



Program of Care (POC) Instructions

By Dr. Donna F. Smith

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ATTENTION

In the future, please refer to these pages whenever you receive one or more new supplements, in case some of the enclosed information that does not apply to you, now, does apply to you in the future.



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ABOUT YOUR HEALING MOMENTUM

Record Your Supplement Start Date HERE:

Please record the date you begin your therapeutic supplements above in the space for "Start Date" and provide this number at your first or next consultation with me. In the future, the first day you take a new supplement, is the Start Date for that supplement. (The two columns of dates on page one of your Program of Care (POC), helps me estimate what your Start Dates are so I can monitor this.)

Within three days from starting your therapeutic supplements, your biochemistry will have a sufficient amount to start what is called the "healing momentum." As you continue taking your supplements each day as instructed, your body (biochemistry) will come to expect and rely upon these nutrients to begin and complete its healing processes. ."

Our goal, which also needs to become your goal, is to assure that nothing slows down, interferes with, or breaks (stops) the healing momentum. The healing momentum is dependent upon daily intake of your therapeutic supplements so the nutrients in them are available for the next part in the process of healing the cells or tissue for particular area (organ, gland or body system) for which the supplements are being taken: For example:

1. Miss one day = healing momentum slows down.
2. Miss two days = healing momentum is interrupted.
3. Miss three days = healing momentum is broken

An interruption can prevent a particular metabolic action from completing the healing process it was in or completing that process and starting the next, so it must begin again. Though this will not cause the healing process to regress to ground zero (Day One of starting your supplements) as it does when the healing momentum is broken, some processes may have taken days or weeks to get to that point of action and from that point it must start again. However, when the healing momentum is broken within the first three months from the Start Date for any new supplement, this can cause the area of the body for which that supplement or supplements are recommended to start all over again from ground zero or Day one of the Start Date. This is because the healing momentum was stopped before the completion of the lifespan of the red blood cells, i.e., growing all new red blood cells.

Consequently, interruptions and breaking the healing momentum ultimately means it will take longer for your body to heal than it would have, which also translates into taken supplements for that area of the body longer than you would have had to, which then means investing more time, energy and money in your clinical nutrition therapy that you would have required originally.

Additionally, interruptions and breaking the healing momentum, depending upon the status of the healing at that time, this can also cause some symptoms to temporarily resurface again, until the healing momentum is resumed and consistent again, which may take a few days or weeks.

Therefore, we work very diligently to assure that you receive your auto-shipments of therapeutic supplements before you run out of your current on-hand supply and I shared this with you so you do not take lightly your responsibility to be diligent in taking your supplements every day as directed. With both of us giving due diligence to our inter-dependent responsibilities, we can assure that you maintain your healing momentum so you may attain optimal healing as soon as is humanly possible for your body.



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HOW TO TAKE THERAPEUTIC SUPPLEMENTS

The **Daily Dosage** Column on Page one is the **total amount** to be consumed **each day**. Please divide the total daily dosage as evenly as possible and consume that amount twice or three times daily. Below are examples for different dosages for taking Pills and Liquids. Follow the instructions below for Pills and Liquids for taking all supplements unless:

1. A particular supplement has specific instructions for taking it in either:
 - a. **Special Clinical Nutrition Instructions** (middle) section of page one or of the Program of Care (POC) or
 - b. **Specific Supplement Instructions** on page 7.
2. If you are a new client and Page one is your first Program of Care (POC) or you are taking a new supplement for the first time that is listed on a revised or new Program of Care, start with the instructions under **New Supplement Instructions**.so you may start slowly and gradually increase to the maximum Daily Dosage.

Pills (Capsules and Tablets)

Therefore, when if Daily Dosage indicates one (1) pill daily, take it before breakfast, two pills daily are taken at one (1) before breakfast and one (1) before supper and 3 pills daily may be taken one (1) before three meals daily or two (2) before breakfast and one (1) before supper.

Notice that the **odd numbered amount of pills** or liquids are taken in the earlier part of the day, so if Daily Dosage is five (5), you may choose to take:

1. 2 before breakfast, 2 before lunch and one before supper for taking supplements at 3-intervals per day; or
2. 3 before breakfast and 2 before supper for taking them at 2-intervals per day.



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Liquids

Examples for liquids: Use a milliliter spoon when Daily Dosage has a “ml.” after the dosage number.

1. **Teaspoons, Tablespoons or milliliters (ml.)** - Examples:
 - a. When taking liquids at a daily dosage of one teaspoon daily, consume this at ½ teaspoon twice daily (1/2 before breakfast and supper),
 - b. Two teaspoons (or tablespoons) are taken at one teaspoon before breakfast and one before supper, and
 - c. Three teaspoons (or tablespoons) are taken at one before breakfast, lunch and supper. .
2. **Drops:** Examples:
 - a. 10 drops can be taken at 5 drops twice daily, i.e., before breakfast and supper.
 - b. When daily dosage is 25 drops, divide this into 13 drops before breakfast and 12 drops before supper or 9 drops before breakfast to consume daily dosage twice daily or 8 drops before lunch and supper when consuming daily dosage three times daily.
 - c. 8 ml. is taken 4 ml. twice daily (before breakfast and supper).

Mixing Liquids From Same Product Company

Herbal Liquids from the same product company may be mixed and taken together, either straight, in purified water or juice. Taking them straight is most effective. For examples,

- all “Medi-Herb” Liquids may be mixed together and taken at the same time.
- All “Wei Lab” Liquids may be mixed together and taken at the same time.

Do not mix liquids together if:

- Instructions on your “Therapeutic Supplement Program of Care (POC)” form indicate not to mix specific liquids.
- Dr. Smith verbally informs you to not mix specific liquids.
- Instructions in the Description column of an Invoice indicates not to mix specific liquids, when the liquids are first invoiced and shipped to you.
- The liquids are Homeopathics. Examples of Homeopathics are:
 - The Virus or Bacteria Detoxosodes, Biosode Support, R & R or Stress Adaptosodes from HVS Labs.



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-
- Stress/Anxiety or any other liquid from Nutritional Information Services.
 - If mixing herbal liquids would cause the mixture to taste bad. Just like any medicine, some herbal liquids do not taste as good as others. Remember, taste is an individual perception. What taste good to one client may not take good to another. So, if you mix an herbal liquid that does not taste well with other herbal liquids that have a tolerable or good taste, the entire mixture may not taste well. So before mixing two or more herbal liquids together, taste each herbal liquid by itself. Then mix the ones that taste okay to you and the ones that do not taste so well to you, take these by alone in juice to cut the taste. The best juices to use are listed in this document.

Dropper Bottle

If your daily dosage is in drops and the bottle has a “drop” cap on it, sometimes it is still difficult to extract one drop at a time. If you experience this, you may go to the pharmacy and buy a sterile dropper bottle. Then transfer the liquid from our bottle to the dropper bottle. A dropper bottle has a 2-3 inch long syringe attached to a rubber cap. Squeezing the rubber top of the cap when the syringe is inside the liquid in the bottle will draw liquid into the syringe, thus making it easier to extract one drop at a time.

New Supplement Instructions & Discontinuing Previous Supplements

When you receive one or more new supplements, it is always a good idea to use the guidelines below and start slowly to work up to the **maximum Daily Dosage** recommended. Ideally, you want to be up to your maximum dosage within two weeks or sooner. Though it is not unusual for people to have a reaction when starting a new drug (pharmaceutical drug or nutritional drugs, like isolated or synthetic supplements), it is not common to be sensitive to whole food supplements, whether provided for therapeutic or maintenance purposes, though clients who have weak digestive system or who are neurologically-switched, may be sensitive until these causes have been addressed. Starting slowly will allow your body to get use to taking new supplements in case one of these factors applies to you. **Always start new supplements as soon as you receive them.**

Pills: Therefore, for Daily Dosages with more than one pill per day,

1. **Day One:** Start with one pill daily of the total Daily Dosage and take this one pill before breakfast for three days.
2. **Day Four:** On the **fourth day**, increase to two pills, taking one before breakfast and one before supper for the next three days. For Daily Dosages with a maximum of two pills daily, you will now continue taking two pills daily hereafter. If Daily Dosage is more than 2 pills, continue to step #3.



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3. **Day Seven:** On the **seventh day**, increase to three pills daily, taking one pill before breakfast, lunch and supper or two pills before breakfast and one pill before supper. For Daily Dosages with a maximum of three pills daily, you will now continue taking three pills daily hereafter. If Daily Dosage is more than 3 pills, continue to step #4.
4. **Day Eight:** For **Daily Dosages** of four or more, you will increase your dosage by one more pill each day until you reach your maximum **Daily Dosage**. For example on the eighth day, you take four pills, one the ninth day, you take five pills and one the tenth you take six pills daily, and so on, until you are the maximum Daily Dosage.

Please note: If you have been on therapeutic supplements for six-months or longer and are not sensitive to taking supplements, either because you are not neurologically-switched or do not have a weak digestive system or these have been addressed significantly or fully so you do not react to new supplements, you may speed up the above process by increasing your new supplement(s) by one additional dose daily until you have reached your maximum daily dosage. For example, if maximum dosage is 6, then take one pill on Day 1, two pills on Day 2 and so on, so that within six days you are at your maximum dosage.

Increasing Liquid Dosages When taking a new liquid supplement, start with one-half the dosage and divide that amount to take twice or three times daily for three days, then increase to the full dosage on the fourth day. You can generally increase liquid dosage faster than pills because the digestive system does not have to dissolve the capsule or tablet and thus liquids do not cause digestive stress or require additional effort or energy from the digestive system.

Discontinued or "On Hold" Supplements: It can be a shock to the system to cold turkey any supplement so a two-week weaning process is very important. Therefore, when you are instructed **to finish all bottles of a supplement and then discontinue that supplement**, count the number of pills remaining and if you do not have enough supplements, you may reduce the dosage to stretch them to last two weeks. Even taking them every other day for two weeks is helpful. When you have an overlap of at least two weeks when starting new supplements while finishing the bottles of supplements that are being discontinued, this allows time for the new supplements to start working, before you are off of the previous supplements.

If your updated test results, indicate you have had enough of a particular supplement and therefore, if you finished the on-hand bottles of that supplement, you may then cause an "excess" test value on the next update, you will be instructed to put that supplement "on hold." On the bottle, write the date of last dosage taken with a permanent marker for future reference in the event an updated test in the future indicates you need this supplement again.

The expiration date on a bottle represents "full potency" for the ingredients. However, as general rule, the ingredients will last for two years for opened bottles and five years for unopened bottles.



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Observe Your Body's Response To New Supplements

As you increase your pills and liquids, observe how your body responds, especially the Gastro-Intestinal System (Stomach and Bowels). If you have any new symptoms in these areas of the body that you did not have when you first started your supplements, go to the section titled "Digestive System" on page 10 for immediate instructions and telephone me.

For example, some clients have a very weak digestive system and may get an upset stomach, such as nausea, or have runny bowel movements. Even those with a strong digestive system,, but who have a high level of toxicity in their stomach may feel uneasy or bowels that have been clogged or blocked may expels some liquefied movement when taking a new supplement that has detoxifying and/or blood purifying ingredients in them.

This will go away in a few days when the supplements have dissolved and removed the toxic poisons that have been stirred up, so to speak, for the purpose of removing them. However, if you have a weak digestive system, this may require a change in your program, so be sure to call to inform me of your experience so I may determine if a change is required.

Note: Unless a stool sample has been included among your initial testing, there is really no way to know if a client has a weak Gastro-Intestinal (GI) System, except for those who are currently experiencing symptoms. However, because our therapeutic supplements are whole foods and "clinically-formulated," our experience has been that many clients with GI symptoms are able to start new supplements without experiencing any stomach uneasiness or nausea and other clients who currently have no GI symptoms at all may experience symptoms of a weak GI system when starting new supplements.

Some clients may not be aware they have a weak GI Symptoms simply because the body has not yet progressed to the point to communicate this through symptoms. So this is basically not something that is easy to pre-determine when designing your first supplement program and thus it is important to call me on the fourth day to communicate your experience if you do feel any symptoms for three days in a row after starting your new supplements.

Now, having said all of the above, you will be glad to know that the above was written "just in case" you have a weak GI system or high toxicity in the stomach and bowels that require some immediate response from the new therapeutic supplements you are taking, because most of our clients do not experience the above. However, for the few who have, it is generally as surprising to both the client and I because, as stated above, it is not something that can be pre-determined without stool testing, and even for some who have had stool testing, the severity of toxicity is not part of this test.



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How Much Water to Take With Pills

Ideally, you want to take your pills with **a lot** of Reverse Osmosis (R.O) purified water **30 minutes** before you eat, unless the supplement has specific instructions to do otherwise.

If you noticed that you experience an upset stomach (nausea, for example) due to taking pills on an empty stomach, you may take your pills closer to the time you eat your meals. However, when taking pills in any time less than 30 minutes before eating, use as little water as possible to get the pills down. Why this is important will be discussed during one of your Dietary Consultations.

Important: Notify Dr. Smith by telephone immediately of the specific symptoms you experienced when taking them at 30 minutes before eating.

You may also take your pills with juice, though R.O. water is preferred. If you do use juice, be sure you have made it with R.O. water.

If you do not have a R.O. purification system, ask for information about ordering one. Until you do have your R.O. system, you may purchase R.O. water from grocery or department stores, or a water delivery company. If you cannot find R. O. water locally, you can do an online search for “Reverse Osmosis Purified Water” to order online. Fiji or Penta water may be used in place of R.O. water until your R.O. water arrives. Remember to purchase sufficient water for cooking, juices and brushing your teeth.

Liquids – Taken Straight, Water or Juice

1. **Straight:** When you first open a bottle of a liquid supplement, put a dab of it on your finger and taste it. If it does not taste bad to you, then taking the liquid straight, without water or juice is ideal, because you can insert the amount to be taken under your tongue. Then hold it there as long as possible before swallowing and it will be quickly absorbed into the salivary glands, which will take the liquid directly to your cells. A few seconds after swallowing, if you have an after taste, you can drink more water. A few seconds would be counting to 10.
2. **Water:** However, if you do not like the taste, but you can tolerate it in a little water, then this is the second best way to take liquids. Use as little water as possible so you do not dilute the ingredients. Also, hold it in your mouth, swishing under your tongue for as long as possible before swallowing. A few seconds after swallowing, if you have an after taste, you can drink more water.
3. **Juice:** If you cannot tolerate it in water, then use juice. Thin juices are best like filtered organic apple, grape or any “berry” juice. Follow the same instructions as #2 above for water regarding using as little juice as possible, under the tongue, etc.



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SPECIFIC SUPPLEMENT INSTRUCTIONS

When/if any of the following are included on your list of therapeutic supplements on one of your POC or any POC in the future, the following specific instructions apply to you. (For example, if not on the first POC, and a new client experiences any symptoms of a weak digestive system, #1 and #2 may be added.). The information listed below is not in alphabetical order but the order for the supplements most frequently recommended.

Zypan

1. **Zypan** is taken with the last bite of food at the meal and no other time.

Multizyme

2. **Multizyme** is taken as instructed in “How To Take Therapeutic Supplements” if dosage is six (6) daily or less. If more than 6 daily is recommended, take the additionally amount in between meals on an empty stomach, and divide them as evenly as possible. Additional Multizyme is recommended to digest impacted food particles inhibit nutrient absorption and results in a protruding stomach.

Organic Bound Minerals

3. **Organic Bound Minerals** – If Dosage is from 1 – 3 daily; take them at least one hour before bedtime. If Dosage is over 3, take 3 at least one hour before bedtime and the remaining pills, divide them as equally as possible and take before breakfast, lunch and/or dinner. For example, if dosage is six daily, then 3 are taken before bedtime and one could be taken before breakfast, lunch and dinner or 3 before bedtime and 2 before breakfast and one before dinner, whichever you prefer.



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Immuplex, Zymex, or Congaplex or Any Immune Supplement – Missing a Day's Dosage = Start Over

4. **Immuplex, Zymex or Congaplex or any supplement for the Immune System – when any of these supplements are on your POC, it is extremely important to not miss a single day's dosage or you will have to start all over from Day One.**
 - a. **Immuplex** – The first time you take this or if you have not taken it for a while and then it is recommended again, you may have an upset stomach for a few days on Immuplex, this is normal if your stomach requires purification. It will pass and is not harmful. Drinking Ginger Water helps your stomach neutralize poisonous/toxic substances in stomach faster and assist in improving pH. The Ginger Water Recipe is in your Health Chest e-book or Client Handbook

Ferrofood

5. Any iron supplement, even an whole food iron supplement, like Ferrofood, can be hard on the stomach in the first few weeks of taking it until the body is used to digesting iron, so lay a tablet on your tongue just before swallowing some chewed food. This is similar to the instructions for taking Zypan; however, you want to take Ferrofood near the beginning of the meal not with the last chewed food at the end of the entire meal, like Zypan. After you have eaten at least one cup of food, then take your Ferrofood. That way it will not hit the stomach while it is still empty.

Cataplex – Supplement With a Letter Then the word “Cataplex”

6. **About Cataplexes:** Dr. Royal Lee, who formulated the Standard Process therapeutic supplements recommended above, created the term “Cataplex,” instead of Vitamin, e.g., Cataplex F instead of Vitamin F. There are a lot of different supplements that begin with the word Cataplex, so when you provide an inventory of your supplements, be sure to put the letter(s) with it and not just give the word Cataplex.

Here is a little history you may find fascinating - The reason Dr. Lee termed them this way is because his formulations are “catalysts,” – which mean the nutrients they contain increases the rate of a bio chemical responses or processes without itself undergoing any change, i.e., without changing the Vitamin itself. Therefore, his Cataplex formulas are more advanced than just taking a single, whole food vitamin. Also, as a catalyst, the body can make other nutrients it needs from the whole food ingredients in the formulation that help the primary vitamin metabolize efficiently and helps the body produce other related vitamins. As you know, your body is the greatest doctor, who knows exactly what and how much and how little you need.



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Homeopathic Remedies, such as Detoxosodes, Biosode, Adaptosode, etc.

Homeopathic Remedies (Note: Stress/Anxiety Liquid is a homeopathic)

1. Shake each bottle five times before opening.
2. Take only one homeopathic remedy at a time, when taking two or more daily, unless otherwise instructed.
3. After taking, do not eat or drink anything for at least 30 minutes. So always eat, drink, brush teeth or take other supplements before taking homeopathic remedies. Taking after meals are best time.
4. Can be taken straight as they taste like water, though some may have a little flavor. So do not need to add water or juice.
5. When taking HVS Detoxosodes, Biosode and Adaptosodes, pouring to the fill line is one capful of the Homeopathic remedy and equals 5 ml. If one-half ($\frac{1}{2}$) capful is recommended, which may be the dosage occasionally for children, 2.5 ml. is $\frac{1}{2}$ teaspoon (t.). However, it is actually almost $\frac{1}{2}$ teaspoon so measuring 2.5 ml. using a milliliter spoon is more accurate.
6. Do not open homeopathic bottles in a kitchen, bathroom or any room that has strong odors or the odor will contaminate the liquid. Keeping them on your bedside night stand is a preferred place.
7. Apply under the tongue when taking liquids (homeopathics or herbal liquid remedies) and then swish and hold in the mouth as long as possible before swallowing. This allows the remedy to be transported through the salivary glands in the mouth; thereby, by passing the stomach and going directly into the cells.

DIGESTION SYSTEM

Health Is Dependent Upon First – A Healthy Gastro-Intestinal (GI) System, which people tend to simply by calling it the Digestive System. When food fails to be digested completely, the food particles rot in the body and cause infection, as well as the chewed liquefied food is not changed to a substance that can be picked up by the blood to nourish the cells so they can heal, repair and maintain the health of the mind and body. This is the first step, then the body depends on a healthy liver to filter poisons (toxins) for the kidneys to remove them and a healthy small intestines to absorb food and healthy large intestines to remove solid waste and toxins. Your **Dietary Consultations** will provide educational information to assure that your lifestyle is promoting, rather than inhibiting, a healthy GI System.



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Stomach Upset When Taking Supplements?

I will use the term “Upset Stomach” to mean any symptoms from the stomach or bowels (large intestines), such as nausea, bloating, excess gas, or loose or runny bowel movements. Therefore, if you experience any of these or other symptoms when taking supplements 30 minutes before meals or snack, do the following:

1. First, drink no beverages or water with your meals as this dilutes gastric acid making them too weak to break chewed solid food into a substance that can be used by the other metabolic processes as well as being absorbed into the blood to nourish cells.
2. Therefore, beverages and water should be consumed between eating solid food, beverages at least 45 minutes before meals and snacks, so they have been finished by 30 minutes before meals and water can be taken up to 30 minutes before solid foods..
3. However, if you get an upset stomach taking pills on an empty when taking 30 minutes before meals, then you may take the supplements pills closer to the meal. Empty stomach means no foods have been ingested in the one and one-half hour or more.
.....
4. However, if you do this, take with as little water as possible to minimize the adverse effect of diluting the gastric acids being secreted by the stomach to digest your foods.
5. A short-term temporary stomach upset when taking supplements on an empty stomach, simply means the supplements are detoxifying toxins (poisons) from the stomach and this will pass in a few days of being on the supplements. However, if this lasts to the fourth day, this is a sign of a weak digestive system, so contact me for more instructions.
6. Taking the supplements closer to the meals generally solves temporary upsets.
7. If by taking supplements closer to your meal as instructed above and the temporary upset goes away in a few days, then continue this practice for three weeks. At that time, try again to take your supplements 30 minutes before meals as recommended above and if no stomach upset, this is the best time to take them.
8. If, however, you still get a stomach upset, repeat the above instructions and in another few weeks, try again to take them, 30 minutes before meals.
9. If you have tried a third time (i.e. at the end of six weeks) and you still get an upset stomach or other symptoms when taking supplements on an empty stomach, 30 minutes before consuming food, schedule a telephone consultation with me right away because:
 - a. It is not good for your GI system to continue this practice of taking in water closer to the meals and



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- b. You obviously need a change in your program to add digestive supplements. If your program currently has digestive supplements, they either a change in dosage or an additional digestive supplements are required. When designing a supplement program, I start with one supplement or the least number of supplements required for results in the area we are working on and only add supplements when it is apparent you need a stronger program to attain desired results..
10. However, if you experience nausea, bloating, excess gas or any other digestive challenges for longer than a few days, no matter when you are taking your supplements, this means your digestive system is too weak to digest supplements, and your foods for that matter, and indicates a revision is needed in your Program of Care to provide therapeutic supplements to strengthen your digestive system and help improve its function. This is not something that can be determined, except by the client's response to taking supplements. Therefore, contact me immediately for additional support.

How To Reduce Need For Long-Term Digestive Supplements

Below are two very inexpensive, yet powerful daily Dietary Practices that promotes healthy digestion and reduces your need for therapeutic or maintenance digestives supplements for the rest of your life. Along with this, of course, is consuming healthy foods, beverages and R.O purified water in your diet, which is the true source for creating a weak and/or toxic Gastro-Intestinal System. You may purchase the following from Online, Grocery or Health Food Stores:

Ginger Root

Slice fresh ginger root - use 1 teaspoon mixed in food at every meal. Consume three teaspoons of Ginger Root slices daily. Ginger is great for all kinds of digestive upsets from food poisoning, nausea, gas, bloating, acid stomach, acid reflux, heartburn, etc. and indirectly can help in loose-diarrhea like stools and constipation.

You have three sources to choose from for Ginger, remember that organic fresh raw is always the best, #1 below, and #2 and #3 are of equal value, so choose the one you prefer or that is most convenient for you to use.

1. Buy organic whole raw ginger root from your grocery or health food stores.
2. Go to our website, click on **“Special Website Links”** for a direct link to the organic bulk herb online store I recommend to all clients when needed herbs in bulk form. Transfer to a mason jar and sprinkle at least a teaspoon on food at each meal.



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3. Order Ginger Capsules from me. Open one capsule and sprinkle on food at each meal. This should also be taken with you every time you travel because of its anti-food poisoning benefits and if you get motion sickness on planes, boats or amusement park rides, do the following:
 - a. Take six capsules before boarding and two capsules every two hours for at least 2-4 hours after departing from plane, boat and rides.
 - b. Contact me for a Full Body Detoxification Program. Motion sickness is a sick of a toxic liver. Our 30-day Full Body Detoxification Program cleanses the liver, gall bladder, bile duct, stomach, kidneys, bladder, lymphatic system, and the small and large intestines.

Note: If you are nauseated or need quick relief from heartburn or over-acidity, take a tablespoon of Ginger Root powder in $\frac{1}{2}$ to one cup of purified water, every 15 minutes. Generally, doing this three times is sufficient. After each time, you can follow with more water if needed. Remember that Ginger is a hot spicy herb and will give you a warm to hot sensation at the back of your throat when consuming, however, this is not harmful and will soon pass.

Apple Cider Vinegar (ACV) Drink

The best Apple Cider Vinegar is our **Vintage Vinegar** (One 8 ounce bottle (48 teaspoons) for \$6.00). This is excellent to prevent and correct Acid Reflex, Hypo- and Hyper-acidity, GERD, Heartburn, Indigestion and Hypochlorhydria. Instructions are below regarding making and consuming the Apple Cider Vinegar Drink for these health challenges and for health maintenance to keep providing a food that promotes HCL (Hydrochloric Acid), one of the primary gastric acids required by the stomach to digest food.

After consuming this ACV Drink daily as instructed for six consecutive weeks, if you still have any of these health challenges or any other symptom of digestive dysfunction, contact me for further instructions as you may require Therapeutic supplementation to correct this before you will be able to use ACV Drink for maintenance purposes.

Recipe for ACV Drink

1. One 1 teaspoon of Vinegar.
2. Four ounces of warm Reverse Osmosis Purified Water.
3. Sip slowly (do not gulp or drink) thirty minutes after each meal.
4. Consuming three cups daily.
5. You would need three bottles per auto-shipment for the recipe when using our Vintage Vinegar. Though this is ideal, and I will not take time to explain just how ideal, there may be times when financially, you need to pinch a penny or two, so here is an acceptable alternative. Purchase the second best Apple Cider Vinegar, **Braggs 100% Pure Apple Cider Vinegar (ACV)**, do the following:



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- a. Two Bottles of Vintage Vinegar provides you with two of the three cups daily using our vinegar and one cup daily using Bragg's. If you choose this, drink Bragg's after lunch.
- b. One Bottle of Vintage Vinegar provides you with one of the three cups daily using our vinegar and two cups daily using Bragg's. If you choose this, drink our Vinegar after lunch.

ACV Drink Too Bitter?

1. In the beginning, the above may be too bitter for your taste buds. It is best to not sweeten, and even if you think it is too bitter at first, if you will continue drinking this without sweetening, you will come to like the taste. However, if it helps, you may add one or more drops of Stevia to each cup, whatever amount you need to cut the disliked bitter taste.
2. Every three days, reduce the number of drops of Stevia until using one drop per cup.
3. Then put only one drop in a cup every other day, then every two days, and so on until you are able to drink the above recipe without any Stevia.
4. Are you getting the idea? Wean yourself off of Stevia as soon as you can. If you need to extend the days in #2 from three to four or more days, that is okay. Just keep moving forward and try to be weaned off Stevia within 3-6 weeks or sooner.
5. Even if you need to extend the three days in #2 above to a few more days, that is okay, as long as you are moving towards weaning as soon as you can.

Not All Stevia Are The Same!

So, if you already have Stevia on-hand, let me know what the brand is and if it is acceptable, I will let you know. Otherwise, order Stevia from us, if you must sweeten the recipe in the beginning.

Braggs Not Available Locally?

1. Go to **"Special Website Links"** on our website and click on **"Food-Organic/Free Range."**
2. When the web page opens, link on the **"Whole Foods Store"** link to take you directly to their online store to order.
3. If you do not have internet access, call me and I will give you their address and phone number so you may call and place a phone order.

Ginger Root and the above ACV Drink also help people with GERD and Acid Reflux, which is caused by consuming too many acid-foods and lack of Hydrochloric Acid being ingested and/or produced by the body in a sufficient amount to digest your food.



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MAKING A TEA FROM CAPSULES OR TABLETS

Clients may be instructed to make a tea from some supplements for a specific healing purpose or clients who are too young or have difficulty swallowing capsules, may need these instructions. Unless specifically instructed on page one of your Program of Care to make a tea of tablets, these instructions are generally used for making a capsule into a tea. For tablets, follow the instructions below for “**Difficulty Swallowing Tablets?**”

To make a tea do the following:

1. **Boil** one and one-fourth cup of Reverse Osmosis Water.
2. **Remove** the pan of water from the stove.
3. Open the capsule and pour the ingredients into the boiled water or drop the tablet into the boiled water. If using tablets, use a non-metal spoon as mash them as they begin to soften so they will dissolve faster.
4. **Allow** the tea to cool down to lukewarm or room temperature.
5. **Test** temperature with your finger, especially if using tea for an eye wash.
6. **Taste** - If you will be drinking the tea, taste it. If the taste is not too bad, drink it straight. If you do not like the taste then add more R.O. water or pour the tea into some juice. Follow the same instructions on the previous page for mixing liquid supplements with water or juice, regarding using as little water or juice as possible, swishing under tongue, holding in mouth as long as possible, etc.



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DIFFICULTY SWALLOWING CAPSULES OR TABLETS?

For small children or adults who have difficulty swallowing tablets, do the following. For children, the better you disguise the taste of the ingredients the more success you have in administering the ingredients.

Capsules

Open the capsule and put in:

1. Organic Juice, yogurt, mashed banana, warm or cool mashed potatoes, yams, grains, legumes (beans) or put in any healthy food.
2. You can also sprinkle onto the top of food if the ingredients do not taste bad.
3. **Make a Smoothie** and add the ingredients from the capsule. We have a number of great powdered food supplements which you can use to make a Smoothie or use for meal replacements and each has other unique nutritional benefits. **See the list of Powders below.** After following directions on the container, if you can still taste the ingredients in the capsule, for example, when you need to disguise the taste for children, add more powder and/or use less water or juice to make the Smoothie more concentrated.

Tablets

Here are some options for administering or taking tablets:

1. Dissolving In Water Overnight:

- a. Put the number of tablets (Daily Dosage) to be taken the next day in a Mason jar. Mason Jars are best because they have a rubber seal between the glass and lid which provides more assurance that air will not enter the jar.
- b. Cover the tablets with R.O. water to a level just over the top of the tablet when it is lays flat on the bottom of the jar.



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-
- c. Tighten the lid and refrigerate overnight.
 - d. In the morning, stir the liquid and mash with a plastic (not metal) spoon any parts of the tablet that did not dissolve. Stir again until all parts of the tablet is dissolved.
 - e. Measure the amount of liquid in the Mason jar.
 - f. Divide the amount of liquid evenly to consume half of it before breakfast and the other half before supper by adding it to water or juice, or consume one-third of the liquid before breakfast, lunch and supper.
 - g. **If there is more than one supplement in tablet form** to be taken each day, do a test by taking one tablet of each and follow the instructions above. The next morning when you add the liquid to water or juice, if the taste is not too bad, then you may use one Mason jar to dissolve the Daily Dosage of all the different supplements in tablets. However, if the liquid of just one tablet of each is too strong or tastes too bad, you can throw this test liquid away, having not wasted too many tablets in performing this test and then you will need to do the above using separate Mason Jars, one for each supplement in tablet form.
 - h. **Small Mason Jars** and inexpensive, available at most any grocery store and can generally be purchased in packages of 4, 6 or 8 jars.

2. **Crushing Tablets:**

- a. Crush the amount of tablets to be taken and add to juice, foods or in Smoothies or other Nutritional Food Powdered Drinks.
- b. Repeating this twice or three times daily depending upon the number of intervals you have chosen, e.g., twice daily (breakfast and supper) or thrice (breakfast, lunch and supper).
- c. Read the above instructions for “Capsules” for ideas of the type of foods that work best.

3. **Making a Tea of Tablets:** When I recommend that you make a tea of tablets, follow the instructions on page 13 for “Making a Tea From Capsules or Tablets.” If I did not recommend this specifically, use only #1 or #2 above, some tablets cannot be heated.



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NUTRITIONAL FOOD POWDERS

The following are some of our nutritional foods that will help you supplement your diet to promote health and health maintenance. Simply order as desired.

1. Tomato Concentrate – electrolyte balance, great for making tomato juice, soup or adding as a base for a vegetable or meat stew.
2. Veg-E Complete Pro 22 oz. (Vanilla or Chocolate) /623 grams - Plant Protein Powder.
3. SP Complete - Green Vegetable Powders Meal Replacement - Dairy Free.
4. Nutritional Flakes – B Vitamins, Nutritional Food Yeast. (I love this sprinkled on flat bread and Popcorn! Yummy).



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SPECIAL ORDERS / ORDER AS NEEDED

“Special Orders” are foods, nutritional food powders, personal skin care products, herbal first aid or anything ordered from us that is not listed in the **Supplement / Product Column** with your **“Therapeutic Supplements”** on page one of your **Program of Care (POC)**. Special Orders may be needed monthly, though most are ordered periodically as needed, i.e., not required in monthly auto-shipment.

Your auto-shipments automatically include a 47-day supply of the supplements listed in the “Supplement/Product” Column, less your on-hand inventory when provided, whereas **Special Orders** are only shipped **upon request**.

Where To Find “Special Order” Products?

1. **Order Form for Health Maintenance Products** that goes in Tab / **Section #1** of your **PEP Binder** may be printed from our webpage titled, **“PEP Binder Documents.”** Using your User’s Name **“clientonly”** password will open this webpage so you may print a copy and insert it in Section #1.
2. Schedule a one-time 60- to 90-minute **Herbal First Aide** consultation which includes written instructions for usage and how to set up your own Health Chest (vs Medicine Chest). This covers everything from the minor to the major – i.e., blisters, food poisonings, acidity, insect (mosquito, ants, spiders, bee, wasp) bites to emergencies, like snake bites to gun-shot wounds and heart attacks, which can save a life while waiting on Emergency Medical Assistance.
3. **POC (Page 1)** – A list of the most frequently ordered **“Special Orders”** are in the columns at the bottom of page one of your Program of Care.
 - a. **Place a check mark** in the box that precedes each product or item for the ones you want to order. The check will serve as a Reminder to include the item(s) under “Special Orders” at the end of your inventory list at the next Column #1 date on the **Auto-Ship Schedule**.
 - b. **Make the check mark an X** when you order for the first time. Then the X will serve as a Reminder to check your current supply and reorder as needed at the next upcoming Column #1 Dates of your **Auto-Ship Schedule**.
 - c. When reading through #1 and #2 above, you may use the last column titled, **“Other Special Orders”** to write in any consumable products or items that are not already listed in the other columns to help you remember which ones you want to order. When



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updating your POC, you may find that I have listed a product in this column that is required for your program, but not required on a monthly, but “as needed” basis.

- d. So as a rule, get into the habit of reviewing Checks and X's in the **Special Order** items before sending your Inventory to us on the Column #1 Auto-Ship Schedule Dates. .

“Special Order” These Products First!

Below Are The First Special Orders, I Recommend To All Clients:

Ordering these first helps you establish your what I call your “Table Foods” to assure that you are receiving the nutrients the human body requires on a daily basis for healing and health maintenance. Table Foods, does not necessary mean you will leave them out on your kitchen cabinet or table, as some require refrigeration.

Pink Salt

1. Pink Salt (1-3 teaspoons daily)

- a. **Children (Age 1 to 12)** = 1 teaspoon daily.
- b. **Teens (Age 13 to 17)** = 2 teaspoons daily. Note if a teen in this age group has the body size, weight or structure as an adult, they require 3 teaspoons daily.
- c. **Teens/Adults (Age 18 or above).** 3 teaspoons daily.

2. Why Pink Salt?

- a. Pink Salt is the most mineral-rich sea salt I have found. It is a blend from the Hawaiian and Malaysian Islands. More information on how our Pink Salt differs from other Sea Salt on the market is posted on the “**Dietary Program**” web page attached to the “**Specialized Program**” web page. Passcodes for this web page is provided for clients who receiving Dietary Consultations.
- b. Sea Salt does not adversely affect blood pressure and is required for water transport to the cells. Only Sodium Chloride (like Morton's Salt) adversely affects Blood pressure.
- c. If you currently have some sea salt on hand, measure how much you have and then add the same amount of our Pink Salt to enrich it, then when consumed, you will only need our Pink Salt. Doing this helps get started in receiving the nutrients from our Pink Salt right away, without having to waste your investment in your Sea Salt.



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Essential Fatty Acids (EFAs)

3. EFAs are required by the body on a daily basis to combat inflammation and to lubricate the body. EFA deficiency prevents the body from managing pain, no matter where pain occurs. Also, the body becomes stiff and less flexible without it. Because our food industry has marketed products that are low fat or fat free, and used advertisements to convince the public that these foods help them lose weight or prevent heart disease, the public at large is now suffering from EFA deficiency and increased inflammation and pain. Sources for Essential Fatty Acids must contain all three Omegas (3, 6 & 9). There are three ways to get Essential Fatty Acids, however, I recommend using the first two in the following ways.
 - a. **EFA Liquid Blend Oil (1 Tablespoon daily).** However if your finances do not allow for purchasing Mila for EFAs and Culinary Oils when you need oil for cooking, order our EFA Oil as this will meet both of these needs. You may use EFA Oil as salad oil, sprinkle on steamed vegetables, when cooking at low heat, etc. On days you consume 1 Tablespoon of EFA oil, you do not need to take Mila. Our EFA oil has Omega 3, 6 and 9. More Information on our EFA oil is posted on the **Dietary Program** web page. Our EFA is stabilized with a healthy preservative and does not require refrigeration.
 - b. **EFA Oil Blend Capsules** – taking 3 capsules daily.
On days that you do not need EFA oil for cooking, take 3 capsules of EFA Oil Blend capsules or take one scoop of Mila.

Culinary Oils (Olive, Safflower, Sunflower, etc.)

4. **Culinary Oils have only one Omega (3, 6 or 9)** - Listed in order of recommendation:
 - a. **Coconut Oil:** All-purpose uses. Cooks well, great for salads or any culinary purpose. Coconut oil also digests germs, like viruses, bacteria and yeast, which other oils don't do. I found a wonderful Coconut from overseas that is processed by hand, meaning from picking the coconut to bottling it, everything is done by hand. So the word "processed" here does not mean that anything has been refined or removed from this pure Coconut. Oh, and they have a Coconut Crème that is out of this world. I must confess, the first jar I purchased, I finished the whole jar in a week. After that I was more disciplined, (LOL), Yummmmmie. Coconut is a stable food and therefore the oil does not require refrigeration.
 - b. **Sesame Seed Oil** for stir-fries or any time you need a cooking oil, when not using Coconut oil or our EFA oil.
 - c. **Olive, Flax, Almond, Safflower, or Sunflower Oils** for making Salads dressings or adding to dishes after cooking. These do not hold up under heat as well as Coconut and Sesame Oil. Surprised - since Olive oil is used for cooking in all restaurants and many homes? It's true. Olive oil is not an oil to use for heating as it destroys its nutrient value. Same for all oils except



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for our Coconut, Sesame and EFA Oil. To be clear, Olive Oil for example is in our EFA, however, because our EFA oil contains a blend a number of oils, which provides a balance of Omega 3, 6 and 9, the other oils stabilize Olive oil when heated.

5. **Criteria for Purchasing Oils:** After you read the instruction sheet that provides the criteria for purchasing oils in Section 4 of your PEP Binder or if this is not in your binder, you will find it posted on the Dietary Program web page, you will realize that 95% of all oils sold in grocery and health food stores are rancid. This is why we order culinary oils for our clients.

Note: One of the criteria is that the oil must be in dark bottles. This is true for oils you purchase in stores because when oils in clear glass jars are exposed to lights, it turns the oil rancid, but the consumers do not taste the rancidity because of the chemical preservatives the manufacturers put in the oils.

This is not true for our Coconut Oil which is in a clear glass bottle because our Coconut oil comes directly from the company to us and we do not expose our Coconut oil to lighting. However, when you purchase our Coconut Oil be sure to keep it in a dark cupboard. This criterion is also not true for our EFA oil, which is not in a dark bottle, either. However, the white bottle it comes in thick and blocks the light and again even if it did not, our EFA oil comes to us directly from the company.



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HOW TO READ YOUR “POC” FORM

Abbreviations and Column Contents

Page one is the “**Therapeutic Supplement Program of Care**,” which we refer to as the “**POC**,” which is like a nutritional supplement prescription form providing the name of the supplement, dosage, purpose and special instructions for taking.. More information on the POC is provided in the **Auto-Ship Policies**. Below describes the purpose for the primary columns on your POC form to help you understand how to read this form.

1. **POC No.:** In addition to the date of the POC and your name, you will notice that your POC has a number. The first four numbers are the first four number of your chart number. Numbers after the chart number represent the POC number. For example: If your chart number is 6937 and your POC # is 69371, then POC# 69371 is your first POC. When you receive your next POC, its number will be 69372, then 69373 and so on. Your chart number starts with these first four numbers and ends with the year you started your clinical nutrition therapy. So in this example, if your chart number is 6937 and your started your clinical nutrition therapy in the year 2011, then your chart number is 693711.
2. **Specimen Collection Date (Last) – Next:** This is located above your list of therapeutic supplements and provides dates for updating laboratory tests. For example, TMA (09/11) – 01/12.
 - a. **TMA** – this is the abbreviation for the test. TMA represents your hair Tissue Mineral Analysis.
 - b. **(Last)** or in this example (09/11) is the date of the initial or previous TMA test, which is in parenthesis.
 - c. **– Next** or in this example - 01/12 is the estimated date of the “next” TMA test, which is preceded by a hyphen.

The Abbreviations for the Most Frequently Ordered Testing and Evaluations are as follows:

1. **HAC** – Health Appraisal Comprehensive Summary Bargraph Report
2. **NBCA** – Nutritional Blood Chemistry Analysis.
3. **TMA** – Tissue Mineral (Hair) Analysis
4. **Meno or Meno+** - Female Menopause Saliva Test
5. **Rhythm** – Female Saliva Test for Menstruating Women
6. **MHPe** – Male Hormone Plus Saliva Test
7. **BRA** – Bone Resorption (Urine) Test
8. **ASI** – Adrenocortex Stress (Index) Saliva Test



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9. Other abbreviations are at the bottom of the **“Multiple Appointment Reminder (MAR)”** form at the front of your binder. If the MAR is not in your PEP Binder, this means it is posted on **the “PEP Binder Documents”** web page, where you can print and insert it after the Table of Contents.

Criteria For Resting Dates

The results of each test provide the criteria that determine the date for the next test. Timely testing assures the best healing results as it assures making “timely” changes to your therapeutic supplement program. Testing determines not only what supplements are required, but also when they are no longer needed. For example, if a therapeutic supplement is dispensed to correct a mineral deficiency indicated on your initial test, then when results from an updated test indicate that the mineral is now sufficient, this mineral supplement is discontinued. However, if you took that mineral supplement longer than that it was required because timely testing was not performed to know that the mineral was sufficient, when retesting was done, you would show an excessive amount of that mineral and may even be experiencing symptoms from that excessive mineral. **The human body cannot optimally function when in a state of deficiency or excessive nutrients.**

This also explains one of the reasons why people who are purchasing over-the-counter or online supplements without first being tested and then being monitored through timely undated testing are creating new health challenges for themselves. Now add to this taking synthetic or isolated supplements instead of whole food supplements, which increases toxicity levels and interferes with the metabolism of whole food nutrients they are getting from their foods and any herbs in these supplements, you can easily see how all of these factors are a formula for “health disaster” at some point in their near future.

In addition to the primary reason for timely testing (**your health**), I am also ethically and legally bound by the Clinical Nutrition Certification Board and the companies who distribute their “therapeutic” supplements to me, as a health care professional, to dispense “therapeutic” supplements to clients only after the appropriate **Biochemical Testing and Nutritional Evaluations** have been obtained, to perform timely retesting and to monitor client progress by at least one consultation per month between retesting to assure the client is responding as expected and adhering to program instructions, until the state of improved health and the client has received the education required, where monthly **Progress Reporting Consultations** are not required.

Therefore, it is important for you to put the dates to the right of dates in parenthesis on your personal calendar so you can prepare financially for retesting..

3. **INV = Inventory** – the first column (i.e., to the left of your list of therapeutic supplements), you will find the Inventory Count column, titled as “INV”. You may use this column for the number of pills on hand when submitting your inventory, and then fax, email or U.S. mail a copy to our office on each Column #1 dates of the **Auto-Ship Schedule**. Count must be the exact number of pills in



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opened bottles, plus the number of unopened bottles as of the Column #1 date to avoid causing errors in calculating quantity for invoicing and to prevent running out the following month before its auto-shipment arrives. Read **Auto-Ship Policies** on client web page titled, “**Policies & Procedures**” to answer all questions about auto-shipments, schedule and inventory.

4. **Date of Recommend Column:** The date a specific supplement is recommended.
5. **Date of Original Support:** The date the nutrient deficiency, biochemical imbalance or organ, gland or body system was originally supported by the first supplement recommended for it. Several different therapeutic supplements may be recommended over time to assist in raising deficiency, balance biochemistry and/or restore organ, gland or body system function.
6. **Special Clinical Nutrition Instructions:** Any specific instructions about the list of your therapeutic supplements are indicated in the “Special Clinical Nutrition Instructions” section. This may also include therapeutic dietary instructions, information about your test reports, etc. **This also includes the “Specific Supplement Instructions” presented in this document on page 7.**

Examples of Routine Special Instructions:

- a. **Finish all bottles and discontinue:** On future POCs when you are to finish all the bottles of specific supplements and then discontinue them, each supplement will be listed following this phrase.. In parenthesis to the right of each supplement will be the daily dosage to wean off supplements you will be discontinuing. For example: Manganese B12 (2).

Important Note: You do not finish the supplements being discontinued and then start on new supplements listed on your newly updated POC. New supplements are started as soon as they are received, thus allowing time for them to start working in your body before you have consumed all the nutrients in the supplements being discontinued. Without this overlapping of new and discontinued supplements, it would be a shock to your biochemistry when suddenly you were finished with the discontinued supplements and the body cannot feel the support of the new ones.

- b. **HOLD -** If a supplement is listed as HOLD instead of finish the bottles, then means you are not to finish the bottle, but stop taking the supplement as soon as notified. Seal the cap tight; write the date on the bottle so you will be able to report to me the date when the bottle was last opened in the event the supplement is required again at some future date. Why would you need to “hold” on taking any more of a supplement? There are a number of factors that may require a “permanent or temporary” HOLD on a supplement, however, the most frequent is when tests indicate you have taken enough of the supplement and to take more would cause you to have an immediate “excessive” amount, so you would not want to finish the bottle and then discontinue it.



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- c. **SPECIAL ORDER** – Periodically, testing and/or acute symptoms may require a product or item that is considered a “special order.” In this case, instructions for using the product will be included in this section and the product will be entered in the “**Other Special Order**” column, if not already listed in a column at the bottom of your POC to help you remember to reorder this until not needed. If the product is already listed in a column, it will be yellow highlighted as a helpful reminder. For example if you had a skin rash this would require an internal supplement program as well as an ointment or skin formula that you would be asked to mix together using several other products to apply externally on the rash..
7. **Special Orders / Order As Needed:** Under this title are columns at the bottom of page one of your POC. Instructions for this are on page 16.
8. **Card Exp:** The date to the right of “Card Exp:” is your Card Expiration Date. This is included to make it easier to be aware of the date and as a reminder to contact our office when you receive the new expiration date, to prevent an interruption or delay in processing your monthly auto-shipment. Thereby, assuring that your therapeutic supplements are received before running out of your on-hand supply.

When You Receive A New Program of Care (POC)

When a new Page One of the Program of Care is provided, this automatically voids the previous one. Any instructions in the previous POC that still applies will be included in the new POC. This new POC will list which supplements on the previous POC that are to be discontinued and the dosage to take for weaning off these supplements will be in parenthesis to the right of each supplement being discontinued.

Additionally, when retesting is the reason for providing a new POC, you will either be emailed your new POC before receiving the new supplements on it or it will be in the UPS box with your new supplements. **When the POC is changed for any reason in between retesting, the total “Daily Dosage” and special instructions for taking the supplement will be typed to the right of the supplement on your Invoice.** Then as soon as possible, I will update your POC and send it to you.

The most frequent reasons your POC may require updating in between retesting are:

1. **New Acute Symptoms**, for example when exposed to a germ (flu) or experienced an injury.
2. **Special Needs**, such as supporting the body when/if you experience:
 - a. Drug Side Effects, until the body has improved sufficiently where you can talk with your physician about weaning off any drugs that are no longer needed) or
 - b. Cleansing Signs.



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CLEANSING SIGNS

Nutritional Deficiencies and Toxicity, which are the accumulation of toxic substances in the body, are responsible for 95% of all illnesses and diseases. 5% is caused by hereditary factors and injuries. (Statistics have not been compiled yet to see what percentage will be assigned to illness from exposure to Electro-Magnetic Fields.) However, one or your educational appointments will include how to remediate EMFs for your protection.

Toxic substances (toxins) are chemicals, metals, or any substance that damage, infect or destroy cells and tissue, thus contributing to organ and gland dysfunction or disease, as well as deplete the body of nutrients. So they are another cause for nutritional deficiencies. I also classify germs as a toxin when inside the human body, however, these other toxins and nutritional deficiencies precede the attraction of germs into the human body.

Germs are another cause for infection; however, germs are not attracted into the body unless they are invited. If you read my article on parasites in the Document Library attached to the “**Articles by Dr. Smith**” webpage, then you know there is a positive reason for the existence of germs, which is why I classify them as a toxin only when they are inside the body. However, the inside of the body was not the place where they were not originally designed to reside. If you have not read this article, be sure to schedule to do so right away.

Infection causes inflammation and inflammation causes pain. So as painful as the body can be when toxins are inside cells and tissue, discomfort and pain may also be felt when these toxins are released and moving through and out of the body. This is because the toxins can irritate, infect and interfere with cellular, tissue and organ/gland function on their way to the kidneys to be urinated from the body or to the colon, where it is removed when you have a bowel movement.

So, pain caused by toxins infecting cells and tissue is called a “symptom.” This symptom is constant until the cause of the infection is removed and the cells and tissue are healed or the body has grown new cells to replace those that cannot be healed. However, pain that is caused by toxins moving through the body is called a “Cleansing Sign” because it is temporary, lasting only a few minutes, hours or generally up to three days and is generally gone by the fourth day. Sometimes a cleansing sign can last longer than four days, such as when toxins coming out of the skin pores cause a skin rash. **Therefore, it is very important to schedule a telephone consultation if you experience any new symptom that is not gone by the fourth day. Call the office on the fourth day, and tell Matt you need to talk to me today.**

Pain is just one of a number of cleansing signs that may be experienced when toxins are being removed from the body. The human body has mucus membranes that line the inside of the body. This mucus membrane layer protects the tissue under it, just like the lining on a jacket protects the outside



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material of the jacket from being soiled by perspiration. When germs and other toxins irritate the mucus membrane, this stimulates the production of Mucus to encapsulate the germs and other toxins, and through peristaltic action, the body moves this Mucus containing these toxic substances to the nearest body opening, thereby preventing them from barreling into and settling in the tissue.

Body openings are eyes, ears, mouth, skin, urinary tract, vagina and colon. The higher the number of germs and toxins, the more Mucus is produced. Sometimes this can be in such an excessive amount that mucus can flow profusely out of the body openings, like when the nose is dripping like a facet or you are coughing up mucus. A cough is a sign that mucus has just covered the air pipe, so a cough is a reflux reaction to remove the mucus or a person could die from lack of oxygen. Sneezing is another reflux reaction when the toxin is particular dangerous to the nasal tissue that the body has to get rid of it fast.

All of our therapeutic and maintenance supplements have ingredients for detoxification as well as to nourish and heal the cells and tissue. Our supplements are so well balanced that cleansing signs are not often experienced by our clients. However, periodically, we have a new client whose body is so highly toxic that they may begin experiencing cleansing signs soon after starting their initial supplements. This is another reason why I have all clients start slowly with one pill or a small amount of the liquid and work up to their Daily Dosage. This allows these clients to detoxify slowly, which helps reduce or eliminate having to feel Cleanings signs, i.e., the symptoms that detoxification is occurring within the body.

Some new clients have such low energy, that the program I design for them is to help their body increase energy production, which must occur before their body will have enough energy to detoxify. Some for some, cleansing signs are experienced later, months after starting their clinical nutrition therapy, rather than earlier, i.e., soon after starting therapy.

Also, in time, symptoms or cleansing signs, that you experienced months or even years ago and thought were gone, may resurface when the body has removed all the layers of toxicity that were blocking the toxins that caused those symptoms or signs from surfacing.

For more information on Cleansing Signs, Healing Crisis, the Four Phases of Health Breakdown and the Four Phases of Healing, purchase the Client Handbook.

Again, because our whole food therapeutic supplements are so well formulated, most clients detoxify without even knowing they are removing these harmful toxic substances, unless they notice

1. Periodically they urinate more frequently
2. Volume of urination is more than usual.
3. More fecal matter in their bowel movements.
4. More daily bowel movements.

Note: Having more bowel movements in a day is also a sign that the bowels are now functioning more efficiently. A healthy colon has bowel movements equal to the number of meals consumed daily – eat three meals daily, the bowels move three times



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daily, once shortly after consuming a meal. If a person eats three meals daily, and has one bowel movement daily, then the waste from two meals is still inside the body. Now add this up when a person consuming three meals daily has had suffered with one bowel movement daily for years.

Because symptoms of a weak Gastro-Intestinal System may not be initially apparent and Cleansing Signs can look and feel like symptoms of illness and disease, should you be a client who experiences these, follow this simple but important rule:

Read and adhere to the instructions below titled “Nutritional Emergency.”



Program of Care (POC) Instructions

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NUTRITIONAL EMERGENCY

CALL (940) 761-4045 –PLEASE DON'T EMAIL

My definition of an emergency is quite different than our physicians. One of my goals is to get to know your body, i.e., how it responds to what it needs to heal and reacts to what interferes with its healing, such as learning more about your lifestyle to evaluation what you are exposed to and ingesting that is interfering with your healing processes.

Hence I will be asking questions to elicit biological and physiological feedback and want you to closely observe and then communicate your symptoms, including energy fluctuations, mental, emotional and physical changes.

Consequently, your initial Program of Care (POC) may require adjustments not just when testing is being updated so you are consistently improving both symptomatically as well as biochemically (from the cell level to the skin, hair and nails).

What Is A Nutritional Emergency?

Therefore, information I need to help you is revealed through your Biochemical Testing (blood, saliva, hair, urine and stool), Nutritional Evaluations, such as the Health Appraisal Comprehensive Summary Bargraph Report, and timely feedback from you, such as,

1. **Any Gastro-Intestinal Symptoms** experienced when taking your therapeutic supplements or when eating certain foods, or after eating at a restaurant or home.
2. **Cleansing signs** (pain, mucus coming out body openings, etc.).
3. **Resurfacing** of pre-existing symptoms,
4. **Intensification** of the current symptoms you have/had when you started clinical nutrition therapy.
5. **Injuries** that occur after starting your therapy, such as the first time you burn yourself (even if it is minor), insect bites, sprains, bruises, no matter how minor. Completing the **Health Chest** Educational Consultation covers all of this in one appointment, which precludes having to contact me each time you experience an injury. Thus saves money and time in fewer consultations. During this consultation, you will know understand why this is so important my knowing this information is so important.
6. **Mental and Emotional Stress** – what currently stresses you and new stresses when they occur. Depending upon the stressor, some stressors can deplete nutrients faster than toxicity or a poor diet.
7. **Any New Symptoms** that surfaces and does not go away by the fourth day.

Therefore, to assure your success, it is **very important** that you follow this guideline: Once you start your therapeutic supplements, **CALL ME - PLEASE DO NOT EMAIL**, if you experience any of the above for three days in a row or less and the above is not gone by the fourth day. For those that come and go within a three-day period, communicate these at your next upcoming appointment.



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Be Proactive and Accountable

To help you provide accurate and timely feedback, keep a notebook with pen or cell phone notepad handy at all times to record the following, whether symptom or injury lasts a few minutes, hours, days, or weeks.

1. **Date and Time** of onset and when symptoms or signs abate. (Time is very important too),
2. **Description of symptom or sign**, such as location on body, intensity and frequency, initially, as well as record changes as it improves or gets worse.
3. **Any triggers or preceding events** that may have caused or contributed to the above.

CLIENT HANDBOOK (Price: \$26)

When I first started my business, I wanted to make a **Reading List** of important books for clients to read, however, time and time again, I could not find any books that I could agree with 100%. In reading these books, I would find a few factual chapters and the information in the rest of the book was misleading, misinformed, or false. Later on I learned that some books are not written by the author; but authors with the degrees and qualification were paid to put their name on the books to add credibility. For those books that were actually written by the author, they wrote from a “medical/physician” or “registered dietitian” perspective, not a “clinical nutrition” or “naturopathic” perspective or research, which is not the same and can mislead the reader into thinking something is true, when it is not true for healing the body.

For example, a medical or dietitian’s perspective on Cholesterol is to eat foods that either do not contain Cholesterol or are low in Cholesterol, like when you read or hear about eating only egg whites. However, a clinical nutrition research has proven that:

1. Cholesterol is so vital to the human body. For one, from Cholesterol, the body makes all other hormones, such as Sex Hormones, Thyroid Hormones, Adrenal Hormones, etc. Cholesterol is so important to the human body that if Cholesterol is not included sufficiently in your diet, your liver will make Cholesterol. However, most people have a toxic, congested dysfunctional liver and thus their body is challenged in doing what it is innately designed to do when the diet is low in Cholesterol.
2. If you consume only egg whites you will develop Biotin deficiency. Biotin deficiency leads to nervous system dysfunction, which means you will be more pain sensitive, anxious, have more mental challenges, heal slower, and a myriad of other nervous-system related health challenges.

Therefore, to continue.... For my clients to receive the information that was essential for them to know, they would have to read dozens of books and have to know to have a degree in Clinical Nutrition and Naturopathy to know what was fact or fiction. .Soon I realized that a Reading List was not the answer, so I started writing down what was important for my clients to know to build a solid foundation



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of knowledge that I could build on through consultations and other educational materials that could be tailored specifically to each individual client's needs. Thus, this was the origin of the "**Client Handbook**."

Because of dietetic, "clinical" nutrition, biological, biochemical and physiological education in my Client Handbook is timeless and foundational to how the body works (how it breaks down as it progresses towards disease/death and how the body reverses this process to heal and maintain health), I have not needed to revise this information over the years because it is as true yesterday and today, as it will be in the future. Note: My Dietetic education is based on Clinical Nutrition Research and thus does not include counting calories or processed, refined foods as you may find when seeking counseling or reading information provided from Registered Dietitians (R.D.).

Order this as quickly as possible and read **Chapter 9 through 15, then 20 of Client Handbook**, then return to front of handbook and read the other chapters in order presented.

1. **Chapters 9-15** will help you understand how your body heals, what to expect in this healing process, cleansing signs, Healing Crisis, the Four Phases of Health Breakdown and the Four Phases of Healing.
2. **Chapter 20** will enhance Dietary Program Instructions and Education and add to the information in Section 4 of your PEP Binder.

Reading the **Client Handbook** as soon as possible will reduce your questions at and my need to provide this information at Consultations, thus saving you time and money. Also, by having this foundational knowledge, our Consultations can focus on providing more information from the onset that is specific to you (your body, your lifestyle, your diet, etc.) rather than first laying a foundation and then incorporate specifics for you.

God Bless you,

Dr. Donna Smith

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease.