



Interference Field (IF) Pack Instructions

Dr. Donna F. Smith

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IMPORTANT NOTE

For an introduction to Interference Fields, Diagrams of scars and the adverse effects they have on other areas of the body, and an overview of mineral packing to clear Interference Fields, click on the link below, then scroll down the webpage to read my article titled, “*Scars, Tattoos, Piercings, Vaccination Puncture Sites and Other Interference (To Healing) Fields.*”

<http://www.advancedclinicalnutrition.net/13articlesbydrsmith/alibraryofarticles.html>



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INTERFERENCE FIELDS (IF) DEFINED

An Interference Field (IF) is a body site that has become depolarized, i.e., is blocking the flow of energy, nutrients, lymphatic fluid, blood and other substances that are innately designed to flow through the body site to and from various cells. An Interference Field can be a scar that is blocking both external and internal flow. Other types of Interference Fields include, but are not limited to, severe bruise, blotting, tattoos, piercings, and vaccination puncture sites, to list a few examples.

For more information to understand Interference Fields read Dr. Smith's article titled, ***"Scars, Tattoos, Piercings, Vaccination Puncture Sites and Other Interference (To Healing) Fields."*** This article will also provide some images of the correlation of Interference Fields in a body site to its adverse effect of another body site. (A quick link to the webpage to read this article has been provided under the Table of Contents on Page 1.)

For example, I had one client who was about to have right knee surgery when he contacted me. I assessed that his left shoulder where he had his Army vaccinations 30 years earlier had caused blockages of blood, nutrients, energy, and lymph flow to his right knee. We mineral packed all interference fields, including his left arm and right knee, put him on some therapeutic supplements to replenish the nutrients deficient in his structural system and soon his knee was so much improved that he cancelled the surgery.

Also, when a body site is de-polar, this can mean that energy that is supposed to be traveling, for example, from the head to the foot, travels in reverse order, hence, the cellular messages being relayed through the electrical system of the body may not arrive at its destination. Thus, the adverse effects from Interference Fields can be endless.

Additionally, over time, as energy attempting to flow through an Interference Fields is prevented from doing so, this causes "static" electricity, debris, toxins and other substances to collect around the IF, much like what happens in a river when a log has fallen and partially blocks the water flow. Given time, twigs, logs, trash and other debris collects around the log in areas where the water is unable to continue flowing.

As static electricity accumulates over time at Interference Sites, at some point, it will begin to discharge electricity, much like a Fourth of July Sparkler when lit, sparks fly in all directions. These electrical static sparks can cause cross currents of interruptions in the normal flow of electricity (energy) through healthy Energy Meridians, also interfering with electrical impulses, vibrations and messages transporting to/from cells to/from the brain and cell-to-cell via the nervous system. Again, this can have multiple adverse effects.



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As debris, toxins and other substances, in addition to static electricity, collecting around Interference Fields, they can be another source of infection as these substances damage healthy cells and tissues where they are settling around the IF.

Therefore, these “Interference Field Pack Instructions” have been provided to you so that you may complete “mineral packing” directly on specific IF body sites to assist the body in:

1. Dissolving scars,
2. Opening blockages,
3. Reestablishing energy meridian connections,
4. Reestablishing cell-to-cell communications previous disconnected or blocked.
5. Resuming nutrient, blood and lymph fluid flow,
6. Discharging static electricity, and
7. Detoxifying accumulated debris.

ATTACHMENTS

Documents that included with the Interference Field Pack Instructions are:

1. Supply List – IF Packing Scar Detoxification – provides a list of all therapeutic mineral packing products, other supplies and their quantities required to complete Scar Detoxification instructions.
2. IF Pack Instructions – This document, which provides all instructions for IF Packing, including how to prepare mineral packs, when and where to apply them on the body, breaks, etc.
3. Scar/Trauma Chart – A copy of your completed Scar/Trauma Chart. Highlighted areas indicated the body sites that have Interference Fields and will require mineral packing.
4. IF Pack Diagrams – Examples of Paired Body Sites. In other words, you will use these diagrams to identify the paired body site that corresponds to your specific Interference Field body site. For example, if you have an Interference Field (scar) on the pack of your left hand, its paired body site is the heel of your left foot.
5. Toxic Focal Sites – Highlighted areas indicate other body sites that will require mineral packing. The black circles represent areas of the body that accumulate toxins over time due to the IF that is present above or to the left or right of the black circled toxic focal site. When packing an IF and its paired site, check this document and be sure to include mineral packing of all toxic focal sites near your IFs and paired sites.



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SUPPLIES

Supply List

1. A drinking glass and purified water (Reverse Osmosis, Penta or Fiji)
2. Mixing bowl (glass or ceramic). (No metal bowls or utensils)
3. Measuring spoons – one teaspoon and one Tablespoon.
4. Plastic mixing spoon.
5. Plastic knife for spreading mineral pack onto your skin.
6. Foot spa, dish tub or bucket.
7. 2 Towels – one for the floor to set the Foot spa, dish tub or bucket on and one for drying your feet/body.
8. Liquid Soap (Must be Organic)

Liquid Soap (Organic)

Liquid Soap (Organic) has been provided so that you can clean the target areas before applying the Mineral Pack. Do your best to find one that has no chemicals, such as Sodium Lauryl Sulfate, caustic lye, Parabens, animal tallow, artificial fragrance, colors, thickeners, solvent residues, harsh detergents, preservatives, artificial or isolated vitamins or minerals or any other toxic substance that when used not only damages the skin, but contaminates the minerals in the mineral pack.

Be sure to wash the target areas (IF body site and paired site) with Liquid Soap (Organic) and dry the area with a towel before applying the Mineral Pack.



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SCAR/TRAUMA CHART

Purpose

One of the forms that you were asked to complete as a new client was the “Scar/Trauma Chart.” Each body site that currently holds an accidental or surgical scar, piercing, or tattoo that you indicated on this chart is an Interference Field on your body. Even vaccination puncture sites that may not have left an external scar are mineral packed to clear possible internal IF blockages.

An example of this is again the client I mentioned previously who had vaccinations in his left upper arm when in the Army. On his the skin of his arm, there was not a visible sign of a scar or puncture site. It was only through testing that we discovered the correlation. Since we are a “virtual” clinic now and do not do physical examination, I have all clients mineral pack the following typical areas where Vaccinations are administered, just in case they too have internal Interference Fields that are not visible externally.

1. Left and Right Upper Arms
2. Left and Right Center of Buttock
3. Left and Right Center, Upper Buttock
4. Left and Right Front Thigh

For example, as an infant, you may have received vaccinations in your buttock, a common site for infants. Since as an infant you would probably not remember this and many parents do not recall the body sites either, we mineral pack all possible vaccination sites. If you have never had a vaccination, you do not need do mineral pack these areas. The thighs are another body site for infant and children vaccinations.

Typical sites for Flu and Military Vaccinations are the left and right upper arm.

The most severe Interference Fields are Scars from accidents or surgeries that have been present for five years or older. These require additional mineral packing.



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Preparing Your Scar/Trauma Chart For Mineral Packing

1. **Scar/Trauma Chart** - Before you get started be sure you have prepared your Scar/Trauma Chart so it can guide you on which Interference Field and its paired site to mineral pack first, then second and so on. Remember you are working from the bottom of the body to the top, using your Scar/Trauma Chart to guide you. So not only do you want to mark the order in which to mineral pack each Interference Field, you want to draw a line to the IF's paired site so you are reminded to mineral pack the IF's paired site at the same time you mineral pack the Interference Field.
 - a. Some clients have reported that this process reveals other Interference Fields that they did not originally indicate on the Scar/Trauma Chart when it was first submitted to us. If this applies to you, simply mark the newly discovered IF's on your Scar/Trauma Chart and mineral pack them in their proper order.
 - b. **Send Updated Scar/Trauma Chart to A.C.N.** - When you have finished all mineral packing, please submit a new copy of your Scar/Trauma Chart, not only so we have an updated copy, if you have added more IFs, but also so we can have a map (so to speak) of all IFs and paired sites that were mineral packed for your clinical nutrition records.

TOXIC FOCAL SITE SHEET

You will be provided a Diagram attachment titled, "Toxic Focal Sites." This sheet is used to highlight the areas that you will be mineral packing that are not so obvious like possible "vaccination puncture sites." For some, this may also include mineral packing over the liver, kidneys, intestines or specific skin sites to promote detoxification and healing.

The Toxic Focal Site sheet indicates other areas to mineral pack with your Interference Fields (IF) and their paired sites to assure that you have detoxified areas that accumulate toxins due to the IFs.



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WHAT ARE DOWNLOADS?

Downloads are a term used to refer to hands and feet. The Downloads are four key, highly polarized, entry/exit areas of the body. When these areas are cleared of toxicity and their energy meridians are in polarity, they assist in keeping the body healthy as well as assisting in ongoing detoxification. When they are blocked from years of accumulated debris and toxicity, over time the body's bio-energetic pathways can stagnate and produce pain and many other symptoms.

Two of the primary causes for Rheumatoid Arthritis, misshaped, stiff bones and joints in the hands and feet, bunions, heel spurs, swelling in the feet, lower legs, and ankles, as well as other conditions of the hands and feet as people age are:

1. Mineral Imbalances (Tissue Mineral Hair Analysis will identify the minerals required) and
2. Toxic Downloads.

Why the term Downloads? When we swing our arms and legs when walking, jogging and/or running, gravity is pulling loose toxins (germs, worms, chemicals, metals and other debris) to the hands and feet. By loose toxins, I mean, toxins that the body is transporting to the elimination organs (liver, kidneys, intestines, hair and skin), but through motion break loose and travel downward to the hands and feet, instead.

Think about it. Every time you move your body, you can be downloading these toxic poisons to ends of your toes and finger tips. In time, these toxins just keep stacking and packing from the tips of your toes and fingers, up your hands and feet, decades later you can hardly bend a finger or toe, have difficulty walking on your feet, or bending your knees and back from the stiffness, discomfort, pain and disability.

Once you have complete these instructions for your Downloads and all current Interference Fields, you will want to mineral pack your Downloads at least once a year as an ongoing as part of your Health Maintenance Regime since the action of walking will continue to download more toxins in the future. For people who work in toxic environments, such as factories, metal works, auto industries, etc., it may be prudent to following these IF Pack Instructions every six months.

Toxic Downloads are a primary cause leading to arthritic hands and feet, even Rheumatoid Arthritis, where knuckles and joints of the hands and feet become swollen and deformed.



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PACKING ORDER & SPECIAL INSTRUCTIONS

The instructions in this document must be followed exactly as written to re-polar, i.e., to restore polarity to each body site. The more days, months or years an IF has been at the body site, the more severe it is and the more damage it has caused internally. Also, the longer it has been present, the more static electricity, debris, and other toxic accumulations are present in and around the internal Interference Field.

Therefore, after you have completed these instructions for all of your current Interference Fields, to prevent new Interference Fields from having an opportunity to cause new damage, it is important to follow the instructions under “**New Interference Fields**” within days of experiencing a new cut, bruise, scar or other type of Interference Field when they occur in the future.

Mineral Packing Order

Below is the order in which you must pack each Interference Field.

1. Part 1 - Downloads – Packing downloads are required first.
 - a. Anterior, i.e., Top of Right Hand and Top Foot.
 - b. Anterior, i.e., Top of Left Hand and Left Foot.
 - c. Posterior, i.e., Bottom of Right Hand and Bottom of Right Foot.
 - d. Posterior, i.e., Bottom of Right Hand and Bottom of Right Foot.
2. Part 2 - Arm/Leg Packs
3. Part 3 - Torso/Head Packs
4. Part 4 – Scars indicated on the Scar Trauma Chart, Liver, Gall Bladder, and Kidneys.



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Special Instructions, Terms and Cleansing Signs

1. **Terms:**

- a. **Body Site** - indicates the area where you will be applying the mineral pack. Also, called the Target Area.
- b. **Clearing** is a common term we use to mean “mineral packing a target area that results in dissolving the Interference Field.” For example, mineral packing over a scar causes the internal scar to dissolve (break up) into smaller particles so the body can move them to the detoxification organs or glands. For faster detoxification of these particles while they are dissolved and loose in the body, you will do a Mineral Foot Bath at the end of the day (before 8 p.m.) to draw the toxins into the water.
- c. **Downloads** – your hands and feet. Downloads are explained more thoroughly in another section of this document.
- d. **Paired Site or Paired Target Site** – each Interference Field will have a corresponding site that must also be mineral packed. Since the Interference Field is the scar, piercing, vaccination puncture site, etc., we refer to the body or target site that must be mineral packed with the IF as the “Paired Site.”
 - i. *Why are clearing paired sites important?* Research has indicated a direct bioenergetics correspondence in the human body between, for example, the areas of the arm with the same areas on the leg, on the same side of the body, and the torso with the hands and feet; and the head with the hands and feet. These paired sites are indicated on the “IF Pack Diagrams” sheet and reviewing these diagrams will help you see the correspondence between these areas of the body.
- e. **Target Area** - indicates the area where you will be applying the mineral pack. Also, called the Body Site.

2. **Scar Size:**

- a. **For Vertical Scars**, start at the bottom of the scar and work upward.
- b. **For Horizontal scars**, you can start left or right, it does not matter.
- c. **Scars Longer Than 3 Inches:** You can mineral pack only three (3) inches at one time



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for a scar that is longer than 3 inches. In other words, if a scar is seven (7) inches long, you would have three (3) mineral packing Target areas with that one scar. Two of this scar's target areas or body sites would be 3 inches and one would be one-inch and thus require two mineral packing sessions. Therefore, for long scars, it is recommended that you allow at least four hours between these two mineral packing sessions or each additional session when scars are longer than seven inches.

3. 30-Minute Break Between Mineral Packing each Paired Sites: After following the instructions in the section titled, ***Packing Instructions***, you will need to take a break for 30 minutes (or longer) so your body can process the minerals from the packing and so you do not become overburdened internally from the process, i.e., detox too quickly from doing another packing too close to the previous packing session, thus initiating some Cleansing Signs or Traffic Jams. Just pay attention to how you feel to know how long your body requires for a break, if you need longer than 30 minutes.

a. Cleansing Signs: For example, you may want to take a longer break if you feel less energy after packing than you did before or if you feel any cleansing signs. **Cleansing Signs** are signs that the scar tissue, the toxic poisons surrounding the scar, tattoo, piercing or vaccination puncture site are breaking up (dissolving) and moving through (generally downward) your system. These poisons cause pain and discomfort when lodged so it is reasonable to expect they can cause some discomfort when in transit to your elimination organs.

b. Traffic Jams: I have created this term to help you understand the effect when toxins jam in a particular place in the body and cause "temporary" discomfort or pain until the body has been able to dissolve the blocked or congested particles and get the toxins flowing towards the elimination organs again. So similar to an auto traffic jam, you can have a temporary site of congestion.

i. You can help by resting and consume liquids instead of solids, when possible, so that all the energy the body would use for digestion, mobility and thought processing can be freed up and diverted to the site and assist in faster dissolution and flow.

ii. Discomfort or Pain is generally short-term and the Packing Procedures regarding the Medi-Soak Foot Bath at the end of the day is formulated to assist in the detoxification process, which includes de-jamming.

iii. If discomfort or pain persists after following the instructions below (d.) regarding a full-body Medi-Soak bath, you may need to re-pack the area again. In other words, follow the instructions for packing over the original site that initiated the



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traffic jam and directly over the area of the traffic jam (i.e., site of pain or discomfort) to get more minerals into the area to help break up the scar particles and toxins to get them flowing again.

- c. The good news is because these are highly-charged, polar, and clinically-formulated organic ingredients most clients do not feel cleansing signs. Even Traffic Jams are infrequent when following the instructions as directed. I have provided this information for the rare occasion should anyone experience cleansing signs or traffic jams.
- d. **If you do feel bad after doing any pack, whether a Cleansing Sign or Traffic Jam, simply soak for 30 minutes in a bath of Medi-Soak and you will feel better.** At the time of this writing, I have had only two clients feel bad after mineral packing,
 - i. One was because she did not follow the instructions as directed and thus, unintentionally caused her own discomfort, and
 - ii. The other one waited a week before doing a Full-Body Medi-Soak Bath instead of the original day she felt cleansing signs. However, she reported that within minutes of coming out of the bathtub, she felt no more cleansing signs and felt refreshed and energized.

4. Eight Packs Daily

- a. Up to eight (8) Mineral Packs can be done in one day for the average “health status” person. In other words,
 - i. Stronger people and those who have already done a fair amount of detoxification (such as several Full Body Detoxification Programs), may be able to do more packs per day, if desired.
 - ii. When Mineral Packing is recommended for a new client, i.e., before we have had the opportunity to do some internal detoxifications through therapeutic supplementation, I recommend starting with no more than four mineral packs per day and work up to eight, if necessary.
 - iii. Mineral Packing is generally not recommended for new Clinical Nutrition Clients unless their most severe health concerns warrant starting their therapy with mineral packing within the first three months of therapy. Most clients are instructed to mineral pack their Interference Fields between six and twelve months after starting Clinical Nutrition Therapy.



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- iv. If you consider you have a weaker body constitution at this time, weak muscles or you still feel physically weak over-all body, you may consider doing only four packs per day.

5. Mineral Packing Every Other Day:

- a. **Medi-Body Mineral Packing with its Liquid (Medi-Mineral, HM-ND, AloeDetox, Or Other Liquid provided):** As you read above you may mineral pack up to 8 Interference Fields and their paired site per day, taking a 30 minute break between each set of 4 packing sessions. Then you want to rest the next day before continuing to pack the remaining IFs and paired sites. In other words, one day on and one day off until all downloads, IFs, their paired sites have been packed.
6. **Medi-Body Bath and Medi-Body Soak:** - In a Pinch Tip: ½ cup of Medi-Body Pack added to ½ cup of Medi-Soak is equal to 1 cup of Medi-Body Bath. This formula may be used if you need more Medi-Body Bath and when checking your supply, you have more Medi-Body Pack and Medi-Soak on hand than Medi-Body Bath.
7. **HM-ND:** If you have been provided HM-ND to mix with your Medi-Body Pack mineral powder, and you have some left over, you may consume ½ teaspoon in water or juice daily and finish the bottle for some additional internal detoxification OR keep it on hand to use with any leftover Medi-Body Pack mineral powder for a future bruise or cut. If you choose the latter, write the date on the bottle when last opened.
8. **Medi-Body Pack and HM-ND and/or Medi-Mineral Serum:** If you have some left-over of both of these products, contact me on how to use them for a facial Anti-Aging Formula for prevention and improvement of wrinkles, acne scars, and other facial blemishes. The Dermatologist of one of my clients ask to know my secret for helping her have the most pure, clean skin (down to the cellular level) that he had ever tested and seen in his over 25 + years of practice in medical dermatology.
9. **Diet** – To maximize the effects of the mineral packs, adopting a diet high in organic, raw foods is highly recommended during the days the packs are being done and the day after. For those who have the “***Detoxification/Elimination***” ***Eating Guidelines***, this would also mean your diet would include the foods that are printed in green ink during this time.



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PACKING INSTRUCTIONS

Applying the Mineral Pack

1. Using your Scar/Trauma Chart where you have indicated all of your scars, piercings, known vaccination puncture sites, and other Interference Fields, you will first mineral pack your Downloads, then Arms and Legs, lastly your Torso and Head, according to the instructions in this document.
2. Except for the Downloads, which have their own particular order for mineral packing, you will always start at the bottom of the body and pack upward. For example, when ready to mineral pack the Arms and Legs, if you had a scar on both your lower and upper arm, you would pack the lower arm scars before the upper arm. Why? Because as the mineral packs dissolve the scar tissue internally, due to gravity, the scar particles will begin to travel downward; therefore, clearing the lower areas of the body first, prevents traffic jams of toxins running into scar tissue that has not yet been dissolved through mineral packing.
3. When apply the Mineral Pack (Paste) with a plastic knife over the body site (aka target area), extend the Mineral Pack about one inch outward from the target area (the area of the actual scar, for example).
4. Using your thumb, press the Mineral Mud at least five (5) times into every area where the Mineral Pack has been applied. Press five times in one area before moving to the next area of skin. In other words, starting at the left, work around the skin in the until each part of the skin with the mineral pack has been pressed at least five times.

Applying the mineral packs to your body is best done in the bath tub or shower. The mineral packs will stain the floor and linen, so use old linen and cover your floor if not doing them in the tub or shower.

Note: We will ship the mineral products that you will need to perform the number of mineral packs you require according to the instructions in this document. Though I endeavor to calculate what you will need to complete all mineral packing as exact as possible, it is a challenge to be exact when working with mineral powders and liquids and estimating how much you need for your particular body size and Interference Fields. Therefore, **as you are doing these procedures, please keep an eye on your mineral products to determine if you need to order more.**

Ideally, I want you to have enough to complete all your Downloads, Interference Fields and Paired Body Sites and if you have some left over in each of the mineral powder containers, since exact



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calculations is not possible, that can work to your advantage as you will have what you need to immediately mineral pack any new Interference Fields should they occur in the near future, without having to invest in a whole new container of each of the mineral powders.

IF Pack Diagrams (Downloads, IF's and Paired Body Sites)

Part of your Packing Instructions is the attached diagram sheet titled, **IF Pack Diagrams**. The diagrams will assist you in knowing where you are to pack "Downloads" and how to determine the paired site that corresponds to your particular Interference Field Body site.

1. **Downloads** - An example of the Anterior Download would be to pack the palm side of your hand and fingers and the top of your foot and toes on the right side for the first mineral packing; then the palm side of your hand and fingers and the top of your foot and toes on the left side for the second mineral packing; and so on until you have completed all mineral packing for the Downloads. You will notice that the first row of Diagrams show you were to pack for all four downloads.
2. **IF Paired Body Sites** –
 - a. Each Interference Field, whether the IF is a scar, tattoo, piercing, vaccination puncture site, severe bruise, etc., has a corresponding area of the body that is mineral packed at the same time. We call the body site that has the scar, tattoo, etc. the "**IF Body Site**" and we call its corresponding "other" area, the "**IF Paired Body Site**."
 - b. There are eight different diagrams or examples of Paired Site Mineral Packing on the second and third row of diagrams on the **IF Pack Diagrams** sheet.
 - i. The paired body site may or may not have an Interference Field; however, it must be mineral packed at the same time as its corresponding IF body site. Why? By packing both at the same time, you help repolarize (reintegrate the IF area and its adversely effected paired site back into normal energy flow along its Energy Meridian.) This will then in time assist the electrical cell-to cell messages along that meridian to reestablish nutrient, blood and lymphatic fluid flow to nourish; detox and repair (heal).
 - ii. The first IF and its Paired Site diagram on the second row, for example, are showing you the areas to mineral pack if you had an Interference Field inside the left elbow. In other words, you mineral pack inside the left elbow and its paired body site at the same time, which is on top of the left knee. This would also



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apply if the IF was on top of the left knee, then the paired body site would be the inside of your left elbow.

The chapter on “Foot and Body Bath” applies to each of the upcoming Parts (1, 2, 3 and 4) Mineral Packing Instructions.



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Download Packs – Part 1

Part 1 - Special Instructions

The first four mineral packs you will do first are your Downloads.

1. Right Hand (Palm) and Right Foot (Top).
2. Left Hand (Palm) and Left Foot (Top)
3. Right Hand (Back) and Right Foot (Bottom)
4. Left Hand (Back) and Left Foot (Bottom)

After packing all four pairs of downloads, take a 30 minute break, before continuing with mineral packs for Arm/Leg Packs (Part 2) and Torso/Head Packs (Part 3).

In “Part 1 – Packing Instructions” below, I have given you instructions for packing the first pair of downloads (See #1 above), i.e., the right hand (palm) and right foot (top). You will follow the same instructions for each pair of Downloads, #2, #3, and #4 above.

Part 1 - Packing Instructions

Part 1 – 2 Packs – IF + Paired Site

1. Before doing a pack pair, take orally, either two (2) ounces of Aloe Detox™ in water or one (1) capsule of Aloe Mannan-FX,™ whichever has been provided to you.
2. To make your Mineral Pack (paste):
 - i. Mix two (2) tablespoons of Medi-Body Pack with
 - ii. approximately two (2) tablespoons of a Aloe Detox™ OR
 - iii. 2 and ½ teaspoon of HM-ND™ and/or Medi-Mineral Serum until you have a consistent paste, not too dry or wet. Add more liquid if too dry to spread; add more mineral powder if too wet to spread.
 1. Note: If you have been provided both HM-ND and Medi-Minerals, then use 1 and ¼ teaspoon of each.
 2. If you have not been provided Aloe Detox (skip Step 2 ii.)
- b. Place one tablespoon of the above mineral paste on the right hand (palm) and one tablespoon on the right foot (top), spreading it over the skin, like nut butter.



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2. After applying, press the mineral pack (paste) into the skin with your thumb and then keep it applied to the skin for 10 minutes.
3. Now, Wash the Medi-Body mineral packs off the right hand and right foot.
4. Repeat Step One for the other three pairs of Downloads listed under “Download Packs – Part 1 – Special Instructions” above.
5. Then go immediately to Part Two.

Arm/Leg Packs – Part 2

Part 2 Packing Instructions are for clearing Interference Fields on the arms, includes the hands, and on the legs, includes the feet. However, if downloads have been done, you do not need to repeat the hands and feet for any Interference Fields (Ex: scars on the hands or feet) as these were cleared when doing the Downloads.

Part 2 – Front/Back Correspondence

1. **Anterior (Top)** - If an Interference Field (IF) occurs on the anterior (top) side of an arm or leg, then the corresponding area (which we call the paired site) will also be on the anterior side of the arm or leg.
2. **Posterior (Back)** - If an Interference Field (IF) occurs on the posterior (back) side of an arm or leg, then the corresponding area (which we call the paired site) will also be on the posterior side of the arm or leg.
3. **Lateral (Side)** - If an Interference Field (IF) occurs on the lateral (side) of an arm or leg, then the corresponding area (which we call the paired site) will also be on the lateral (side) of the arm or leg.
4. For example, the right elbow directly corresponds to the right knee. In this case, the anterior (top) right elbow area corresponds directly to the anterior (top) right leg area at the right elbow. If an IF exists on the anterior right elbow, you would pack it at the same time as its corresponding area, the anterior right knee. Therefore, the anterior right knee would be the paired site to the IF on the anterior right elbow.



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Part 2 - Packing Instructions

Part 2 – 2 Packs – IF + Paired Site

The mineral pack will be done as a paired pack (two packs at one time). This paired pack serves to help repolarize the target Interference Field and its corresponding area (paired site), thus acting to help reintegrate the IF area back into the body's normal energy flow, so energy, blood, nutrients and lymph fluid can now flow to the cells and tissue to promote healing and optimal health.

1. Before doing a pack pair, take orally, either two (2) ounces of Aloe Detox™ in water or one (1) capsule of Aloe Mannan-FX,™ whichever has been provided to you.
2. To make your Mineral Pack (paste):
 - i. Mix two (2) tablespoons of Medi-Body Pack with
 - ii. approximately two (2) tablespoons of a Aloe Detox™ OR
 - iii. 2 and ½ teaspoon of HM-ND™ and/or Medi-Mineral Serum until you have a consistent paste, not too dry or wet. Add more liquid if too dry to spread; add more mineral powder if too wet to spread.
 1. Note: If you have been provided both HM-ND and Medi-Minerals, then use 1 and ¼ teaspoon of each.
 2. If you have not been provided Aloe Detox (skip Step 2 ii.)
 - b. Place one tablespoon of the above mineral paste on the right hand (palm) and one tablespoon on the right foot (top), spreading it over the skin, like nut butter.
3. Place one tablespoon of the mineral pack (paste) on the Interference Field, covering at least one-half to one inch around the targeted IF area and one tablespoon on its paired site. The amount to apply to the paired site should equal the amount applied to and around the Interference Field target site. Using a knife spread over the skin, like nut butter.
4. After applying, press the mineral pack (paste) into the skin with your thumb and then keep it applied to the skin in both places for 10 minutes.
5. Wash the Medi-Body mineral packs off both sites.
6. NOW repeat Step One for each Interference Fields and their paired sites on your legs, then on your arms. Remember you are always working from the bottom to the top of the body, which means for the legs, you are working from the ankles up to the thighs. So an Interference Field on the front and back near the ankle will be done before an IF on the



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front or back of the knee, and so on. Then when the legs are done, for your arms, you start at your wrists and work up to the shoulders.

7. Go immediately to Part Three.

NAUSEA?

To date, no client of Dr. Smith's has reported feeling nauseated, however, because patients of other colleagues have, this information is provided for you, just in case.

Should this occur and you feel any nausea, please report this to Dr. Smith for further instructions. Do not be concerned as it is simply a sign you are detoxifying. However, contact Dr. Smith so she can instruct you in what to do so you do not have to suffer.

Torso/Head Packs – Part 3

Part 3 Packing instructions are for clearing Interference Fields on the torso of the body, including the head.

The Interference Fields on the torso and head of the human body are directly interconnected to the body's four Downloads (i.e., the top and bottom of the hands and feet).

When an IF first occurs on the torso, we have assessed that the first line of defense for the body is to attempt to rectify its bioenergetics flow through one of the four Download Areas (like a coupled oscillator).

If the body has poor resources at the time of the injury, surgery or incident (tattooing or piercing), then the attempt will fail and the IF area will become depolarized, as well as one of the four Download Areas, whichever Download was effected by this connection to the IF.

Part 3 – Front/Back Correspondence

Note: Depending upon which part of the body you are referencing, anterior may mean front or top, such as the front of the torso and the top of the head; similarly, the posterior may mean back or



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bottom, such as the back of the torso and the bottom of the feet. Lateral means side, whether referencing the side of the torso, side of the head, side of the hands or side of the feet. If the Interference Field is on the left side torso or head, then the paired Download area will be the left side of the hand or foot.

1. **Torso - Anterior (Front)** - If the Interference Field occurs on the anterior torso (front), then the related Download area will also be anterior (top) of the feet. Therefore, you will mineral pack the Interference Field target site and the top of both feet.
2. **Head – Anterior (Top)** - If the Interference Field occurs on the anterior of the head (top), then the related Download area will also be anterior (palm) of the hands. Therefore, you will mineral pack the Interference Field target site and the palm of both hands.

Yes, these areas of the Downloads will be done again, even though all four Downloads were done initially. Mineral Packing the anterior parts of the Downloads in this session is required to re-establish the bioenergetics connection between the IF site and the Download area or site. The initial mineral packing of all four Downloads was for clearing the debris (toxic build-up) that is naturally greater in quantity in the hands and feet due to gravity pulling toxins downward when you walk and swing your arms.

3. **Torso - Posterior (Back)** - If the Interference Field occurs on the posterior torso (back), then the related Download area will also be posterior (bottom) of the feet. Therefore, you will mineral pack the Interference Field target site and the bottom of both feet.
4. **Head – Posterior (Back)** - If the Interference Field occurs on the posterior of the head (back), then the related Download area will also be posterior (back) of the hands. Therefore, you will mineral pack the Interference Field target site and the back of both hands.
5. **Torso – Lateral (Side)** - If the Interference Field occurs on the lateral (side) of the torso, then the related Download area will also be lateral (side) of the feet. In other words, if the IF is on the left side of the torso, then its corresponding paired site is the left side of each foot. Therefore, you will mineral pack the Interference Field target site and the left side of both feet (the left or outer side of the left foot and the left or inner side of the right foot). Follow these guidelines to determine where to mineral pack when the Interference Field is on the right side of the torso/feet.
6. **Head – Lateral (Side)** - If the Interference Field occurs on the lateral (side) of the head, then the related Download area will also be lateral (side) of the hands. In other words, if the IF is on the left side of the head, then its corresponding paired site is the left side of



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each hand. Therefore, you will mineral pack the Interference Field target site and the left side of both hands (the left or outer side of the left hand / i.e., the side where the left pinky finger is positioned and the left or inner side of the right hand / i.e., side where the right thumb is positioned). Follow these guidelines when the Interference Field is on the right side of the head/hands.

7. For examples:

- a. If an Interference Field exists on the anterior upper chest area (such as a scar), you will mineral pack the upper chest area and the top of both feet, at the same time.
- b. If an Interference Field exists on the posterior (back) of the head, you will mineral pack the back of the head and the back of both hands, at the same time.
- c. If an Interference Field exists on the left, lateral (side) of the torso, you will mineral pack the left sides of both feet at the same time as you mineral pack the IF target site on the left side of the torso.
- d. If an Interference Field exists on the right, lateral (side) of the head, you will mineral pack the right sides of both hands at the same time as you mineral pack the IF target site on the right side of the head.

8. **About the Head** - Because it would be impossible to assess where on the head or even how often we have hit our heads from infancy through childhood, due to accidents or play, in addition to high school/college and our adult years to date, so when you are ready to mineral back the head, mineral back all parts of the head in this order:

HEAD AREA	PAIRED SITE
1. <u>Forehead</u> (entire) – from ear to ear to where the Forehead meets the top of the head.	1. Palm of both hands
2. <u>Left Lateral (Side) of the Head</u> – from left ear to the top of the left side of the head.	2. Left Lateral (side) of both hands.
3. <u>Posterior (Back) of Head</u> – from top of the neck to where the back of the head meets the top of the head.	3. Posterior (Back) of both hands
4. <u>Right Lateral (Side) of the Head</u> – from right ear top the top of the right side of the head.	4. Right Lateral (side) of both hands
5. Top of the head – all around the top of the head where it meets the sides, back and front of the heads.	5. Palms of both hands (again)



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Part 3 - Packing Instructions

The mineral pack will be done as a paired pack (two packs at one time). This paired pack serves to help repolarize the target Interference Field and its corresponding area (paired site), thus acting to help reintegrate the IF area back into the body's normal energy flow, so energy, blood, nutrients and lymph fluid can now flow to the cells and tissue to promote healing and optimal health.

Part 3 – 2 Packs – IF + Paired Site

1. Before doing a pack pair, take orally, either two (2) ounces of Aloe Detox™ in water or one (1) capsule of Aloe Mannan-FX,™ whichever has been provided to you.
2. To make your Mineral Pack (paste):
 - i. Mix two (2) tablespoons of Medi-Body Pack with
 - ii. approximately two (2) tablespoons of a Aloe Detox™ OR
 - iii. 2 and ½ teaspoon of HM-ND™ and/or Medi-Mineral Serum until you have a consistent paste, not too dry or wet. Add more liquid if too dry to spread; add more mineral powder if too wet to spread.
 1. Note: If you have been provided both HM-ND and Medi-Minerals, then use 1 and ¼ teaspoon of each.
 2. If you have not been provided Aloe Detox (skip Step 2 ii.)
3. Place one tablespoon of the mineral pack (paste) on the Interference Field, covering at least one-half to one inch around the targeted IF area and one tablespoon on its paired site. The amount to apply to the paired site should equal the amount applied to and around the Interference Field target site. Using a knife spread over the skin, like nut butter.
4. After applying, press the mineral pack (paste) into the skin with your thumb and then keep it applied to the skin in both places for 10 minutes.
5. Wash the Medi-Body mineral packs off both sites.
6. NOW repeat the instructions for each Interference Fields and their paired sites on your torso and head. Be sure that you do all IFs and paired sites on the torso, before those on the head. Remember you are always working from the bottom to the top of the body. Therefore,
 - a. IF (with paired site) at the waist line on the front, side or back of the body are done before an IF (with paired site) on the upper chest, upper back or upper side of the body.



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- b. IF (with paired site) at your chin is done before your ears; ears are done before the forehead and forehead is done before the top of head.
7. Then go immediately to Part 4.

Part 4 - Packing Instructions

Following the same instructions above for mixing our mineral packs, you will finish these procedures by packing the following areas in the order indicated below:

1. Any scar on the Scar Trauma Chart that has not already been mineral packed following the instructions above.
2. Mineral Pack over the Liver, Gall Bladder, and Kidneys. You can do these at the same time. If symptoms are severe in these organs, you may require Mineral Oil Packs over these areas also. Contact Dr. Smith for more information.

Congratulations - you are NOW finished with mineral packing. Yeah!

Now you will want to live mindfully and avoid creating more interference fields for yourself.

You are now ready to read and then follow, when necessary, the instructions in the chapter titled, "Emergency Mineral Packing," in order to remove any future interference fields should they occur in the future.



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FOOT AND BODY BATH

After you have finished all the mineral packing in Part 1, 2, 3 or 4, that you plan to do for the day, whether you have mineral packed four IF target & paired sites, eight or more, you will do a Medi-Body (Foot) Bath before 8 p.m. in the evening.

Foot Bath – Medi-Body Bath - By 8 P.M. On Mineral Pack Days

The Medi-Bath is detoxifying and providing toxin chelation with electrolyte replacement. The Medi-Bath prevents toxins now dissolved (broken up) by the Medi-Body Mineral Pack from settling into other areas of the body and moves these toxins out of the body through the feet. Toxins may be scar particles, infectious tissue, debris, or any other substances that has collected around the IF over the years.

Using a foot spa or a plastic dish tub, pour as hot of water as you can stand, approximately 12 cups of hot water, to one cup of Medi-Body Bath and mix. Soak your feet for 10 minutes only and no longer to prevent reabsorption of toxins being released into the water.

If you have swelling or pain above the ankles, you may want to use a bucket rather than a dish tub or foot spa for your foot bath so that you can soak higher up your leg. Due to the toxins that will be released through your feet into the water, you do not want to reuse the mineral water, as it is now toxic water. However, you can use it to water your plants so they can have the benefit of the minerals that are still active and your plants can metabolize your biological toxins.

Note: After all mineral packing has been completed, you can continue to use the Medi-Body Bath for a Foot Bath at any time when you have ongoing pain in your feet, until your therapeutic supplements have had time to assist your body in healing “internally,” as well as for periodic relief of painful feet from standing on them at work all day, after hiking, as well as to promote healing. Using the Medi-Body Bath for these purposes you can soak your feet up to 20-30 minutes.

Why longer?

1. First for additional pain relief and
2. Secondly, since you have not been doing any mineral packing, there is not going to be a great amount of toxins being released into the water.
3. Third, the minerals in the Medi-Body Bath are very nourishing and soothing.



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Full Body Bath – Medi-Body Soak (Once A Week or More Often)

MEDI-SOAK - Medi-Soak is a full body bath which provides Mediterranean Sea Salts for electrolyte replenishment. Here are a few of its many uses:

1. It is great after workouts to reduce soreness from lactic acid build-up and replace electrolytes.
2. Replenishes electrolytes for people who have been out in the hot sun all day,
3. Replaces fluids and rebalance electrolytes after suffering from high fevers.
4. Used after doing Colonics or Enemas,
5. And, of course, speeds the Detoxification process after doing the Medi-Body Packs, Medi-Body (Foot) Baths and Castor Oil-Immune Packs to prevent, eliminate and/or reduce Cleansing signs and Detoxification symptoms.

Every weekend, or at least once every seven days, after a series of mineral packing days follow the instructions on the Medi-Body Soak container for the amount of minerals to use for a “Full Body Tub Bath.” Soak in as hot of water as you can stand. Get in the tub first and then turn the water on warm, then increase the heat. Soak all over your body, legs to neck, get your head down under the water periodically. Soak for at least 30 minutes. Do not rinse off, just towel dry. Keep the minerals in your hair and do not wash it out for 24-48 hours to add more minerals to nourish your hair.

Note: You can repeat Full Body Medi-Body Soaks as often as you like. In other words, you can soak more often in a week if you so desire, when doing a series of mineral packs, as well as use the Medi-Body Soak after you have finished all mineral packs. In other words, Medi-Body Soaks are great to energize the body, for over-all body pain relief, for restless or painful legs, promote sleep, to improve the skin and hair, in addition to the list above.



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EMERGENCY MINERAL PACKING

As you know, these instructions were written for mineral packing all Interference Fields. However, periodically, I have a client who requires some emergency mineral packing on one or more body site due to the severity of discomfort or pain they are experiencing, which may include swelling.

In these cases, the client may or may not be receiving these instructions for the purpose of mineral-packing all of their Interference Fields, at this time. Still, at some point, mineral packing all Interference Fields will be essential for optimal healing and health maintenance.

Mineral Packing Emergency Sites

Therefore, if I am providing these instructions for Emergency purposes only, below is an outline for the parts of this document that apply to you at this time.

1. Read the entire document first.
2. Complete all instructions for “Download Packs - Part 1.”
3. Depending upon where the painful or swollen areas are on your body, you will complete the instructions for Arm/Leg – Part 2 and/or Torso/Head – Part 3 for only those areas and their paired site. [Part 4 (Severe Scar Interference Fields) does not apply to you.]
 - a. Therefore, when the instructions refer to the Interference Field (IF) Target or Body Site, for your purposes, this will be referring to the area of your discomfort, pain or swelling.
 - b. You will then determine the paired site that corresponds to where your area of discomfort, pain or swelling is when the area is on the arms, legs, torso or head.

For examples,

1. **Painful or Swollen Hands and/or Feet Only** - if you are suffering with painful or swollen hands and/or feet, you would follow the instructions for mineral packing in Part 1 – Downloads. You would not need to follow the instructions in Part 2, 3 or 4.
2. **Painful or Swollen Knees** - if you are suffering with painful or swollen knees, you would follow the instructions for mineral packing in:
 - a. Part 1 – Downloads.
 - b. Part 2 – Legs/Arms – However, you would then follow the instructions for mineral packing the painful or swollen knee and its paired site only.



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You may repeat mineral packing, as instructed above, on any painful or swollen area of the body as often as you need relief. Even if the pain and/or swelling have improved by the time you receive these instructions, you will still want to mineral pack your Downloads and Pain/Swelling areas. Why? Mineral packing will help take the stress off the liver and kidneys from having to move these toxins, fluids and other debris out of your body and you can assist in a faster over-all healing response.

Also, below I have outlined some other reasons you may want to repeat mineral packing.

Other Reasons to Repeat Mineral Packing

Below are some other reasons why you may want to repeat the Emergency Mineral Packing instructions when you have a recurrence of discomfort or pain in these same areas or other areas in the future.

1. Until you have completed mineral packing for all Interference Fields, these IF areas can adversely affect any area of body causing discomfort, pain, swelling and/or other symptoms.
2. You may repeat mineral packing, as instructed above, on any painful or swollen area of the body as often as you need to for relief until your therapeutic supplements have had the time they need to work internally. In due time, your symptoms will begin to abate naturally due to the body receiving the nutrients it needs internally to get to the cause of your discomfort and swollen tissue.
3. Your Clinical Nutrition Therapy is assisting your cells and tissues so they can release their toxins, so you have more toxins coming into the weaker areas of your body (i.e., pain sites), until...
 - a. enough toxins have been transported internally to the elimination organs and thus no longer have to pass through weaker areas and/or
 - b. you have been in your Therapy long enough to strengthen weaker areas, so they can resist the adverse effects of toxins passing through them.



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Oil Packs

If the discomfort or pain is in the following areas of the body, contact me for additional instructions for how to oil pack these areas. These areas need a specific oil pack and the mineral pack to detox and heal.

1. **Liver and Gall Bladder** (discomfort or pain will be on the right side of the body, between the waist and lateral line of the right breast). Note: Sometimes these organs can radiate discomfort or pain in the same area, but on the left side of the body.
2. **Kidneys** (discomfort or pain is noted in the lower back, about 1-2 inches above the waist line, on the left side of the spine (Left Kidney) and/or right side of the spine (Right Kidney).
3. **Large Intestines** (discomfort or pain is noted in the front of the body between the waist and thighs, in one or more of these areas, right frontal side (Ascending Colon), across the naval from left to right (Transverse Colon), and/or left frontal side (Descending Colon).

Oil Packs have also been effective in dissolving cysts, knots and tumors and can be applied on any area of the body for these purposes, except the head.



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NEW INTERFERENCE FIELDS

Once you have finished the instructions for Part 1, 2, 3 and 4 regarding all of your Interference Fields, you will want to be diligent to mineral pack any new Interference Field that may occur in the future.

For example, let's say you cut your hand with a piece of broken glass. What do you do?

1. First you want to follow remove fragments of glass and clean the wound.
2. Then apply an Herbal Poultice as instructed in your "Herbal First Aid Kit" document.
3. Once the wound has healed, follow the instructions in this "Interference Field (IF) Pack Instructions" for Downloads – Part 1 for the injured hand only. You would do the same if the injury was on the feet.
4. If it was an injury to another part of the body, you would follow the instructions for Part 2 or 3.
5. Part 4 would not be required because this is a new Interference Field and being proactive to respond quickly whenever injured is preventing the need for Part 4 in the future.
6. Hopefully, from understanding the damage that can be done, you have decided to avoid tattoos, piercings and vaccinations in the future. However, in the event, one of these types of Interferences apply to you in the future, you now have the information to minimize the damage by responding quickly to mineral pack the IF and its paired site.



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HEALTH MAINTENANCE

In addition to mineral packing all new Interference Fields when they occur, another part of Health Maintenance that is required because we live in such a toxic environment, bi-annual or annual mineral packing your Downloads. To refresh your memory as to why this is so very important, refer to “Downloads – Part 1.”

How frequent you want to mineral pack your Downloads is dependent upon your daily or weekly accumulative toxic exposure. In other words, how often you breathe toxic air or toxins in the air touch your skin.

Every 12 months is sufficient for people who working in offices that have minimal toxic exposures and who live in a house or an apartment.

However, every six months would be best for the people who are exposed to a higher amount of toxins, daily or weekly, due to their work, hobby or dwelling. Here are a few examples:

1. Factory workers, Construction workers and Painters who are exposed to metal, glass, fabrics, paint, chemicals, gases or other particles. This includes people who work in the office at these facilities.
2. Plumbers exposed to dirt and biological waste.
3. Mechanics, people who work in offices near mechanics, those who have jobs or hobbies that relate to mechanicals, such as truck drivers, auto facers, pilots, etc.
4. People with hobbies that expose them to chemicals, paint or other toxic substances.
5. People who live in Recreational Vehicles (RVs).



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CONCLUSION

An Interference Field may occur when you are a child and yet its symptoms may not present until 10 to 40 years later. It would be impossible to guess how many people have been to their physicians for answers to why they have areas of discomfort, pain, swelling and/or other symptoms, only to be prescribed drugs or have surgery, as the only medical options, when the cause was the adverse effects of one or more Interference Fields.

Interference Fields are often an over-looked, unknown source of illness and disease today for the patient and their physicians. Yet, the long-term effects can be devastating, even fatal.

For me, helping my clients clear their Interference Fields is a standard part of our Clinical Nutrition Therapy, which is why all new clients complete the Scar/Trauma Chart. When it is included in their therapy is individualized and determined by a number of factors.

Please note that the number of containers that have been provided for you to clear all of your Interference Fields and their paired sites Or for Emergency Mineral Packing only, has been calculated by estimating the minimal number of packs that are required for you to accomplish these goals.

So, if you have any questions regarding the contents of this document, please call for clarification as it is important that you understand how to perform each task correctly to avoid having to repeat a mineral pack unnecessarily. Do them properly the first time will save you time, effort and money.

Enjoy playing in your mineral mud!!!

Dr. Donna Smith
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Dr. Donna F. Smith

ABOUT DR. SMITH

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

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

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

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

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

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

Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail and telephone consultations. A.C.N. clients save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

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

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045. Meanwhile, please browse www.AdvancedClinicalNutrition.com and while there subscribe to Dr. Smith's FREE Newsletter and read Free Articles by Dr. Smith. You may also follow her on www.linkedin.com/in/drdonnafsmith and www.Facebook.com/DonnaFSmithPhD.



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E-BOOKS BY DR. SMITH

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

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body.

This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision regarding your health care. It is also the author's intention to help you understand the importance of Clinical Nutrition Testing and Therapy, which is foundational to healing the cells and tissue of the organs, glands and body systems within all living beings, both human and animal, a fact that has not been included in Public Health Education because in the United States, for example, Public Health Education is still focused on medicine, not health education. ***The health of your cells determines the health of your body.***