



Dietary Levels Questionnaire
INTRODUCTION & INSTRUCTIONS
By Dr. Donna F. Smith

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QUESTIONNAIRE INSTRUCTIONS

Before you begin to complete the Dietary Levels Questionnaire, it is very important to please read all the information in this document to assure accuracy.

This Introduction will explain:

1. Abbreviations on the questionnaire,
2. Provide instructions on how to answer each row.
3. And how to Score the totals for each page, as well as the Grand Total scoring on the last page of the questionnaire.

Abbreviations

1. **1-2XW** = No more than 1-2 times a week;
2. **1-2XM** = No more than 1-2 times a month.
3. **Org.** = Organic
4. **Commercialized (Com)** means store-bought, whether organic or not, i.e., not homemade.
5. **Home or Homemade** = Homemade from organic ingredients.
6. **Boiled <** = Cooked in water at temperature less than boiling point of 212°.
7. **Boiled >** = Cooked in water at temperature at or greater than boiling point of 212°.
8. **Boiled =** Cooked in water at or above boiling point of 212°.
9. **Rare** (means Rarely means a few times a year or No).
10. **Rare*** = The word Rare with an asterisk means Fermented “dairy” is not recommended, though the biochemistry of some people can handle fermented dairy in moderation (1-2 times a week) or rarely (a few times a year).
11. **H/S/S** = Herbs, Spices and Seasonings.
12. **Turmeric***– just a few grains of either sprinkled on all animal proteins and vegetables before consumption. Note: Oregano can be used instead of Turmeric.



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Green Peas and Green Beans

On your Eating Guidelines, due to my dietary software program, Green peas and Green beans were included in the Legume Food Group. However, they should have been included in either the Vegetable or Greens Food Groups.

For the purpose of the Dietary Levels Questionnaire, you will consider them as two additional items listed in the Vegetable Food Group and not in the Legumes Food Group.

In other words, when answering questionnaires in the Columns for:

- Level 4 and 5 regarding Grains/Legumes, Green Peas and Beans are not included in these food groups. If you eat them, they are included as in the Vegetable Food Groups.
- For Levels 1, 2 and 3, which are the levels that eat Grains and Legumes, it does not matter whether Green Peas and Green Beans are categorized in the Legumes or Vegetables Food Groups.

How To Complete the Dietary Levels Questionnaire

1. On each row, circle Yes, No or Rare, whichever applies to you following the criteria below:
 - a. Level 4 and 5 – To answer Yes, No or Rarely means the question applies to you 90 to 100% of the time. For examples,
 - i. for Yes to be the answer to circle means you do this consistently 90% to 100% of the time, otherwise, you will circle the Yes that appears in the Columns for Levels 1, 2 and 3.
 - ii. for No to be the answer to circle means you avoid this 90% to 100% of the time. Of course, ideally, you want to be 100%.
 - iii. Of course, ideally, you want to be 100%.



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- b. Level 1, 2 and 3 Columns – To answer Yes, No or Rarely means the question applies to you from 1% to 100% of the time.
2. If the choice of Yes, No or Rare is listed on the row under more than one column, you will circle the correct answer each time. For example, if your answer is Yes and Yes appears under the columns for Level 2, 3 and 4 and No appears in columns for Level 1 and 5. Then you will circle Yes, three times – i.e., circle Yes in the columns for Level 2, 3 and 4.
3. At the bottom of each page you will put the number (total score) for how many Yes's, No's or Rare's that you have circled on each row in each column. For example: Of the 32 questions on Page 1, if Level 1 has 15 circled "Yes's" then you would write the number "15" in the Level 1 Column on the bottom row titled, "Total Score." Do this for all the circled Yes's, No's and Rare's, and then total all circles in each column (Level 1, 2, 3, 4 and 5) until you have the Total Score for each Level. .
4. Next repeat the above for all answers circled in each column for each Level on each page (Page 1, 2, 3, 4 and 5).
5. Next transfer the Total Score for Page 1, 2 and 3 to their appropriate place at the bottom of Page 4.
6. Then add up the Grand Total Scores for the entire Questionnaire by adding the Total Scores for Levels 1, 2, 3, 4, and 5 at the bottom of Page 4.

The Level Column that has the highest number for the Grand Total Score is the current Level that you are on. If one or more Levels have the same Grand Total Score, then your current Level is identified in numerical order. In other words, if your highest Grand Total Score was 76 and 76 appeared as the same Grand Total Score for Levels 2, 3 and 4, then, your current Level is 2.



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LEVELS 1 TO 5 DEFINED

Not everyone can make the shift from eating the **Standard American Diet** (SAD) to a principle-centered diet and lifestyle that the human body was “divinely” designed for by God. However, we will not truly experience optimal health and prevention of disease until we are willing to eat, drink and live a principle-centered healthy lifestyle, i.e., the diet and lifestyle designed according to the way our body was made for healing and maintaining optimal health.

The Standard American Diet (SAD) has been imposed upon our society by profit-driven industries, like the beef industry, dairy, fast foods, etc., who have used advertising techniques, like branding, to influence your parents in their diet and lifestyle choices that affected you as a child, as well as influencing you as an adult, and your children. That is until you, like I did, woke up from this illusion and began to understand that what my body needed and what I was told it needed was not, in most cases, true. This is one of the reasons, it is my ministry (divine mission) in life to help people understand the truth about what the human body actually requires to heal itself, maintain optimal health, and prevent disease.

You have a choice regarding the pace at which you make this transition, as well as whether you choose to evolve through Levels 1 to 5 slowly over months or years OR you may decide to stay at a particular Level (1, 2, 3 or 4) for the rest of your life and never fully develop a principle-centered Level 5 dietary lifestyle. After all, it is your body and only you can choose what you want to do, i.e., only you can choose the standards for your life.

Some may choose to work diligently to improve raise your current level by one or two numbers and then stay at that level for a while, i.e., to take a break and in come back to working on raising yourself to the next level until you reach Level 5.

My goal is to help you make the transition from your current Level to each consecutive level until you attain “consistently attained and implemented” either Level 5 or the Level you have communicated to me at that time that you have chosen. Also, my goal is to help you make this transition as easy as possible.



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TRANSITION LEVELS

In my clinical experience and observations since 1981, when I established my business, I have observed that there are basically three levels that people will “live” on in relationship to their diet. Levels 1, 3 and 5.

Therefore, to help you make the transition to the next level, I have created Levels 2 and 4. In other words, to easily move from Level 1, the Standard American Diet (SAD) which will guarantee you a life of disease, pain and surgeries as you age, to Level 3, I created Level 2 as a transitional level. Level 2 is healthier than Level 1, but not as healthy as Level 3.

Then to help you transition from Level 3 to Level 5, I created Level 4. If you stay at Level 3, you will notice an improvement in many symptoms, slowing down of the development of disease, less pain and avoid a number of surgeries.

However, Level 5 has the greatest potential of improving over-all body health, eliminate (or greatly minimize) symptoms, rarely experience pain, prevent surgeries as well as has the greatest potential to prevent diseases.

By the above I mean symptoms, pain, diseases and surgeries that are exclusively diet related. Symptoms, pain, disease and surgeries can also result from accidents or other lifestyle factors. A few of these Lifestyle Factors are Electro-Magnetic Fields, environmental pollution, scars, etc.

This is why after you complete the Dietary Plans and then the Dietary Principles Personal Education Program (PEP), you will want to continue the PEP Series so that you are fully informed of all lifestyle changes that need to be made to develop a comprehensive “healthy principle-centered lifestyle.” Comprehensive means you have implemented both dietary principles and all other lifestyle principles.”



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Why is this so important? You may implement all the principles in the Dietary Plan and Dietary Principles Personal Education Program (PEP) so that you can develop a principle-centered healthy “dietary” lifestyle, and still become sick or disabled at some point in time by principles that relate to lifestyle factors, but do not relate to diet or dietary principles.

DIETARY LEVELS EVALUATION

By accurately completing the Dietary Levels Questionnaire, you and I will both know which Level you are currently starting on and periodically I will ask you to update this questionnaire to help me evaluate your transition through each level.

You may also complete additional questionnaires, i.e., you do not have to wait until I request an update, you may complete this questionnaire again at any time you want to check on your own progress. **If you do update this questionnaire at any time, please provide me a copy.**

Also, please communicate at any time you choose to stay at a particular level for a while or indefinitely. That way I can stay updated as to the Level you are on and evaluate its effects (both positive or negative) on your body when making decisions regarding future testing, updates in your Therapeutic Supplement Program of Care (POC), what education you need provided through the PEP Series and/or at Progress Reporting Consultations, as well as consider when it is time to develop your health maintenance program.



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RECIPE BOOKS FOR LEVELS

Traditionally we call any book full of recipes a “Cookbook.” I am trying to break myself of that habit and call them Recipe Books. Why? Because “cooking” refers to preparing food at heat levels that can be over boiling point and that is a “critical” temperature that causes disease. You can read about this in my webpage document titled “Cooked Foods - Critical Temperature.” Therefore, you will now understand why I refer to “cookbooks” as “recipe books,” unless the word “cookbook” is in the title of the book.

To successfully transition from your current level to the next, you will require:

1. Consultations – Dietary Plans and Dietary Principles Personal Education Program (PEP)
2. Documents posted on both the Dietary Plans webpage and the Dietary Principles webpage.
3. Completing and updating the Dietary Levels Questionnaires.
4. Information in some specific Recipe Books for these Levels.

In other words, in addition to what I will be providing you through your consultations and webpage documents, I have provided a list below for several Recipe Books that will also help you at specific levels to transition to the next.

Use the table below to find the level you are currently one, the level you want to transition to, and then you will know which cookbook(s) will provide additional recipes and education to help you with this transition.

As with all cookbooks, there is some information included that is not in agreement with a making a transition to a divinely-designed, principle-centered healthy lifestyle. Thus I have either or:

1. Provided some additional comments in the table below.
2. Written an “Addendum” for the cookbook, which will be provided once you have purchased the cookbook, and/or



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- Additional information regarding the Recipe Book will be provided verbally at one your dietary consultation.

Unless otherwise indicated below, you can purchase these book, through any books store, as well as online through Amazon.com.

Regarding the Table on the next page, remember “Your Level” Number is the number you scored highest on the Dietary Levels Questionnaire and the “Level I Want” is the level that you want to transition to. The easiest transition is to transition from Level to Level (Level 1 to Level 2, then to Level 3, and so on.). However, if you want to transition faster, in other words, skip one or more levels, then you need to communicate this at one of your dietary consultations, or schedule a specific dietary consultation to discuss this and I will be glad to design a “personalized” transition for you that will save you time and effort.

Table of Recipe Books For Each Level

YOUR LEVEL	LEVEL I WANT	RECIPE BOOKS AND COMMENTS
Level 1	Level 2	<p>Note: To accomplish the goals outlined under the Level Numbers (2nd Column) also requires the information you will receive in your Dietary Consultations and Dietary Webpage.</p> <ol style="list-style-type: none"> Natural Foods Cookbook - Purchase from A.C.N. \$10. This Recipe Book was specifically designed as a Transitional Recipe Book to guide you from SAD to Level 2, where you will introduce more whole, vital foods and recipes for healthier daily diet. Includes a chapter on how to eat healthier at restaurants. Herbal Legacy Healthy Living Cookbook and Dr. Smith’s Cookbook Addendum – this Recipe Book is posted on your Dietary webpage. My addendum provides information to adjust in this cookbook.
<p>These two cookbooks will help you improve your diet by eliminating the Standard America Diet practices that you have been conditioned to practice each day due to cultural and familial influences.</p>		



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Level 2	Level 3	<p>Nourishing Traditions by Sally Fallon.</p> <p>This book helps you become more “wholesome” in your recipes, moving away from even organic processed foods, introduces fermentation, bone recipes and provides the “how tos” that truly defines “homemade” vs. buying even commercialized organic products that can still have preservatives or isolated vitamins and minerals..</p> <p>For example, at the time of this writing, there are no healthy salad dressings or nut milks that can be bought in a store, any store, or online. If you want these, they must be homemade to be healthy.</p>
<p>At Level 3 you are eating whole foods, SAD is consumed 0-10% and you are learning how to make foods at home, especially the organic commercial brands that are not 100% healthy.</p>		
Level 3	Level 4	<p>The Paleo Diet Revised (Education on the Paleo Diet) and the Real Paleo Diet Cookbook (For Paleo Diet Recipes) both by Loren Cordain, Ph.D. There are many Recipe Books available on the Paleo Diet, however, I recommend staying with the original author (Cordain) vs. one of this students.</p> <p>The Paleo Diet is basically omitting all grains and legumes. However, Dr. Cordain is NOT educated well regarding animal proteins, scavengers, and other toxic meats, so you will find ham, bacon, pork and other toxic animal proteins listed in the recipes. Therefore, follow my instructions regarding animal proteins in your Eating Guidelines Addendum and adjust his recipes accordingly.</p>
<p>At Level 4 you continue what you learned in Level 2 and 3, just omit grains and legumes.</p> <p>Be sure to adhere to your Dietary Plan (Eating Guidelines with your Name) regarding animal proteins.</p>		
Level 4	Level 5	<p>1. Raw Foods Made Easy: For 1-2 People by Jennifer Cornbleet. Jennifer also has a Raw Desserts book for more dessert recipes if you need them.</p> <p>2. Raw Gourmet by Nomi Shannon – purchase from A.C.N.</p> <p>The Divine Diet that your body was actually designed for combines Jennifer Cornbleet (and other authors of raw</p>
<p>Now you have arrived at Level 5, which is an all raw foods diet, except animal proteins.</p> <p>If you did not at Level 3</p>		



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or 4 introduce #3 or #4 to the right, then at Level 5 you must be ready to do so consistently, Otherwise, you cannot prevent: Musculo - Skeletal Conditions without adding #3 OR without #4, you will not have an immune system that is strong enough to fight germs, worms and biological warfare (chem trails, etc.).

food recipe books) of eating raw foods (raw vegetables, fruits, nuts, seeds) with only these particular instructions from **Nourishing Tradition** bone and fermentation recipes..

3. Bone Broth and Bone Marrow Recipes

4. Fermentation Recipes – Using the fermentation instructions not for milk products but to ferment nuts, seeds and vegetables. More on this will be provided in the Dietary Principles Consultations.

In the ideal world, we would eat raw animal proteins (meat, poultry and seafood) or not at all. However, I do not trust the food industry to supply germ-free animal proteins, so baking, broiling, or stir-frying is highly recommended. Grilling is fine if the grill is electric or a wood-burning grill. Avoid charcoal bricks

About Vegetarianism, some people have a biochemistry that does very well on a vegetarian diet and others do not. You can test this out for yourself. If you follow a vegetarian diet for three months without any decrease in energy or other side effects, then you can continue this lifestyle if you so choose. Let me know, if you choose to be a Vegetarian as there is one or more supplements you must take as long as you are a Vegetarian.

However, if you feel better when you eat animal proteins, then eat animal proteins along with raw vegetables, fruits, nuts, and seeds.

At least one day a week, however, you should avoid all animal protein foods, just to give the body a rest and it takes more energy to digest animal proteins than other whole foods.

Level 5 is the level for the greatest potential in health improvement (healing), health maintenance and disease prevention.

**Your Ultimate Goal:
Start Where You Are and Progress to Level 5.**



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CONCLUSION

I, like you, grew up on a Standard America Diet (SAD) with Betty Crockett's Cookbook, the staple recipe book in my parent's home, along with my mother making recipes that her mother and grandmother taught her – some healthy and some not so much.

I also grew up in the 50's where TV dinners and drive-in restaurants originated, so by the time I was on my own at the age of 17 and off to college, I was not interested in cooking in a kitchen, and unlike my mother and grandmother's day, I did not have too.

Though I attended church regularly and was baptized as a child, my spiritual awakening actually occurred in 1974 when I lived in Hawaii. The next year, at age 24, was the first year or beginning year for the period of time where I would gain knowledge about healing and how the human body works (heals and maintains optimal health).

That year I moved from Hawaii to Spokane, Washington and God led me to live in a house with Christian roommates who had a lifestyle of organic farming, canning, dehydration, and whole food recipes. In fact, our church located on a farm where we all pitched in on the weekends to do organic farming, canning, etc. So I was able to go from Level 1 to Level 3 in about three months, though they did not know about the bone recipes or fermentation.

As I began implementing the knowledge from my degrees in Clinical Nutrition and Naturopathy, I progressed to Level 4 until I was introduced at its infancy, the development of Quantum Nutrition, and I moved to Level 5, which for me was the addition of fermented vegetables, nuts, and seeds. Only through daily consumption of fermented foods, like these, will we have the friendly bacteria to counter the exposures to germs and worms that are getting stronger each year, as well as help in strengthening our immune system as we are exposed to germs and chemicals from chemical warfare, such as chemical (chem) trails we see in the sky or from airborne fallout from real wars or exercises in preparation of war.



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Because my implementation of Level 1 to 5 was “learning in progress” and then it took some time to develop a practical application plan for implementing them, you have an advantage I did not have. That is, now everything has been organized and designed to present this information to you in a systematic and sequential manner where the only thing keeping you from implementing your next Level until you are at Level 5 is you, i.e., your willingness to make these changes consistent and permanent.

By making changes slowly from one level to the next, you will be able to overcome the mental, emotional and physical resistance you may at first encounter. After the Ego of our mind, emotions and body does not like change. But once you have consistently implement that change, the Spirit of your mind, emotions and body loves you for it – because you are now experiencing all the wonderful benefits from that change. And that is truly the only war we really engage in and this is between our Ego and our Spirit (God).

Then you come to a place where you do not want to go back to a previous Level – the higher level just feels too good. In time, working from one level to the next higher level, no matter how many days, weeks, months or years, it takes, one day you look back and realize you have make that transition to and are consistently staying at Level 5 at least 90 to 100% of the time. Thus you have arrived.

So as you read though the information in this document, do not discount some of it as being too simplistic, such as eating foods raw (vegetables, nuts, seeds, fruits) as the ways of God are simple. Our culture has developed a myriad of man-made diseases because we have complicated our diet, instead of eating simply. On the other hand, some instructions may seem complicated, especially if you have not yet developed a habit of preparing homemade recipes. I thought as you did once that I was too busy to take the time to do what I knew was required for my body.

However, as I worked through eliminating that false thought, and changed my schedule to make time, I discovered something amazing. Once I got consistent at implementing healthy recipes into my diet, it did not distract from my busy schedule. You see once you make a firm, unyielding decision to do something, your schedule shifts and in due time, the healthy thing you are doing is now so much a part of your lifestyle, you no longer think about it or have to make time for



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it. It is just like tying your shoes or brushing your teeth and the time and thought that is now required vs. the time and thought they required in the beginning when you were first learning these tasks as child.

You will need to decide whether you are living to eat or eating to live. Everything that you go through mentally, emotionally and physically is what I had to go through also to get to Level 5. The journey and path is the same for all of us.

So as you read this document, you may have thoughts about, “No way, I would never stop eating or drinking _____ or I would never want to start _____”. Just let those thoughts go, and implement whatever parts of the Levels that you want to implement. The most important thing is that you are in a constant state of moving forward, even if you choose to take a break now and then.

In other words, you do not just start implementing these instructions and get to a certain “improved” dietary level and then stop and think no more about implementing any more Levels. I mean you can do that, but if you truly want to heal faster, maintain the healing you attain through Clinical Nutrition Therapy, then stay healthy when no longer in therapy but in maintenance, as well as prevent disease, you must at some point be willing to come back to this information and keep moving forward until you get to Level 5.

In time, you will either finish your Clinical Nutrition Therapy having truly attained optimal healing over-all body or you will contact me that you want to stop Therapy because you are satisfied with the level of healing you have attained by that time. All clients fall into one of these two categories regarding Therapy Closure. So when that times comes, if you have not completed all three of the PEP Series (Dietary, Lifestyle and Mind-Body), just remember that you can schedule consultation appointments for these at any time. In other words, you do not have to be “in therapy” to schedule them.

People are sometimes like butterflies, they flitter from this therapy to the next trying to find the magic bullet in a pill or therapy that will make all their pain go away. There is no such thing, as one thing, that will do all this. Because the magic bullet is your lifestyle and your lifestyle is multi-faceted. When you implement a comprehensive principle-centered healthy lifestyle, you are then equipped to live a pain free life.



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This is important to remember because it is only when you:

1. Are consistently at Dietary Level 5 AND
2. Have implemented the principles that you have learned in the **Personal Education Program (PEP) – Dietary, Lifestyle and Mind-Body,**

that you will truly have the knowledge and ability to develop a lifestyle that **gives you the** greatest potential for ongoing healing, staying healthy and preventing disease.

Your Ultimate Goal:

***Start Where You Are and
Progress At Your Own Pace
Until You Are Consistently Living at Level 5.***

And at the same time, keep in mind that the awareness that the sooner you are at Level 5, the sooner you will be enjoying all of its health benefits!