “doctor” is to help give the best healthcare guidance to become “healthy,” so the client can make an informed decision about the care of their own body.

The client lives 24/7 in their body and knows it better than any physician or doctor. The client is only lacking the **education** about the care of the human body, which has been learned by the **Clinical Nutrition** doctor or the **Emergency** physician. However, clients are smart enough and what they must to **learn** is possible.

REMEMBER THIS FACT

When you are told there is no cure for any particular condition or disease, it really means surgery and drugs will not cure it. Surgery and/or drugs were designed to keep you stable, patch you up and save your life, however, neither can heal the human body.

Read my article titled. ***MY MOST IMPORTANT DECISION REGARDING THE CARE OF MY BODY! (The Role of Healthcare and Disease Management)***. It is located on the **EDUCATION** webpage & published in **THE VILLAGER**, 3/23/2023.



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PR-CC & PEP SYSTEM

My goal is to provide a monthly email to you by the **second Monday after the Due Date**. This allows me one full week to review and answer your email, as well as all other clients, and it gives you three weeks before the next due date.

This is why the **Due Date** for you needs to be honored!

PEP Homework is any form, questionnaire, chart, summary, etc., that I have requested by its **due date**. Depending on the **PEP**, its **Homework** can be completed in:

1. A few minutes,
2. A few hours,
3. Off and on over a week.

It does not take long for your **PEP Homework** to be done or to let me know where you are. Also, there are a minimal number of **PEPs** that have Homework, other than reading it to get the point.

So, you have three weeks, i.e., plenty of time for you to meet all other responsibilities (family, house, work, etc.).

If you feel you do not have any time and this is not temporary, then take a look at your priorities. Rearrange, delegate and/or eliminate some of them, as they may be contributing to an unhealthy lifestyle and an unhealthy body.

If a client does not email what I have ask for by the Due Date, then I am also late in providing their monthly email AND that client has less than three weeks, when they need as much time available before the next Due Date.

The **PR-CC & PEP** system is one that brings you to Health and works!

You are worthy of Health!



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Monitoring Health on the Client Communicator (CC)

In addition to your periodic **Lab Reports**, the monthly monitoring of the state of your body's Health is reduced as followed once all PEPs are emailed. Your Fee is also reduced accordingly. In other words, monitoring on the **Client Communicator (CC)** is...

1. **Monthly** - Symptoms and Vital Statistics.
2. **Monthly** - Vital Statistics, until stable, and Symptoms have been gone for at least three months, on the average.
3. **Quarterly** - Vital Statistics Stable.

PEP EXAMPLES

Your **Personal Education Program (PEP)** includes, but is not limited to,,,

- Blood and Circulation Health - (Life is in the blood)
- Skin and Hair Cell Regeneration
- Air and Water Hydration
- Oxygen and Lung Capacity
- Organ & Gland Health
- Full Body Detoxification
- Bioenergetic Healing
- Cancer Prevention
- Mental Health
- And More!

An Individual Fee is charged for:

- Herbal First Aid Kit
- Microbial (Germs and Worms) Kit.
- Dietetics and Weight Management
- Various Other Programs if needed.



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WHEN YOU RECEIVE A 'PEP'

PEP Instruction

All of your instruction is included in the **PR-CC & PEP Document** on **Webpage 26**, so be sure you have read it before starting any PEP.

Personal Education Program (PEP)

Having followed the **PR-CC & PEP** instruction each month, when a **PEP** is presented to you, it is to build your Healthcare knowledge, and in time, that knowledge is implemented and then mastered.

To recap...

1. The **PEP** instruction in the **PR-CC & PEP Document**.
2. Homework is what I call your **"PEP To Dos."**
3. Homework may be to read only and produce a Summary of what is read so I know you received the point of the **PEP**. The **PEP** knowledge may be something needed now or later as you age chronologically.
4. Homework could also be forms, questionnaires, charts, etc., to complete and send to me **so I know where you are at that moment**.
5. Therefore, you are doing the **PEP Homework the first time by its due date, according to the Auto-Ship Schedule**.
6. **However, the first PEP is implemented until mastered, before you move to the second PEP, etc.**



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Implementing PEP Knowledge

You implement any knowledge by thinking about how to do it and then you do it over and over. You schedule it when possible and you persevere. No matter what is happening in your life you make the decision that you are going to keep implementing it, until it is mastered.

After all, even the bad habits in your life were made this way.

Mastering PEP Knowledge

To be a master of something means you no longer think of it. You no longer think of how to do it, you just do it, like brushing your teeth or tying a shoe lace. If I asked you if you brushed your teeth today, you would have to stop and think about it to say 'yes.' You know you do it every day routinely, however, you do not think about it unless asked.

Story of You as A Baby

When you were a baby, you learned to walk. However, you did not learn how to walk the first time. In fact, you did not learn how to walk, the second time. You did not learn how to walk, the third time. Was it the 5th time? 10th time? 15th? Who knows!!

The point is ... it took you time to implement walking.

What would have happened if you never tried once, twice, three, or more times? What would have happened if, as a baby, you did not persevere? What would have happened if you never had the encouragement to walk from someone? Who gave you that grace to try again and again until walking was mastered.

Obviously, you mastered walking or you could never had done it.

So why not give yourself time and grace to implement and then master each PEP???



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FACTORS THAT CAUSE UNHEALTHY BODIES

There are many factors today that work against our ability to attain and maintain health, such as...

1. Personal requirements, such as the correct quality and quantity of air, water, exercise and other factors required by the body.
2. Second-hand factors that adversely affect your body.
3. Nutrient-Depleted,
4. Pesticide-Sprayed Agriculture Techniques, this includes the lawn at home or work,
5. Soil Nutrient Depletion,
6. Crop Hybridization,
7. Genetically Modified Organisms (GMO)s,
8. Food Harvesting,
9. Food Storage,
10. Food Transportation
11. Biogenetics,
12. A person's own current health conditions and challenges,
13. Any practice or factor that is not principle-centered.



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PRINCIPLE-CENTERED

At **Advanced Clinical Nutrition**, our **Personal Education Program (PEP)** and **Dietetics** provides personalized **Dietary, Lifestyle, Mind-Body Connection and Environmental Education** to assist you in developing a principle-centered, healthy diet, lifestyle and environment.

“**Principle-centered**” means a diet, lifestyle and environment that is based on the principles (or laws) of biology, biochemistry, physiology, quantum physics, and psychology. When they are based on scientific principles you working in harmony with the laws that govern the healthy function of the human mind and body to promote health every day of your life; otherwise, you are working against these laws and creating illness and disease, instead.

THE STANDARD AMERICAN DIET

The Standard American Diet (SAD) is truly SAD! So, the Food and Drug Administration (FDA) made the Food Pyramid; however, they discontinued it years later because the it caused a disease, Diabetes.

When it came out, I knew it was wrong. It would make everyone to gain weight and cause many diseases, not only Diabetes. I was amazed that the FDA did not know the food that the human body requires.

However, you can find the answers regarding the quality and quantity of food and beverages that the human body requires in our **Dietetic Service**.

Read on...



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THE TYPICAL AMERICAN DIET

The article by Micheal T. Murray, N.D., titled, *The Typical American Diet – It's Time For Doctors To Teach Good Health* revealed the following. ([Parentheses are for clarification purposes only.])

“In one year, the average American consumes:

1. 100 pounds of refined sugar.
2. 55 pounds of fat and oils (i.e., rancid fats and oils, such as fried foods)
3. 300 cans of soda pop,
4. 200 sticks of gum,
5. 18 pounds of candy,
6. 5 pounds of potato chips,
7. 7 pounds of corn chips, popcorn and pretzels.
8. 63 dozen donuts,
9. 50 pounds of cakes and cookies and
10. 20 gallons of ice cream.

This translates to an annual total population consumption of 100 billion ounces of cola, \$50 million worth of Twinkies, and other equally startling figures.

When we consider the \$8 billion food manufacturers spend on advertising each year, however, these numbers are not surprising. Add to this the fact that over 30% of our adult population smokes cigarettes and over 7% are active alcoholics.

What are the health effects of the ‘American lifestyle?’ As a nation, we spend more per capita on (disease) care than any nation on Earth. The sad thing is that most of our (disease) care dollars are going towards the treatment (with drugs and surgery) of entirely preventable diseases like heart disease and there are many people who simply cannot afford good healthcare.

What is the solution? Perhaps the best answer is **EDUCATION**. And this brings us to the true definition of the term (physician).



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The word doctor means teacher. (There are many types of doctors today that are not into treating the human body with drugs, but food, herbs, and other supplements and there are doctors today that are not into treating the human body at all, such as those in academia]

A doctor's primary aim (regarding the human body) should be patient education, especially education deigned to prevent disease. More and more people are taking **personal** responsibility for their healthcare.

The era of the (doctor) as a teacher is just beginning. My challenge to you (doctors and patients) is to go out and teach, and remember to practice what you preach.

In Good Health, Signed Michael E Murray. N.D.”

Now with both our **Dietetics** and **Personal Education Program (PEP)** each client has the knowledge to correct the causes of all diseases and maintain the Health attained through our **Clinical Nutrition Therapy**.

Call me if you have not ordered our Dietetics yet!

CONCLUSION

We have established that to attain the state of Health requires our **Clinical Nutrition Therapy** (Testing and Therapeutics Supplements).

Through our **Dietetics** that you will learn what to eat, what to drink, how to maintain your weight, and anything required for a healthy Diet. Remember that Food is important or you will die in a couple of months without it. However, it is the third of many requirements of a healthy human body. In other words, many people still think **health** is all about what they eat and drink and do not realize that is just one of many factors required.

Our **Personal Education Program (PEP)** will teach you how to remove toxins, prevent cancer, improve mental health, maintain Health and live longer in this toxic world, etc.



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ABOUT DR. SMITH



*Take Time for
Your Health Now
or Make Time For
Your Disease
Later!*

by **Dr. Donna F. Smith**
Ph.D, N.D., C.C.N., C.D.N., C.H.
AdvancedClinicalNutrition.com

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 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.

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.



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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 Therapy, Health Maintenance, 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.