



# Eating Guidelines Addendum

## By Dr. Donna F. Smith

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## BLUE – DOTTED OUTLINE OR BOX

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When you see a blue-dotted box or outline around a food, this is highlighting it to bring your attention to this particular food or beverage because:

1. There is some additional information I will be verbally providing at one of your Dietary Consultations and thus have highlighted the food or beverage so I will remember to discuss it and/or
2. I am highlighting it because I want you to pay particular attention to adhering to the instructions in this document about that particular item.

Note: Option #2 will always apply when a food or beverage is outlined by blue-dots. If Option #1 applies, I will provide this additional information at the right time at one of your Dietary Consultations.

If, by the end of all your Dietary Consultations, I have not provided any additional information about a food or beverage that has been outlined by blue dots, then you know that Option #2 was the sole reason for outlining that particular food or beverage.



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## NATURE'S 3 PRIMARY NUTRIENTS

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It is a scientific fact that the human body cannot live without air, water or food. In fact, you can only live a few minutes without air, two weeks without water and up to two months without food. Therefore, these three are the primary nutrient categories that are foundational to life and whether the human body is healthy or not.

It is a scientific fact that the human body cannot sustain optimal health without:

1. **Purity** - Pure air, water and food (free of chemicals, metals, debris, and other pollutants or contaminants, and the
2. **Sufficiency** - Right quantity of each type of nutrient, according to the biochemical requirements of each individual, and this ultimately means the right quantity of sufficiency at a cellular level as indicated from Laboratory Test results (or values) from a Clinical Nutrition Analysis of your biochemistry (blood, urine, hair, saliva and stool).
  - a. The human body was designed for everyone to have eyes, nose, mouth, legs, arms, and each of the other body parts that we can see externally, as well as those internally parts that we cannot see. Still, when you look at each individual person on earth, every person looks externally different. (Even Twins have some external differences).
  - b. The same applies internally, as we each have biochemical differences within our body, which determines what we each require individually to heal and maintain health. Research by Roger Williams, Ph.D. of the University of Texas-Austin, proved this and this is called, "biochemical individuality."

For this reason, it is essential that you educate your family and friends about the importance of biochemical testing to determine what each person's body requires so that each person can develop the dietary (food, water, beverages and supplements) and lifestyle practices that will promote healing and maintain health.

Biochemical Individuality is also why each **Therapeutic Supplement Program of Care (POC)** I have designed for my clients are different. Each client has their own



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unique POC because the combination of all the therapeutic supplements on a POC that will work for one client, will not work for another, due to biochemical individuality.

In addition to a Clinical Nutrition Analysis of your biochemistry (blood, hair, urine, saliva and stool), I have developed the **Personal Education Program (PEP) – Dietary, Lifestyle and Mind-Body Connection Series**, which includes consultations and written Educational Materials to assess and educate each client on their individual requirements, as well as coach them in the principles that govern the healthy function of the human body, which applies to everyone, because we all have a human body..

For example, there are principles that govern the healthy function of the human digestive system that applies to everyone who has a Gastro-Intestinal (GI) System, and everyone needs to know how this works so they can make dietary and lifestyle changes to work with, not against, these principles. Still, each person has individual differences and requirements within this GI System based the effects from their current and past diets and dietary practices, surgeries, stressors, and any other factors that could affect how their GI System is currently functioning or whether it is currently dysfunctional.

Now let's talk about each of Nature's Three Primary Nutrients, air, water and food.

## Air

For information regarding air (purity and quantity), refer to the following documents:

1. **“Oxygen Therapy – 5 Steps.”** – this document will be provided at some point early on in your therapy.
2. **Purifiers – Air/Water** – this is located on our website on the pop-out webpage attached to “Slides and Videos.”

## Water



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***Every internal and external biological process of the human body requires water.***

Since it is a fact human and animal beings cannot live without air, water and food, it is the purity and quality of these three substances that determines the quality of our health, i.e., the ability to function as divinely designed.

Therefore, because we cannot live more than a few minutes without air, air (oxygen) is our number one nutrient. Because you cannot live more than two weeks without water, water is your 2<sup>nd</sup> most important nutrient. Thus, making food, which include whole food supplements as being the 3<sup>rd</sup> most important source for nutrients.

If you do not provide the amount of water your body requires every day, it must hold on to urine, recirculate it and try to use it for its biological processes. However, this is not the solution because it still does not provide the quantity of water the body requires to function, urine is not fresh pure water, and thus results in depositing its urine waste into each cell; thus, making you more toxic and ill in the long run. So....

### ***---How Much Water Do You Need To Consume Daily?***

#### **1. Drink ½ your body weight in ounces each day of pure water.**

- a. Ex: if you weigh 120 pounds, drink at least 60 oz. of pure water. Water in tea, juice, etc., cannot be counted, this amount must be water alone.
- b. Add at least 8 ounces more for every vice (sodas, commercialized juices, strong teas (black, brown or white), and an additional 8 ounces for every hour of exercise. (Note: See the section on Coffee for how much water is required for one cup of Coffee.)
- c. As you increase your pure water intake to the ideal amount for your body, you will have increased urine throughout your day until the new pure water has displaced the old, stagnant, germ-infested, chemical-additive, toxic water it has had to use because of the previous lack of sufficient pure water for all its biological processes.



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2. Purified and sufficient water is the best nutritional substance for healing a dysfunctional or diseased kidney or bladder. If Kidney or Bladder appears on your Health Concern List, therapeutic supplementation is required.
3. If you are struggling with drinking enough water? Read the book ***“Your Body’s Many Cries For Water”*** by F. Batmanghelidj, M.D. This physician said he cured over 50 diseases just by getting his patients to drink the water their body required.

### *---Water Purification Systems*

At the time of this writing there are only two types of purification systems that actually purify water, rather than just filter out a few chemicals, like Chlorine. They are Reverse Osmosis (R.O.) and Distilled. I recommend Reverse Osmosis Purified Water.

1. **Reverse Osmosis (R.O.)** \
  - a. A Reverse Osmosis purification system has a pre-carbon filter, a R.O. Membrane, and a post-carbon filter. Reverse Osmosis purification does remove some minerals from the water.
  - b. Penta and Fiji are the only two bottled water brands I recommend and both of these are R.O. purified.
  - c. Filters, like Brita, are designed to remove or rather just filter chlorine and a few other toxins. They are not designed to actually “purify” the water. To demonstrate how pure R.O. Purification Systems are, they are used
    1. On ships to remove salt from sea water as well as purify the sea water for ship’s-water needs.
    2. In the medical industries, they purify water used in I.V. solutions.
  - d. A study done on the cost of buying bottled water vs. owning your own home R.O. purifications system at the time that bottled water was 50 cents a gallon, indicated that in a 10-year period of time, a family of





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four paid \$7,000 for bottled water, but only \$700 in 10 years for the cost of their home R.O. purification system, which included replacement parts as needed. I use this same R.O. system.

- e. If you do not currently own a R.O. purification system, schedule a Free Consultation with me for information about R.O. purification systems on the market today, your home water pressure, above and below counter models, and the \$100 discount we provide our clients when they purchase a R.O. purification system from us. There is no weekly or after use maintenance on R.O. purification systems, like Distillers. You simply replace the pre-and post-filters and the Membrane periodically. The frequency depends upon the condition of the water coming from your faucet as some city or well water is more toxic than others. An example is the water at my home requires the Membrane to be replaced every three years.
- f. **Penta and Fiji Bottled Water Recommended.** Until you have your own home water purification system, be sure to drink and cook with only Penta or Fiji brand bottled water. Using an Electrolysis Precipitator, which binds dissolved particles that appear clear after water has been processed, more than once I have tested many of the brands of bottled water sold in our area, including but not limited to, Aquafina, Dasani, Evian, Fiji, Nestle, Ozarka, Penta, and Evian and none of these were pure, except Penta and Fiji.
  - i. **Shower/Bath Filters:** As for other water needs, like bathing and showering, as of this writing there are no R.O. units for purifying bath or shower water. Therefore, go to my website on “Special Website Links” (Row 30M) and click on the pop-out webpage “M-Shower Filters/Bath Ball” for information on a very reasonably priced and effective shower and a Bath Mineral Ball” to remove chlorine and some of the other toxins from the water you shower and bathe in. I have both of these products. Studies have shown that chlorine in hot water permeates through the skin pores and leads to both breast, uterine and prostate cancer.



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ii. At the time of this writing, the “Special Website Links” webpage for this information is on Row 36M. Click here or cut/paste the link below to go directly to that webpage.

1. <http://www.advancedclinicalnutrition.com/36specialwebsitelinks/mshowerfilterbathball.html>

### 1. Distilled Water –

- a. Distillation is another water purification system. The distillation process does not remove the minerals in the water, which is one of the reasons some prefer distilled water over R.O. water. However, a distiller is a high maintenance machine and often not maintained as well as it should be, thus allowing bacteria and other germs to grow in the distilled water. There is no maintenance with a R.O., except replace the two filters and membranes periodically.
- b. A decent priced Distiller is \$699 or more, which makes the cost for a distillation systems more than the cost of an R.O. purification system.

### *---Water Delivery Companies*

When ordering water from Water Delivery Service Companies, like Sparkletts (the name of one of our local water delivery services), be sure that you ask for only RO purified water without added vitamins and minerals.

If you omit specifically telling them not to add them, they will add synthetic vitamins and minerals to your water, thinking they are doing something good for you, but they are not.

## Food/Beverages

The following documents will provide the education you need that relates to the third primary nutrient category the human body requires and that is, “Food,” which includes Beverages (or liquid food).



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This education is provided in two parts, PEP-Dietary Plans (what to eat/drink that is right for your biochemistry) and PEP-Dietary Principles, i.e., the dietary principles related to developing a “principle-centered healthy dietary lifestyle.”

To develop “**principle-centered healthy dietary practices**” so that your diet and dietary practices align with the principles (or laws) divinely designed and required by the human body to promote health and well-being, you will need:

1. Your Dietary Plans (titled Eating Guidelines).
2. This document titled, Eating Guidelines Addendum, and
3. Dietary Levels Questionnaires
4. Dietary Consultations - Personalized verbal education provided through scheduling and completing your Dietary Consultations (Dietary Plan and Dietary Principles).
5. Dietary Education Materials - the written educational documents on the Dietary Plan and Dietary Principles webpages.
6. The **Client Handbook**, by Dr. Donna F. Smith, specifically Chapter 20. You may purchase the Client Handbook by calling (940) 761



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# THREE EATING GUIDELINES

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## Introduction

My Dietary software program titles each Dietary Plan as **Eating Guidelines**. This document, the **Eating Guidelines Addendum**, explains the Color-Coded Dietary Plans (food lists) and provides specific and general dietary instructions to help you understand how to implement your particular Eating Guidelines (Dietary Plans).

So when you hear me say “Dietary Plans, you will now that I am speaking of the food lists that are titled, “Eating Guidelines” in the upper-left corner of the document.

Please note that to the right of the words “Eating Guidelines” in the upper-left-corner of your diet, I have titled the type of your Dietary Plan so you will know which one I am referencing. The Three types of Dietary Plans (aka Eating Guidelines are as follows:

1. **Eating Guidelines for (Your Name)** – this is your Dietary Plan that has been designed based on your Nutritional Evaluation or Clinical Nutrition Analysis of your Laboratory Tests (blood, urine, hair, saliva, or stool).
2. **Eating Guidelines for Elimination/Detoxification Systems** – this is the Dietary Plan to use when:
  - a. You are doing our 30-Day Full Body Detoxification Program, because it is part of your Clinical Nutrition Therapy, or you are doing this in the Spring and/or Fall as part of your Health Maintenance Regime or Program.
  - b. Whenever you want to eat foods that are cleansing.
  - c. After holidays, to detoxify toxins ingested from holiday eating, if/when this applies. Eat only the items color-coded in green for three days for every one day of holiday eating and even better if you eat all vegetables and fruits raw.



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- d. Whenever I indicate this is the diet to be used for a specific time during your Clinical Nutrition Therapy.
3. **Eating Guidelines for Female (or Male) Endocrine System** – this is your Dietary Plan to use:
- a. When your Clinical Nutrition Therapeutic Supplement program is focused primarily on balancing your hormones (thyroid hormones, adrenal hormones, sex (male/female) hormones).
  - b. If your Program of Care (POC) is designed for other areas of the body, including your hormones; then used the Eating Guidelines with your name on it.
  - c. Otherwise, when you have completed your Clinical Nutrition Therapy, you should use this Dietary Plan as part of your Health Maintenance Program or Regime. This means following this Dietary Plan as follows:
    - i. For three months of every year, say every Summer or Winter.
    - ii. For one month of every quarter of year. Say every January, April, July, and October.

## Ninety Percent Adherence

Of Course, 100% Adherence is our highest goal for optimal healing, health maintenance, and disease prevention. However, the human body was designed to handle a minimal amount of toxicity, so adherence to your **Eating Guidelines** and the **Eating Guidelines Addendum** at least 90% of the time is acceptable if you follow the guidelines below.

In other words, ninety-percent (90%) adherence to the education, principles and practices presented in your Eating Guidelines, its Addendum (this document), your Dietary Consultations, their written educational materials posted on my website and in my Client Handbook, means you are following their instructions and education at every meal and snack, except:



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1. Two meals per week, for example, Friday or Saturday for evening out and Sunday brunch. In time, reduce this to no more than twice a month.
2. Your Annual 1-2 week vacations,
3. Thanksgiving Day
4. Christmas Day
5. Your Birthday.

For fastest healing results and especially for those who are in the process of restoring their health from severe or terminal diseases, like cancer, adhere to the education presented in the four items listed above 100% of the time.

And again 100% adherence, of course, should be the goal for all those who are Wellness-Oriented, i.e., interested in having the highest standard for living the healthiest dietary lifestyle.

As you adhere to these Eating Guidelines 90-100%, your body will begin to strongly desire the Eating Guidelines foods and unhealthy foods will no longer appeal to you as they may now. Your tongue will be detoxified of sugars, grease, and chemicals from foods you have been eating and the taste of whole foods, like fresh fruits and vegetables, will be enhanced, desired and more appealing than they may be now. Sugar and Carb cravings will ease up and then no longer control you.

As you increase your pure water intake to the amount required for your biological processes, you will notice that your body will crave water more than any other beverage. These are all signs that you are receiving the health benefits of the efforts you have applied.

**Note: When completing your Adherence Reports, you are reporting the activities for your routine or daily life, not what you have done or not done on holidays or vacations, i.e., the five points above.**



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## DIETARY CONSULTATIONS

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To help our clients pace themselves regarding dietary modifications and changes or simply to provide our Dietary Consultations in more affordable increments, I have divided all of the dietary education into the following two types of consultations. You may choose to complete your Dietary consultations by scheduling for 30 or 60 minutes, either weekly, every other week, every 3<sup>rd</sup> week, or once a month. You will save money by choosing 60 minute consultations.

### Two Types of Dietary Consultations

Each of these two types of Dietary Consultations have their own webpage, and passcodes will be provided to access the information on the one you choose at the appropriate time during the consultations. Dietary Plans provides 20 of the 31 principles required to develop a “principle-centered healthy dietary” lifestyle; and Dietary Principles provides the additional 11. Without all 31 principles and practices intergated into your daily lifestyle, you are still open to developing diet-related dysfunctions and disease.

I have divided the 31 principles into two types of dietary consultations to help clients both financially and in proving the information in a way that makes the transition from where you currently are to where you need to be in the develop of a principle-centered dietary lifestyle. .

1. **Dietary Plans** – Approximatly (~) four hours of Dietary Education consultations are provided to present 20 of the 31 principles and practices not included on the **Dietary Plans** webpage that relate to what to eat and how much to eat for your biochemistry, in addition to menu planning. In other words, how to truly plan “balanced diet” meals for your biochemistry.
  - a. ~ this symbol means “approximate” hours based on number of client questions and comprehension. Obviously clients who ask more questions or comprehend or integrate principles more slowly, hours may be more than four.



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Medical doctors and Dietitians are often telling people to eat a balanced diet, but few know how to explain how to develop a truly balanced diet that supports healthy biochemistry and is individualized for your particular body.

You will also be coached on how to use the **Dietary Adherence Report** form so you can provide feedback for me to evaluate the pace and success of implementing your Dietary Plans.

2. **Dietary Principles** - Approximately ~ 12 hours of Dietary Education consultations, which includes #1 above, the Dietary Plans, as well as coaches you on all 31 of the Dietary Principles and Practices that are required to develop a truly healthy principle-centered dietary lifestyle.

By Dietary Principles I mean you will not only learn what to eat and how much to eat that is right for your biochemistry (See #1 above), your diet and dietary lifestyle practices will be congruent with the way the body works so you are living a dietary lifestyle that is in harmony with the principles or laws that govern the healthy function of the human body.

For just a few examples:

- a. What is required to assure complete digestion of your foods.
- b. Identifying what you are doing that interferes with your digestive processes.
- c. How to avoid creating over-acid stomach/esophagus.
- d. How to help your body absorb and assimilate nutrients.
- e. How to sanitize your cells with one type of food.

You are also coached on how to complete the “Food Chemistry Dietary Adherence Report to provide feedback for evaluation of your pace and success in implementing all 29 principles.

## Scheduling Dietary Consultations

Dietary Consultations are scheduled appropriately one month after starting your Therapeutic Supplements, i.e., after the first Progress Reporting Consultation. This allows clients an opportunity to get into a routine with taking their therapeutic





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supplements before they start implementing what they learn in their Dietary Consultations.

Clients choose our Dietary Consultations in three ways:

1. **Dietary Plans only.** Client choose the **Dietary Plans** Consultations when they are only interested in what and how much to eat of the foods that are right for their biochemistry, along with Menu Planning.
2. **Dietary Plans, then Dietary Principles.** Starting with the Dietary Plans Consultation, some clients are inspired to continue increasing their knowledge and interested in having the highest standard of living by developing a principle-centered dietary lifestyle so they schedule the Dietary Principles Consultations to follow the completion of the Dietary Plans Consultations.
3. **Dietary Principles** – Some clients choose Dietary Principles first. For those who chose **Dietary Plans** Consultations first, obviously, they will require only those consultations that relate to the actual dietary principles, since **Dietary Principles** Consultations includes everything in **Dietary Plans** as well as **Dietary Principles**.



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# DIETARY LEVELS QUESTIONNAIRE

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There are five Dietary Levels and not everyone can make the shift from the Level 1, the **Standard American Diet (SAD)** directly to the diet that the human body was “divinely” designed for by God (Level 5). In other words, moving from Level 1 to Level 5 and skipping Levels 2, 3 and 4.

The Standard American Diet (SAD) has been imposed upon our society by profit-driven food industries promoting their propaganda through repetitive and influential advertising to the point where the general public has come to believe that these advertisements are facts. Industries, like the beef industry, dairy, fast foods, etc., which have for decades influenced your parents in their choices of food that affected you as a child, as well as has continued to influence you as an adult, and your children. However, SAD is not the diet that God designed for the human body, when He created us.

In addition to advertisements, the medical and dietetic associations and industries have issued Public Education Announcements that supports these profit-driven food industries,

1. In part because of their own lack of knowledge, i.e., their field of education and training is not “clinical nutrition (aka nutritional biochemistry and/or functional medicine) and also
2. In part I suspect, from monetary and political benefits the medical (AMA) and dietetic (ADA) associations receive from these profit-driven, self-interest food industries.

(Note: for those who do not live in the United States, each country has their own Standard (Cultural) Diet that has been imposed on them, so what I am saying here applies to you, whether you live in the U.S. or not.)

Though we all have been subject to this mental programming, causing each of us to experience our own individual health challenges from eating a Standard American or Cultural Diet, you can now be assured that the dietary education you will receive through me will fill in your educational gaps, clarify misinformation and



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disinformation, and establish a sound foundation of knowledge of facts that you can, from this day forward, use to build a principle-centered, healthy lifestyle.

To accomplish this, I have developed a three series Personal Education Program (PEP) – 1) PEP - Dietary, 2) PEP-Lifestyle and 3) PEP-Mind-Body Connection to educate and assist you in making timely changes in your diet and lifestyle so that by the time you complete your Clinical Nutrition Therapy, you can sustain the optimal healing you have attained through your therapy, maintain optimal health and prevent disease each day forward.

Are you ready to receive the truth about what the body requires to heal and maintain health? I am sure I heard you say “Yes!.” And that is great, because that is exactly why I developed the three series, Personal Education Program, we refer to as PEP, which for all new clients, begin with the PEP Dietary Consultations.

Note: You will be provided with the “Dietary Levels Questionnaire”, which will both assess and educate you on each of the five Dietary Levels, starting with the Level you are currently on and help you move from up each level to the ultimate Level 5, which is the highest standard for a healthy and divine dietary lifestyle. In other words, some clients may have done some self-education where they are not starting at Level 1 (SAD), but Level 2, 3 or 4. At the time of this writing, I have not yet met a client who was already at Level 5. Perhaps, however, you will be my first.

***As you move up the levels, your level of health improvement will increase, and thereby you will also increase your potential for prevention of disease.***



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### Important Note

An important note to keep in mind as you read through this document is this:

You will notice that as you move through each Level, from Level 1 to Level 5, some of the information in this document will no longer apply.

In other words, if the level you are currently on includes a particular food or food group in this document, then I have provided all the information you need to know about that food. However, if the next level up does not include that food or food group, then that knowledge will no longer apply to you. This will make more sense as you understand the purpose for each Level and realize that the Levels are allowing you to improve your diet at a pace that will make it easier for you as you move from Level 1 to 5.

My experience in working with people is that few can go from Level 1 to Level 5, and stay at Level 5 for the rest of their lives, without regressing back to a lower level.

A large ship turns by slow increments of movement from a small rudder, so making the small changes from Level 1 to Level 2, before going on to Level 3, and so on, will allow you to make permanent, lasting changes. And then when you get to Level 5, you will be ready to sustain that level for the rest of your life with dietary lifestyle of ease, joy and peace of mind God designed for us to live in the care of our human body, which is the temple of the Holy Spirit.

Okay, let's get started by presenting what you need to know about your Dietary Plans, titled Eating Guidelines and this Eating Guidelines Addendum.



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## COLOR-CODES

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This section of the Eating Guidelines Addendum explains your color-coded Eating Guidelines. Unless otherwise communicated verbally or in writing, your Eating Guidelines is not an allergy-free diet. If you are currently sensitive to or allergic to any food listed on your Eating Guidelines, please omit this food by drawing a line through it and communicate this to **ACN** as soon as possible.

### Green (Daily Foods)

1. **Green** - The foods listed in the color green support your priority nutritional deficiencies, biochemical imbalances and/or organ/gland dysfunctions as indicated in the **Health Appraisal Comprehensive Summary BarGraph**, Nutritional Examination and/or Clinical Nutrition Biochemical Analysis of Blood, Saliva, Urine, Hair, etc., whichever applies to you. In other words, these are the most important foods for your diet now and in the future.
2. Eating green-listed foods from each food group daily are ideal to assist in healing and/or health maintenance.
3. Green-colored foods are the foods you want to use primarily when designing your Menu Plans.

### Black (Weekly Foods)

1. **Black** - The foods listed in the color black are considered neutral foods. They are healthy foods listed for over-all, general health purposes; whereas the green-listed foods are specific to promote healing in your priority health concerns and challenges.
2. Eat from the black-listed foods each week.
3. Green-colored foods are the foods you want to use primarily when designing your Menu Plans. , then work in the black-colored foods around the Green-colored foods in your menu plans.



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4. In other words, when designing your Menus, you would not choose a black-colored food over a green-colored food, until your Menu has sufficient green-colored foods in each food group.

### Italics (No More Than Twice A Month Foods)

1. **Italics** - The foods listed in italics are to be eaten rarely, no more than twice a month. They include nutrients your body requires in small amounts only; too much would have an adverse effect.
2. When completing your Adherence Report, if you chose to avoid foods in italics, this still applies for the criteria of not eating foods in italics more than twice a month.

### Red (Avoid Foods)

1. The foods listed in RED are those which have an adverse effect on your nutritional biochemistry (i.e., health) at this time, or perhaps, indefinitely. For example, a client with high blood sugar may find carrots in red until their blood sugar is balanced. Carrots are high in natural sugars and thus can elevate the blood sugar further in someone who already has high blood sugar. However, more often, I will have you simply adjust your Eating Guidelines for temporary exclusion of carrots, because in due time when your Glucose returns to homeostasis (perfect biochemical balance), you may have Carrots again in moderation (Black-Color).
2. Red-listed foods may be foods which interfere with the metabolism of an organ or gland during the healing process. For example, the food chemistry in the Red-listed foods may increase the function, when the gland/organ is in hyper-function or decrease the function, when in hypo-function. In these cases, the opposite is required for healing and indicated in green-listed foods.
3. Red-listed foods may provide too much or too little of a nutrient required for healing at this time. For example, it may increase the Essential Fatty Acid



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Omega 3 or Calcium or Vitamin E, when the client has a sufficient amount already.

4. Red-Listed foods may also be excluded because it is truly not a healthy food item for any human or animal body. For example, sugars (artificial and refined), sodas and alcohol are poisons; therefore, they should always be marked as Red and avoided.
5. Wine is red-listed until your body has heal sufficiently, then it can be include at 1-2 glasses per week, if you so desire. Italian wines are known for growing without pesticides; therefore, I highly recommend drinking only Italian wines or from other vineyards who do the same. Those with liver health challenges, however, should avoid all forms of alcoholic beverages.
6. Refer to the document titled “**Additional Avoid Foods**” for a list of other foods to avoid. Some of the items on this document may or may not be listed in your Eating Guidelines; however, they are to be avoided just the same.



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## FOOD GROUPS

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### Animal Proteins (Meats, Poultry, Seafood)

Animal Proteins is considered as one Food Group. Therefore, on the Eating Guidelines at the top of the table, bracket the three Food Group columns, labeled as Meat, Poultry and Seafood. Then at the top of the bracket, write in “Animal Proteins.” These three food groups are classified as one food group because the ultimate purpose of each of these three singular food groups is they all provide “animal proteins.”

It should go without saying that you should consume only “free-range, grass fed” animal proteins. Some labels read, “Free-Range,” some read, “Grass Fed” and others use both terms.

Also, the term “organic” is sometimes on the labels of packages containing animal proteins. Though this is not a correct term to use in relationship to animal products, it is being used to get the attention of the public so they will purchase the product. Be sure that somewhere on the label the package indicates that the animal was allowed to freely move, live and eat grasses and other natural vegetation on the range. Regarding Chicken, labels should indicate that they were also allowed to move and live freely outside – i.e., not caged.

Free-range animals have been allowed to roam pastures, graze freely and have not been injected with antibiotics, steroids or growth hormones.

One of the primary reasons children today are either experiencing puberty at an earlier age than normal and/or having hormonal health challenges before, during and after puberty is because of the growth hormones, steroids, antibiotics, and other chemicals injected into animal proteins.

### Meats

- 1. Avoid eating the organs of animals, such as heart, kidney, liver, etc.**





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- a. I must say that there are some health care professionals who recommend animal organs. When there is a subject that is not 100% mutually-agreed upon by the professionals, I think it is important to inform you of this, so that until the Professionals are in agreement, you should do what you think is best according to tuning into your inner knowing (God) for what is right for you.
  - b. Therefore, the reason I do not support eating organs of animals is for the following reason: Think of the purpose of the liver. The liver is designed to filter all toxins and poisons in human and animal bodies. Therefore, I have no interest in eating an organ that has been filtering the toxins and poisons of the animal.
  - c. Additionally, if you consider the healthiest vs. the unhealthiest parts of an animal, I am sure you could agree that the outer flesh and muscle of the animal would be much healthier, than any organ or gland inside of the animal. When an animal is diseased, it is in the organs and glands that the disease manifests first, before the flesh and muscles.
2. **Avoid Pork, Ham, Bacon or any part of the pig.** You can take bacon, burn it to ashes, put it under a microscope and still see the “microscopic parasites.” As you know the Bible instructs to avoid eating hoofed animals. Now you know why.

## Poultry

The software program that I use to design your Dietary Plans, called Eating Guidelines, has two listings for chicken and turkey, i.e., dark and white meat. This is not something I can change in the program, therefore, you need to know the following that it is important to eat some of both and not exclude one over the other.

### 3. **Dark and White Meat –**

- a. The medical community has the public eating only the white parts of chicken, turkey and other animal proteins because the darker parts



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have cholesterol and the white parts do not. However, this is not correct instruction, you should eat a balance of both – eat equal parts of white and dark.

- b. So that you are informed, the medical community has been issuing false information about cholesterol for a long time and this has led to more hormone imbalances, inability to cope with stress, adrenal dysfunction, increase in pain, Gastro-Intestinal Dysfunction, to name a few, than any other time in history. Cholesterol is essential in the production of all hormones in the body, from adrenal and thyroid hormones to sex hormones, like Progesterone, Estrogens and Testosterone.
- c. The medical industry has even changed the cholesterol blood reference ranges on Laboratory Reports, which can now purposely cause you to test abnormal. The only reason I can think of that makes any sense for this action is to prescribe more cholesterol drugs. At this point, if you follow what they are doing, you will lower your cholesterol to a level that can in time lead to brain dysfunction, too.
- d. For Cholesterol facts, which include the values (numbers) for healthy Cholesterol Blood Chemistry levels, read my website article titled ***“High Cholesterol – The Myth, Heart Disease? Liver Dysfunction? Other?”***
- e. Click here or copy/paste the below link to go directly to this article:

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

## Seafood

4. **Scavengers** – Fish and other sea animals that are scavengers should be avoided. Scavengers clean the rivers, lakes and ocean of toxins, poisons and other harmful debris.



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- a. Tilapia is another type of Scavenger that was not on the market when my Eating Guidelines software was designed, so be sure to list this in the Seafood section in red ink (if available) and draw a line through it.
  - b. Shrimp is also a Scavenger and thus it has also been highlighted in Red. However, because shrimp sends toxins and other debris to their tails, i.e., their biological system does not allow the toxins to settle in their tissue, but transports poisons and debris to their tail, you can cut off the tails of shrimp, and eat the rest. Therefore, you can consider Shrimp to be a Black-Colored Food, if you avoid their tails. Be sure to cut inward a bit so you are truly removing all of the tail and the opening to the tail.
  - c. I have Red-Colored all the Scavenger Seafood on your Eating Guidelines and once you add Tilapia you will have completed the avoid list for scavengers.
5. **Tuna** – Tuna is not a scavenger, however, it has been Red-Colored to avoid as most tuna on the market today contains Mercury. Therefore, if you find any Mercury-Free Tuna, please let me know so I can inform others, and feel free to change the Red to Black for Mercury-Free Tuna.
6. At this time, it is generally agreed among nutritional professionals that the healthiest seafood is white fish.

Though there sufficient public education available today about health challenges from eating fried foods (trans-fats, etc.), I still feel compelled to say that when preparing animal proteins, you want to bake, broil, steam, stew, and/or stir-fry. Again, a temperatures below 212<sup>o</sup>, and if you grill, use only real wood logs or electric grills. For example, avoid charcoal.

## Legumes and Grains

Though these are two different Food Groups, I have listed them together because the ideal diet for the human body does not include legumes and grains. If you chose to avoid these two food groups, simply draw an X over these two food groups so we do not consider them in your over-all Dietary Plan and when completing your Adherence Report.



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The reason that legumes and grains are not considered a healthy food for human and animal consumption is because they contain numerous substances called, “anti-nutrients” that

1. are inferior vitamin and mineral food sources.
2. Impair the body’s ability to absorb nutrients from vegetables, fruits, nuts, grains and seeds (i.e., the ideal foods for the human body) and
3. Adversely affect health in a variety of ways. For example, phytic acid, known as phytale is an anti-nutrient found in all grains and legumes that binds Calcium, Iron, Magnesium and Zinc and thus severely inhibits their absorption.

The long-term consumption of these anti-nutrients in grains and legumes has been getting more attention with the fact that more and more people are now unable to metabolize gluten in the grains and diagnosed with Celiac Disease.

This is only one diagnosis that you may be aware of, in time, for those who continue to consume grains and legumes, we will see more new diagnosis surface.

Therefore, it is no longer just about avoiding refined and processed grains and legumes, such as white, bleached flour and their products. Whether whole or refined, grains and legumes are an inferior food when it comes to vitamin and mineral content, and the human body was designed to get gets carbohydrates from whole raw vegetables and fruits.

If you are unable to simply “cold turkey” avoid Grains and Legumes from this point on, or you are simply not ready to eliminate them from your diet, follow the guidelines under the next two sections on “Legumes” and “Grains” to minimize some of their adverse effect. However, just know that until you are ready to eliminate them from your diet, all of the above is occurring with every bite and you are promoting the development of Legume and Grain-Related Diseases and other health challenges.

Having said that, please know that I am not judging anyone who chooses to eat legumes and grains throughout their life span. I am here to present the facts and



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you must ultimately choose the “dietary” principles that you want to adhere to or not.

However, I will need to know your decision to consume them or not, so I can keep this in mind as I evaluate causes of and provide help for nutrient deficiencies, biochemical imbalances and organ/gland dysfunctions.

### Legumes

1. If you want to eat Legumes consider consuming them in moderation, i.e., Black Color-Coded and consumed no more than 2-3 times per week.
2. **Tofu and other Soy Products** should be avoided until your saliva hormone tests indicate optimal test values. Why? Because soy products contain estrogen. Most women are Estrogen dominant, which means they already have too much estrogen.
  - a. Therefore, consuming these products can provide additional Estrogens for males as well as females and thus perpetuate an Estrogen-Dominate Hormonal Imbalance, which causes a myriad of health challenges.
  - b. Once your test values are optimal, Soy products may be consumed in moderation (Black-Color = 2-3 times per week), if you so desire.
  - c. Teenage children, male and female, should avoid all soy products beginning 1-2 years before, during and after puberty.
  - d. Note: Plastic containers contain Estrogens also which leach out into foods when used for storing. Therefore, avoid storing food in plastic containers, use glass or ceramic containers instead.

### Grains

1. If you want to eat Grains consider consuming them in moderation, i.e., Black Color-Coded and consumed no more than 2-3 times per week..
2. Eat only whole grains.



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3. The only healthy bread is “Flatbread.” My Dietary Education website has a recipe so you can make your own Flatbread.
  - a. Read your bread labels closely because even the flatbread sold in stores is often not as healthy as advertised – containing synthetic or isolated vitamins and minerals, preservatives, etc. You will do better to make your own.
4. Read my article on “**Cooked Foods – Critical Temperature.**” The temperature at which you cook your food can cause the food to be inflammatory when consumed. All bread is inflammatory food due to the high temperatures they use when baking them.
5. In reviewing the ingredients of the local breads marketed in my community, I have found Oroweat Bread as the only brand that had the least preservatives. However, it is still cooked at high temperatures, which is why I said that Flatbread is the only healthy bread today. And remember anything that is not 100% pure, such as when I wrote, “the least toxic”, is still toxic and the cumulative effect of consuming any toxic product daily, weekly or even monthly, will increase internal body toxicity levels over time and cause health challenges.
6. Keep in mind that when I use the term “healthy or healthier” relationship to Legumes or Grains, I mean relatively. The bottom line is your body will heal faster and maintain health better with the avoidance of both of these food groups. However, if you choose to eat them, these guidelines will help reduce some of their adverse effects to the degree that you follow them.
7. It should go without saying to avoid all white, enriched, bleached flour and the products made from them, such as white bread, pastries, and desserts. Not only is this type of flour void of all nutrients, and the ingredients used to make white bread, pastries and desserts are toxic (refined sugars, milk, lard, etc.), these products when mixed with water inside of your body make paste, which sticks to and coats membrane linings and the insides of organs and glands. This blocks absorption of nutrients, water and oxygen. It also can cause layers and layers of this paste to build up over time, thus creating a mass, such as cysts and tumors.



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- a. By the way the same thing occurs over time using whole grain flour also, though whole grain flour may have more nutrients than white bleached flour, they both make paste, clog the systems and can lead to masses.

## Beverages

Our Dietary Education webpage has a PDF document titled, Healthy Beverages that are healthy and delicious for adults and children. Each type of beverage will be discussed alphabetically, i.e., not in the order presented on your Eating Guidelines.

## Alcohol

In the Red-Colored section of this document, I discussed Alcoholic Beverages. Therefore, I will just simply indicate here its frequency, for those who choose to drink alcoholic beverages. Ideally, it is best to avoid them at all times, and especially during your Clinical Nutrition Therapy. However, if you choose to have them during therapy, please limit them to no more than 1-2 times a week, just as you would when maintaining your health, after completing your Clinical Nutrition Therapy.

## Carbonated and Sparkling Waters

Because we do not know if the water used for these beverages have been filtered, purified (R.O. or distilled) or came straight from the tap, I recommend avoiding or limiting them to 1-2 times a month, if you desire them. They consumed on a temporary basis to help you wean off of Sodas.

## Coffee (Regular or Decaffeinated)

1. Coffee of any kind is always a Red-Avoid Beverage for the human body and the general public today is aware of the many harmful side effects from regular consumption of this additive drug. Unfortunately, the medical



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industry has been spouting studies to convince people that coffee is good for you. Well, the bottom line of common sense should tell everyone that any substance that causes addiction from regular use is “not” good for you.

- a. Your body requires an additional 32 ounces of water to even “try” to metabolize and hydrate one eight ounce cup of coffee. This means if you currently drink three cups of coffee, you need to drink 96 more ounce of water each day. Who could do that without feeling water-logged all day?
- b. Needless to say, drinking coffee will lead to over-all body dehydration, which is only one of a myriad of health challenges cause by coffee consumption. If your initial blood test indicated you were dehydrated and you drink coffee, you have now identified one contributing factor to that dehydration.
- c. I don’t like using this phrase, even if it is factual, so I am sure you won’t like reading it, but if you are “addicted to this liquid drug,” it is essential that you begin weaning yourself off of it as soon as you can, rather than cold-turkey stopping. Cold-turkey leads to uncomfortable withdrawal symptoms.
- d. For more information, you can click or cut/paste this link to my Free Article, titled, “*Improving Health After Years of Drinking Coffee.*” (Row 13 C)

<http://www.advancedclinicalnutrition.com/13articlesbydrsmith/ccoffeearticle.html>

## Juices

1. There is a lot of education on the benefits of juicing today. However, there is information that is not often reported, which I will provide at this time.
2. It is an individual’s choice to include juicing as part of your daily or weekly health regime. However, for those who are not juicing, the bottom line is that juicing is generally not necessary unless you are currently being





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challenged in chewing and/or swallowing foods or you are so nutrient-depleted that consuming fresh-squeezed juice, primarily vegetable juices) provide a concentrated amount of nutrients that you would not otherwise receive.

3. Therefore, juicing while in Clinical Nutrition Therapy is not optional, not essential.
4. If you want to have juices periodically in your diet, then while in Clinical Nutrition Therapy Vegetable Juices are preferred as a more frequent juice than Fruit Juices.
5. The reason you will find Fruit juices marked in Italics on your Eating Guidelines, which means consuming only 1-2 times a month is because Fruit Juices are too highly concentrated in natural sugars and can elevate your Glucose, contribute to blood sugar imbalances, perpetuate Diabetes and Hypoglycemic health states.
6. When no longer in Clinical Nutrition Therapy, you can change the Italics to black and consume fruit juices 2-3 times a week only. However, keep in mind that if you are still eating foods that contain white refined or artificial sugars, you are just adding to an overload of sugar in your body if you drink Fruit Juices also.
7. For those who want to include Juicing in their health regime, here are your guidelines.
  - a. A juicer is different from a blender. A juicer separates the bulb from the juice. According to Normal Walker, whom I would call the “Father of Juicing,” pesticides stick to the fiber or pulp, so when it comes to juicing you can use organic or non-organic fruits and vegetables.
  - b. Consume only fresh-squeezed juice and consume them within 10 minutes. Every minute after 10 minutes the nutrients are being oxidized, i.e., lost by oxygen exposure.



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- c. Never consume Fruit juices before lunch. For example, drinking Orange Juice at breakfast is one of the worse things you can do regarding setting off a chain reaction of blood sugar imbalance for the day.
- d. When making Fruit Juice, do not add any vegetables, juice fruits only.
- e. When making Vegetable Juice, do not any fruits, except the following. You may add Apple, Papaya and Pineapple to Vegetable juices, if you so desire, because these are the only fruits that are high in enzymes, like vegetables. However, add only a small amount, like  $\frac{1}{4}$  to  $\frac{1}{2}$  cup.
- f. I do not recommend store-bought juices because so much of the nutrient value has been depleted before you actually consume the juice, whether fruit or vegetable juice. However, if you still want to buy store-bought juices, chose organic 100 % juices only like Knudsen or Trader Joes.

## Milk

Though animals do not drink milk after weaned as an infant, humans still think they need milk, but this is not factual. However, if you want to continue drinking milk, then choose Nut Milk only.

In case you want to continue drinking milk, I have indicated the frequency that would be the least harmful for you. For example, if the type of milk, is made from Almonds, and Almond Milk is colored black, then you know the least you would want to drink Almond Milk, even homemade, would be 2-3 times a week. If Almond Milk is in *italics*, then no more than 1-2 times a month.

The Hierarchy for Milk is as follows, with the worse on bottom:

1. No Milk
2. Kefir
3. Goat's Milk
4. Nut Milk
5. Grain Milk
6. Soy Milk
7. Free Range Cow's Milk, unpasteurized milk
8. Cow's Milk, pasteurized



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1. **Kefir** – On the Dietary webpage you have been provided access to is a recipe for making Kefir and other educational information.
2. **Goat's Milk** – Goat's milk is closer to the metabolic structure of mother's milk than any other type of milk. Using Goat's milk to make Kefir makes it even healthier. Goat is preferred over cows for milk and cheese.

Because milk is not needed in the human body after 12 months of age, when I say "healthier" I am talking about degrees of health. What I mean is no milk is the healthiest, but if you are going to consume milk then Goat would be better than Cow, and so on.

3. **Nut Milk** (Almond, Cashew, or other nuts) - I have looked at the ingredients in all of the organic nut milks sold in our community and I have not found one that did not have either isolated vitamins or minerals, or some preservatives. I would assume this is the same in your community. Therefore, if you are going to drink almond, cashew, or any other type of nut milk, it is best for you to make it yourself. There are a number of excellent books teaching you how to make nut milk.
4. **Grain Milks** (Rice Milk, Oak Milk and other milks made from Grains)
5. **Soy Milk** - If you have had a Saliva hormone testing (male or female) and your test results indicated that you need Estrogen, then having soy milk would be acceptable in moderation, no more than 1-2 times per week. However, if you have not been tested, it is best to avoid Soy Milk during your Clinical Nutrition Therapy, and then once you are no longer in Therapy, have it no more than 1-2 times a month (*Italics*).
6. **Cow's Milk** is not recommended unless you use it to make Kefir and the milk comes from a free-ranged cow producing unpasteurized milk. More than likely you would need to have your own cow or know a local farmer.
  - a. At one of your Dietary Consultations I will share with you the truth about Milk. For now keep in mind that many cows have infections and pus that transmit through their tits and get into the milk. Though this may present a good case for pasteurization, pasteurization does not solve this problem, but adds to it by removing live enzymes.



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- b. Also, remember that cow's milk was design for hefty calves. The calcium molecule as with other nutrient molecules in cow's milk, are larger than what is observed under a microscope in mother's milk. So, the human digestive system cannot metabolize these nutrients fully or completely without first going through some aging or fermentation process. More on this will be discussed at your Dietary Consultation.

### Soft Drinks, Sodas, Colas

**Refer back to the information on Coffee as this relates to another additive liquid called, Soft Drinks, Sodas or Colas.**

Not to mention all the side effects and diseases that come from frequent consumption of any substances that contain refined and artificial sugars, like Aspartame, the mineral depletion that occurs from frequent consumption of soft drinks is one of the primary causes for all Musculo-skeletal weaknesses, pains, conditions, disorders and diseases.

Beverages that are advertised as Sugar Free or Diet, often contain Aspartame. Aspartame is one of the most deadliest artificial sugar products in history. There have been more complaints to the FDA about Aspartame than was recorded for Saccharin. There was so much public outcry against Saccharin that the FDA removed it from the market for some time. But then they allowed it to be put back on the market some 10-20 years later and now we have both Aspartame and Saccharin destroying the health of people consuming soft drinks, diet products and other so-called "sugar free or no sugar added" products.

Frankly, if you are looking at degrees of toxicity, artificial sweeteners are more toxic than refined sugar, though both are what we call addictive drugs and silent killers.



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### Tea

#### 2. Avoid Black, Brown, White And Green Teas.

- a. Black, Brown and White teas are strong with caffeine and other chemicals, like what is found in Coffee.
- b. Why Green tea? I know there is a lot of beneficial information being advertised about Green Tea. However, Green Tea contains Fluoride and if this was the only source for Fluoride that you were ever exposed to and because it is a natural substance in Green Tea, then drinking Green Tea “periodically” would not be so bad. However, because Fluoride is one of the primary chemicals that was included in our city water in the early 1900’s and every dental procedure you have had, more than like has included Fluoride exposure, including the toothpaste you have used most of your life, until you learned about the dangers of Fluoride, the human body is already inundated with Fluoride and thus it is wise to avoid any and all sources of this chemical, even Green tea.

#### 2. Herbal Teas, (Chamomile, Red Raspberry, Mint, etc.)

There are a variety of organic herbal teas that are healthy for you. However, you do need to know which brands you can trust.

Avoid herbal teas that have words like “natural flavors” in their ingredients list. The FDA allows tea companies to get away with putting anything in the category of “natural flavors,” even substances like Aspartame.

**As with any ingredients list, if you don’t know what it is so you can determine if it is safe for you or not, avoid it.**

We order quality organic herbal teas in a variety of flavors for ourselves and our clients. If you want a list, please let us know.



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### Water

**For information regarding water, refer to the section titled, “Nature’s Three Primary Nutrients.”**

### Dairy and Eggs

I have already discussed milk in the Beverage section of this document, so in this section I will discuss Eggs, Cheese and Yogurt and other fermented products.

Also, as mentioned, you will be healthier and live longer if you avoid all dairy products, which include milk, cheese, yogurt, etc. However, for those who want dairy products until the time comes when they are ready to let them go, consume only those that have been fermented.

Though these dairy products are generally classified as fermented, there is a difference in the quality of the fermenting process used, so read labels and choose wisely. As you can see the items listed below that appear on your Eating Guidelines will be in Black, unless your testing indicated you must avoid all dairy products during Clinical Nutrition Therapy.

#### **Fermented Dairy Products include: (Kefir being the best of the list)**

1. Kefir
2. Yogurt
3. Aged Cheese
4. Sour Cream
5. Cream Cheese
6. Cottage Cheese

Again, any dairy product labeled as Fat Free, Lite, Light, Cholesterol-free, etc. You want whole foods, even in your dairy products, if you choose to consume them.

Dairy Products may be from cows injected with Genetically Modified bovine growth hormone. Look for labels stating No rBGH, rBST, or artificial hormones.



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### Eggs

The software program that I use to design your Dietary Plans, called Eating Guidelines, has two listings for chicken eggs, whites and yolks. This is not something I can change in the program. Therefore, you need to know the following.

Besides buying eggs from chickens, ducks and other animals that are free-range, grass fed, the other two most important things you need to know about eggs are:

1. Eat whole eggs (white and yoke). If you eat only the whites of eggs, you will develop Biotin deficiency. Biotin is required for a healthy nervous system, i.e., to control pain sensations. For example, a severe Biotin deficiency may cause a person to feel severe pain at the slightest touch.
2. Prepare eggs only two ways: 1) Poaching (steaming) or 2) Boil them in their shells (soft or hard boiled). Frying and other high heat methods of preparation will destroy the Lecithin within the yoke and thus allow the cholesterol in the yoke to attach to scar tissue in the arteries. Keep in mind that Cholesterol in eggs or other foods are not the problem, the problem is the way in which the eggs and other foods are prepared.
  - a. For all other information about eggs, read my Free Article on webpage 13 A titled, ***“High Cholesterol – The Myth (Heart Disease or Liver Dysfunction?)”***. You may click on or cut/paste this link below to go directly to this article:

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

### Cheese, Tofu, Yogurt

1. **Cheese:** Ideally, you want to avoid dairy products because they are sources for excess mucus, clog the sinuses, block nutrient absorption, inhibits air exchange in the lungs, causes constipation, form masses, like



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cysts and tumors, etc. Drinking milk gives you liquefied mucus, and eating cheese is giving you balls or strings of mucus.

If the above did not dissuade you from eating Cheese, then let me say if you choose to eat cheese follow these guidelines:

- a. Read your labels. Choose white cheeses rather than colored cheeses. Often colored cheeses, like cheeses that are yellow, contain dyes.
  - b. Eat only cheese that has been aged, the longer the aging process the better. In other words, avoid any cheese that has been aged at least 8 months. If the package does not say it is aged or how long, avoid these cheeses. More on this will be explained at your Dietary Consultations.
2. **Tofu** – everything I have written about Soy Milk pertains to other soy products like Tofu, Soy Sauce, etc.

### 3. Yogurt –

- a. Ideally, you will do better if you make your own. You can surf the net for good Yogurt recipes. Making your own will always be fresher and will not include preservatives, sweeteners and other food additives that are included in commercially made brands.
- b. Differences of Regular and Greek Yogurt:
  - i. **Whey, Lactose, Texture:** To make Greek yogurt, regular yogurt is strained extensively to remove liquid whey and lactose, leaving behind a thicker-textured yogurt.
  - ii. **Protein** - Greek yogurt has almost double the protein of regular yogurt.
  - iii. **Fat** - Unless you're using the non-fat varieties, which you should avoid anyway, Greek yogurt has about three times the saturated fat than regular yogurt.





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- iv. **Sodium** - Greek yogurt contains about half the sodium of regular yogurt.
- v. **Carbohydrates** - Greek yogurt contains roughly half the carbohydrates of regular yogurt. Remember that adding sweeteners to either one will increase the carbohydrate count.

## Nuts and Seeds

The nuts and seeds in Green Color-Code are the best for your biochemistry, so eating one or more of these daily is highly beneficial.

1. Nuts and seeds should be eaten raw and in their own shells.
2. If you want to salt them, use only sea salt. Salting is not necessary, but occasionally is fine.
3. Avoid heating, such as roasting, as these cause the nuts and seeds to go rancid, i.e., become a poisonous to the human body.

## Packaged Nuts and Seeds

If you are buying them de-shelled,

1. They are not as fresh so nutrient value is less,
2. They can be rancid and thus poison to the body.
3. The salt included is generally Sodium Chloride, unless it says specifically "sea salt."

## Peanuts (Italics)

There is nothing wrong with eating raw peanuts from their shell. The reason I have Peanut in *Italic* is that I want you to avoid Peanuts or eat them from their shell no more than 1-2 times a month, while in therapy, if you must have them.



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Because most of us have grown up eating “Peanut Butter” in a variety of ways, not just in a Peanut Butter and Jelly sandwich, our bodies have too much Arachidonic Acid. Arachidonic Acid (AA) is naturally occurring in peanuts and it has a beneficial purpose. However, like anything, “too much of a good thing can become a bad thing.” And this has happened to the bodies of those who grew up eating a lot of Peanut butter, they have too much Arachidonic Acid.

So if you grew up eating a lot of Peanut Butter, just avoid this one type of nut, until you finish Clinical Nutrition Therapy, and then you can add it back 1-2 times a month. By the time you complete your therapy, your body will have had the time to detoxify the excess AA.

If you want to know more about Arachidonic Acid, you can go to Wikipedia.

### Nut and Seed Butters

Any nut, not just peanuts, can be made into “nut butters.” Seeds can also be used to make “seed butters.” Tahini, which is Sesame Seed Butter, is one of the most popular. There are some good books on a variety of ways to make nut butters using almonds, cashews, or any nut or seed to help you make your own nut butters.



# Eating Guidelines Addendum

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## Greens

The more green color you see in Green Vegetables the more Chlorophyll it contains. Chlorophyll has the closest molecular structure to blood than any other natural substance with one exception, where blood has an iron molecule, chlorophyll has a Magnesium molecule.

Since blood is what feeds the cells, whenever you eat a lot of fresh raw green vegetables you are building more nutrient-rich, healthy blood.

### Iceberg Lettuce (Italics)

There is nothing wrong with eating iceberg lettuce, it just has the least amount of chlorophyll and has less nutrient value than other types of “greener” lettuce. For these reasons, I have indicated to eat it only 1-2 times a month in order to stress choosing other lettuces more rich in nutrients and chlorophyll.

Few people know that Iceberg lettuce can also be used medicinally for two very important purposes. This will be discussed at your Herbal First Aide Consultation and does not relate to consuming this on any infrequent or regular basis, but consuming a specific amount at a specific time for a specific purpose.

### Sprouts

Sprouts, such as alfalfa, bean or nut sprouts, are easy to make and highly nutritious. For example, Alfalfa contains every vitamin and mineral known to man, so it is ideal to include in your diet each day. Do your best to include sprouts in your diet every day or at least 2-3 times a week.



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### Vegetables

Eating vegetables raw is best. However, if you choose to so-called cook them, steam them or include them in soups. Do not boil soups.

1. **Preparation:** If you choose to “cook” verses each vegetables raw, do not boil, i.e., do not cook or steam foods at temperatures the boiling point, which is 212° or over. Read my article on “Critical Temperature” posted on your Dietary Education webpage. In other words, no matter what you are “cooking” – vegetables or meats – you will change the constitution of the food to an inflammatory substances if you cook it at high temperatures (i.e., at or over 212°). For example, I bake or grill all my animal proteins at 200° or less.)
2. **Avocados** are healthy fats so don't be afraid of eating them at least 2-3 times a week, even if you are wanting to lose weight.
3. **Broccoli and Cauliflower** contain all the vitamins and minerals known to man, so these should be eaten daily.
4. **Corn** – see “Avoid GMO Foods” at the end of this document.
5. **Potatoes (All Varieties)** –
  - a. If red-listed, you may have red (a.k.a. new) potatoes. No white, russet, sweet or yam potatoes.
  - b. If green listed, your best potatoes are in this order: purple potatoes, sweet potatoes or yams, and then red.
  - c. The healthiest ways to prepare potatoes are:
    - i. Put pure water in a pot and turn on the heat. Just when it would start to bubble, remove from the heat, drop in cut pieces of your potatoes, and let the hot water steam heat the potatoes. Then remove the potatoes when you can push a fork through them. At little crisp is good or just soft enough to make mash potatoes.



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or

- ii. Bake at degrees less than 212°.
  - iii. Add to soups that are made at temperatures less than 212°.
  - iv. Note: If you cook or bake at high temperatures, like boiling point or higher, the concentration of natural sugar in the potatoes will be at the consistency of candy. This promotes high blood sugar, diabetes and/or hypoglycemic states.
6. **Bok Choy, Daikon, Jicama, Leeks, etc.** – if you are not familiar with these or some other vegetables listed, go to “General Dietary Guidelines” and read the second on “Introducing New Foods To Your Diet.”
  7. See General Dietary Guidelines at the end of this document for information on Rotating Foods, as well as Spinach and Tomatoes.
  8. For some additional information refer to the section on “Avoid GMO Foods” at the end of this document. Corn – Corn has been the number one vegetable used for GMO (Genetically Modified Organisms)

## Sea Vegetables

Include Sea Vegetables in your diet daily (when green color-coded) or weekly (when black-color coded) to promote healthy thyroid function by providing a natural source of Iodine. Eat raw, or in soups, salads, casseroles, sandwiches, etc.

This is not a complete list of sea vegetables so look for other types, such as any brand of seaweed. For example, Nori Sheets is not listed and often used to make sushi. Homemade sushi is easy and fun.

Mineral sufficiency according to test results on your Tissue Mineral Hair Analysis and including Sea Vegetables are two keys to healing and maintain healthy thyroids.

Note: Agar, Dulse, Wakame and Nori are more commonly found in super markets and health food stores. Irish Moss and Kelp if you cannot find the fresh plants



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locally, order them in capsule from us. Though frankly including Agar, Dulse, Wakame and Nori in your diet would be sufficient for daily food intake.

If any one or more of these Sea Vegetables are new to your diet, then follow the instructions at the end of this document **under “General Dietary Guidelines”** on **“Introducing New Foods To Your Diet.”**

## Fruits

There are certain Food Combining Rules that apply to fruit that will be covered in both the Dietary Plans and the Dietary Principles Consultations. However, which fruits should be eaten in the morning vs. afternoon vs. evening is covered in the Dietary Principles Consultations. This knowledge is essential for maintain blood sugar balance.

Otherwise, refer to the section on “General Dietary Guidelines” for an additional instruction regarding Fruit.

## Oils and Fats

1. Everything you need to know about the following topics is posted on both the **Dietary Plans** and **Dietary Principles** webpages, such as:
  - a. The Better Butter Recipe.
  - b. How to Purchase Healthy Oils
  - c. EFA Liquid Oil
2. **Coconut Oil** – You can purchase this from us if you do not find any locally that follow the criteria in the How To Purchase Healthy Oils article. Coconut Oil is excellent for digesting germs (viruses, yeast, bacteria, etc.).
  - a. I have read all the labels for all brands of commercial dressings (even the organic brands) sold in our community (at Natural Grocers, Market Street, and our local health food stores) and have not found any that are 100% good for the human body. So, I make my own



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Salad Dressings and always include a tablespoon of Coconut Oil, along with our EFA Liquid Oil and the herbs and spices. On my Dietary Plan and Principles webpage, I have posted my own Salad and Salad Dressing recipe for your benefit.

3. Some oils are marked in red for you to avoid because they are not good for your biochemistry right now, not because they are unhealthy oils. When you finish your Clinical Nutrition Therapy and are in Health Maintenance, you are free to use any healthy oil as long as you find brands that apply to the criteria outlined in the ***“How To Purchase Healthy Oils”*** article.

Therefore, so you know the difference between healthy and unhealthy fats/oils, I have listed the unhealthy ones below. In other words, any oils listed on your Eating Guidelines, but not listed below are classified as healthy oils.

However, if they are colored red, you need to avoid them while in Clinical Nutrition Therapy. The unhealthy oils should be avoided at all times, whether in Clinical Nutrition Therapy or not.

1. Borage Oil
  2. Canola Oil
  3. Corn Oil
  4. Ghee (clarified butter)
  5. Margarine (this is not even a food, it is a man-made toxic substance)
  6. Butter (non-organic, salted with sodium chloride vs. sea salt)
4. Butter is not needed in the diet, as natural oils are better for you and for cooking. However, if you choose to use butter, be sure to buy an organic, unsalted butter. If no organic butter available in your community, you can purchase this online through Whole Foods Markets. Go to my website to “Special Website Links.” Until you purchase organic unsalted butter, use Land O’ Lakes unsalted.



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### Herbs, Spices and Seasonings

1. Use only organic brands of herbs, spices and seasonings.
2. **Table Foods:** On both the **Dietary Plans** and **Dietary Principles** webpages, is a document titled, **Table Foods**. This document provides additional information about the three items classified as Table Foods (Pink Salt, Apple Cider Vinegar and EFA Liquid Blend Oil). Table foods should be consumed daily, i.e., as staples or table food in all diets. Here is some additional information about two of these three Table Foods.
  - a. **Pink Salt** – Also on these webpages, is an educational sheet about Pink Salt. I have tasted a variety of sea salts and not only is this one the best tasting, it is all more mineral-rich than other brands.

This document will explain why your body requires sodium (salt) to function and the misinformation about salt that has been distributed by medical and dietetic associations and their professionals.

If you have not been using any salt for some time because of their misinformation, then you need 1 and  $\frac{1}{2}$  teaspoons (adults) and  $\frac{3}{4}$  teaspoon (children) of our Pink Salt for 30 days, then one teaspoon (adults) and  $\frac{1}{2}$  teaspoon (children) thereafter for daily sodium requirement.

If you have been using other brands of sea salt, then do the above for 15 days instead of 30 days, then go to the daily sodium requirement for adults/children, whichever applies.

Note: There is currently a Pink Salt sold at Natural Grocers and other markets, however, this is not the same as our Pink Salt, though it has the same name.

- b. **Apple Cider Vinegar (ACV)** – This provides a food source for Hydrochloric Acid. Consume one (1) Tablespoon of **Braggs Apple Cider Vinegar** in 2-4 ounces of warm water 2-3 times daily. Ideally, you want to chew, not sip or drink, or gulp, this liquid after three meals daily.





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By chew, I mean move the ACV + warm water liquid in your mouth as though you were chewing it so that your salivary glands will secrete enzyme-containing saliva.

Mixing the saliva with the ACV and warm water prevents the water from diluting (weakening) the gastric acids that are already in your stomach currently digesting your food.

This solution of chewed ACV+2 or 4 oz. warm water + saliva, will make more gastric acid for more effective digestion.

3. **Black Pepper** - Do not cook with black pepper as this irritates the stomach. Add pepper, of any kind, to foods after you remove them from heat. Let them steep in the hot food for 5-10 minutes, stir and then serve.
4. **Carob and Cacao Beans** - Jennifer Cornbleet's books will show you how to use these to make great Chocolate-tasting desserts, without the harmful ingredients of refined white flour and sugar, etc.
5. **Cinnamon and Turmeric** – Among the latest in Clinical Nutrition Research is Quantum Nutrition, therefore, new terms are coming such as the Food Matrex. To complete the Food Matrex (not the same as Matrix), which will be explained in the Dietary Principles Consultations, do the following:
  - a. **Cinnamon and Fruit** - Sprinkle a few grains of **Cinnamon on all Fruit** before consuming. You don't need much, just a few grains is sufficient.
  - b. **Turmeric or Oregano and Animal Proteins & Vegetables** – Sprinkle a few grains of Turmeric or Oregano on animal proteins and vegetables before consuming.
    - i. For a pure organic Turmeric in capsule form, order from us. This one bottle will last many months and is preserved in the capsule to keep it fresh.



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6. **Garlic** – Eat at least one clove of Garlic every day – it digests bacteria and strengthens the heart.
7. **Ketchup** – if you are going to eat Ketchup, be sure it is organic so it does not contain refined white sugar, artificial sweeteners and/or sodium chloride (Morton's salt). However, first read about Tomatoes in the General Dietary Guidelines section of this document so that you will know what I don't recommend Ketchup from any company, but if you must eat it, limit it to no more than 1-2 times a month (*Italics*).
8. **Mayonnaise** -- Make your own or buy organic. Avoid the traditional commercial brands that have refined sugar, white vinegar, unhealthy oils, etc.
9. **Sweeteners** – In your copy of my **Client Handbook**, once purchased, you will find a Hierarchy list of the best to the worse sweeteners. Earlier in this document I mentioned to avoid Agave, as it is among the newer sweeteners on the market that should be avoided.
  - a. Most people know to avoid white refined sugar. Though some people think that Brown sugar is okay. It is not. Brown sugar is white refined sugar with molasses. Though Molasses by itself would be an acceptable sweetener, it is not acceptable when added to refined sugar.
  - b. **Artificial Sweeteners** - In avoiding white refined sugar, the general public has substituted artificial sweeteners, which are worse than refined sugar because they are pure chemicals. I have already included information in this document about two artificial sweeteners to avoid: Aspartame and Saccharin.
  - c. **Stevia** is the healthiest sweetener for everyone and the only sweetener for diabetes. Therefore, I have posted on our Dietary webpage, a Stevia conversion chart. **Sweetleaf** is a healthy brand for Stevia and you can purchase powdered Stevia in small packets for the purse or pocket or in bulk to put in a sugar bowl..
  - d. However, read my **Client Handbook** for the Sweetener Hierarchy for the order of all other sweeteners from healthiest to worse.



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10. **Vanilla Extracts and Other Flavorings** – Use only organic flavorings and extracts. Avoid the traditional commercial brands that are full of sugar, iodized (sodium chloride) salts.
  11. **White Vinegar** – Use this only for cleaning your iron. Do not consume. One of the dishes I enjoyed as a child was coming to the dinner table and finding that mother had sliced raw cucumbers and soaked them in white vinegar. Later in my nutritional studies, I learned about how toxic white vinegar is. If this is a dish you have enjoyed, you can make it using Apple Cider Vinegar and sliced raw cucumbers.
  12. **Be sure to read your labels** – I have yet to find locally any healthy pickles or Bar-be-que sauce, even if I purchase the latter only for family gatherings.



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## GENERAL DIETARY GUIDELINES

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Here some general dietary guidelines to help you.

### Introducing New Foods To Your Diet

If you are not familiar with any one or more vegetable or other type of food listed, such as Boy Choy, Daikon, Jicama, Leeks, or one of the Sea Vegetables, ask your grocery to point them out to you.

Then buy enough for at least three servings. A serving for this purpose would rest in the palm of your hand.

Then for each new vegetable or type of food you are trying, over the next few days, prepare each one in the following three ways:

1. First Serving – dice and put in a salad with other raw vegetables, so you can see if you like the raw taste of this new vegetable.
2. Second Serving - Add to other steamed vegetables and see if you like it steamed.
3. Third Serving – Add to a soup or stew, and see if you can even taste it. If you do not like it raw or steamed, adding new vegetables to soups or stews allows you to get the nutrients from them without having to taste the vegetable in case you find that you do not like its taste.

Remember that the reason we have so many types of vegetables is because they all provide different nutrients, and different textures of fiber for our intestines, as well as so we can enjoy a variety of tastes.

Eating a variety of vegetables assures we are getting all the nutrients, and we don't get bored eating the same things over and over again. It also reduces being exposed to the same pesticides too frequently, if you are not yet getting all organics.



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### Whole Foods

Choose only whole foods. This means foods that come directly from the ground to you. When public speaking at elementary schools, I coach students to eat only food that:

- Comes directly out of the ground (potatoes, carrots, etc.),
- Is attached to something in the ground (like a tree or vine),
- Walks on the ground (animal proteins) or
- Swims (non-scavenger seafood).

Avoid all packaged foods labeled: Lite, Light, Fat-Free, Low-Sodium, Sugar Free, Salt Free, Cholesterol-Free, or in any way advertises that something has been removed from the whole food.

If the food industry has removed something from the food, it is no longer a “whole” complete food as nature made it. Only whole foods nourish, heal and maintain health. Therefore, eat only whole foods.

The food industry is allowed to label any package, bottle or container as “Natural” or “Whole” if it has even 1-10% whole foods in it. They are not concerned about the fact that the other 90 to 99% of their ingredients are chemicals, sugars, sodium chloride (like Morton’s salt), synthetic or isolated vitamins/minerals (which we call nutritional drugs) that accumulate within the body then cause nutrient deficiencies/excesses, toxicity, biochemical imbalances, organ/gland dysfunctions and then in time, diseases in these dysfunctional organs/glands.

### Organic and Additive Free Foods

Eat as much additive-free and organic whole food as is available in your community or you can get on-line. Work with grocers and health foods stores to stock a large variety and encourage everyone you know to support their efforts by buying more organic foods to insure their continued availability. You may even



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need to start a local Co-op to assure that your community has access to organic, whole foods.

Some may complain that organic foods cost more. Today they may pay a little more in money. However, later, they pay more in pain, suffering, and money for nutritional and/or medical tests and therapeutic supplements to correct long-term deficiencies and/or medical costs for managing the disease(s) resulting from long-term eating of nutrient-depleted, pesticide-sprayed foods. As they say, you get what you pay for.

In one of your Dietary Consultations, I will introduce you to an apparatus that will help you measure the nutrient content of your whole foods. In using this you will find that some non-organic foods have a higher nutrient content than the organics. This apparatus will help you determine which produce companies have the highest nutrient content foods and protect yourself and family from buying nutrient depleted whole foods.

If you find that a particular organic food, let's use Carrots as an example, has less nutrient value than the Carrots that are not organic, then you will have to make the best decision about whether to use Veggie Washes and clean off the pesticides as much as possible to get the higher nutrient value in the non-organic Carrots; or buy the organic Carrots, even though their nutrient value is less. These are important decisions that need to be made to assure that the whole foods you purchase are providing all the nutrients possible, with none to the least toxic (pesticide) exposure.

## Grams of Proteins, Carbohydrates and Fats/Oil

In the upper-right corner of the Eating Guidelines for Your Name, you will notice that I have calculated and indicated the number of grams of each of these three macro-nutrients for you.

For these grams, at your Dietary Consultations I will be coaching you on how to use this information to create Menus so that you can truly be eating a balanced diet.



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## Rotating Foods

If you are eating any Vegetables or Fruits that are not Organic, you do not want to eat the same non-organic vegetable or fruit three days in a row. In other words, rotate them every fourth day to minimize being overly exposed to the same pesticides. As good as you may clean your vegetables and fruits with solutions, like Veggie Wash, some may still cling to the foods. So rotating your foods may help minimize your exposure.

## Food Combining

In your Dietary Consultations will be coached in the correct Food Combination Rules. Though you may be familiar with the Food Combining Rules posted on the internet and written in books, like those by the founding authors, Harvey and Marilyn Diamond, I have over 30 years of clinical experience that has proven some of these rules are not sound.

Therefore, you will be coached on the Food Combination Rules that you should pay attention to and which ones you should avoid, and which ones to use only when you have a health condition that warrants it.

## Food Preparation

Throughout this document, I have provided some tips on food preparation. Because you will find in my Client Handbook, the Food Preparation Hierarchy, that lists the best way to the worse way to prepare foods, for the purpose of this document, I will just mention here that Microwaving is at the bottom of this list and the worst food preparation method that exists today.

Not only does microwaving depletes the nutrient value of the food, it changes the molecular structure of the food (and who knows how many years in the future we will have to wait to find out what new diseases this will lead to), everyone in the home or office where this machine is located is affected by the microwaves. Yes,



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no matter what they tell you, and yes, even if the machine is turned off, it is still emitting.

## Glycemic Index

Those who choose the Dietary Principles Consultations will also be coached in the Glycemic indexing of foods and how to use this information properly.

There is a lot of information on this subject on the internet and books have been written about this subject. However, even after reading from these sources, I have observed over the past 30 plus years that new clients, which represent the general public, are still confused on when and how to use the information to their advantage, in their daily life. Therefore, this will be clarified in one of the Dietary Principles Consultations.

I will also explain how this principle affects weight management.

## Brand Names

You will notice that I do not often recommend certain company brand names. The reason for this is:

1. In the past 30 plus years, I have learned that things change. Companies I would have original recommended, years later, make changes that would now make me avoid them completely.
2. The Health Food Industry is big business, so every year or so, it seems, new companies emerge with new products or a their version of an existing products.
3. So the best thing you can do is:
  - a. Get background information on the company, find out how they manufacture their products,





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- b. Read the ingredients list – ignore what is said on the front of a package – that is all written just to get your attention. Turn the package over or on its side, find the ingredients list and if you read anything in it that you do not know what the word means, avoid it.
- c. Generally the scientific words you do not understand are either:
  - i. Chemical preservatives, additive, colorings or dyes.
  - ii. Synthetic vitamins or minerals.
  - iii. Isolated forms of vitamins or minerals.
  - iv. and remember “Natural flavors” can mean anything, so avoid items with this term also.
- d. If you are buying packaged foods, you want to be able to understand what is in them, like “peas and sea salt.”
- e. Avoid packaged foods that say “salt” – this generally means it contains “sodium chloride.” which is a salty tasting chemical and for years sold as Morton’s Salt.
- f. Finally, if you have done your best to determine if something is good or bad for you and still not sure, you may:
  - i. Email me a link to the company’s website page that provides the ingredient list and I will look at it for you.
  - ii. In the subject line of the email, put: “Ingredient List for \_\_\_\_\_.” In the blank, put the name of the product.
  - iii. Also indicate in the email how soon you need a reply.
- g. Lastly remember when you buy whole raw foods, you don’t have to worry about reading and interpreting the ingredient’s list.



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### Spinach, Tomato, and Fruits - Raw Only

Spinach, Tomatoes and Fruit should be eaten only raw. Consuming cooked Spinach, Tomatoes and Fruits on any regular basis may lead to an excessive amount of Oxalic Acid, which causes kidney stones.

If you do consume these cooked, do this no more than 1-2 times a month or less. Regarding frequency of consumption, consider these as in *Italics* even if they are not labels as *Italic* in the Eating Guidelines. In other words, green colored Spinach means you can eat raw Spinach daily; however, if you were to eat cooked Spinach, limited it to no more than 1-2 times a month or less, like every other month.



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## Cellular Saturation/Detoxification

### Instructions for Dietary Principles Consultation Clients:

1. The following instruction is for clients who have chosen the Dietary Principles Consultations. At the appropriate time in these consultations, I will instruct you further on what to write in the blanks so you will know how to use this information:
2. \_\_\_\_\_: Consume \_\_\_\_\_ ounce (s) of fresh squeezed \_\_\_\_\_ juice in \_\_\_\_\_ ounce (s) of pure Reverse Osmosis water at these times daily:
  - a. \_\_\_\_\_ and b. \_\_\_\_\_ or \_\_\_\_\_.
3. You may count this as part of your water intake.
4. Do this twice daily until this mixture has saturated the cells. The signs that this has occurred are: mouth sores, hyper-acid stomach, or sudden dislike of this food.
5. When this happens, discontinue these instructions for a few days, a week or until these signs have been gone for at least a week.
6. Then resume drinking just one ounce of fresh-squeezed \_\_\_\_\_ in pure water upon rising only for the rest of your life to assist in the ongoing detoxification of waste from nightly cellular repair.



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## OTHER AVOID FOODS

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This “Other Avoid Foods” section of this document is not to be confused with the document titled, “Additional Avoid Foods,” which I referred to earlier in this document.

### Fat-Free Foods Will Not Make You Fat

As previously mentioned you want to avoid foods in packages that are labeled, “Fat Free, Reduced Fat, Lite, Light, Cholesterol Free, 2 %” and any other type of advertisement that informs you that something has been removed from the whole food. And many of these foods are marketed as “Weight Loss or Diet Foods, so it is important for you to know that avoiding foods with these labels will not make you fat or permanently gain weight. In fact, it will help you lose weight.

If you are overweight, you are not overweight because of excess fat alone. Weight gain is comprised of:

1. Undigested food.
2. Fat that did not get emulsified and metabolized.
3. Excess fluid.

What the public does not realize is that the body can only fully and completely metabolize whole foods. So when something is removed from a whole food, whether it is a vitamin, mineral, protein, carbohydrate, fat (saturated, unsaturated, mono-saturated or poly-saturated fat), oil, cholesterol, etc., your body cannot complete the metabolic processes involved in respect to that food you just consumed and you are now guaranteed to store undigested food, fat or fluids, i.e., to gain weight.

Why is it guaranteed? Because:

1. Food particles that do not get digested fully, stay in the body as particles of undigested food,
2. Fat that did not get emulsified stays in the body as fat,



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3. And any incomplete metabolic processes leads to both fluid and solids staying in the body. The solids stay as undigested food and fluids create fluid imbalances.

Then undigested solids and fluids begin to decay (rot), and become sources of infection in your cells, tissues, organs and glands, and/or create fluid imbalances that interfere with electrolytes, kidney and bladder functions.

When the body cannot fully metabolize a substance, its first line of defense is to create more fat cells. Then it dumps the undigested food, fluids and fat into the fat cells, and hopefully, prevents these substances from rotting, uncontrollably, in various other places within the body. At least in the fat cells, this decaying process is more contained.

Again, keep in mind the term “whole” foods. Avoid anything product that something has been removed, that is artificial or that is a substitute – like egg substitutes instead of whole eggs, margarine or other butter substitutes instead of “real whole butter” – or better still – our EFA Oil.

## Genetically Modified Organisms (GMO) – The Unfood

I don't think I need to define or caution you to avoid GMO foods as there are books and a lot of internet buzz on the dangers of consuming Genetically-Modified Organisms. If you find anything pro-GMO, I would not believe a word. These are not really food at all. When you change food from the way that nature (God) has made it, you are making what I call un-food. Your body cannot maintain health or heal itself with un-foods.

If it's not labeled organic or verified non-**GMO**, avoid products made with ingredients that might be derived from **GMOs** (see list). The eight GM **food** crops are Corn, Soybeans, Canola, Cottonseed, Sugar Beets, Hawaiian Papaya (most) and a small amount of Zucchini and Yellow Squash.

I recently heard that all corn sold on the market is genetically modified. I don't know if this is true, however, I would tread cautiously.

To read the **Non-GMO Shopping Guide**, go to the webpage link below and sign in to download this document. The Non-GMO Shopping Guide is a cooperative effort



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between the Institute for Responsible Technology and The Non-GMO Project to inform you the consumer. This guide provides a list of food industry companies that have one or more product verified as being non-GMO. It did not say all the products were Non-GMO so you still need to read labels and choose wisely.

Click or cut/paste this link to go directly to this webpage:

[http://action.responsibletechnology.org/p/salsa/web/common/public/signup?signup\\_page\\_KEY=7042](http://action.responsibletechnology.org/p/salsa/web/common/public/signup?signup_page_KEY=7042)





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## WEBSITE LINKS

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In my website – [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com), you will notice that the left column is the website’s “Table of Contents.” This column lists the Row Number and Name or Title of each primary webpage in my website.

When a particular webpage listed in the Table of Contents has a pop-out attached webpage, the attachment webpages are listed Alphabetically with the Name or Title of each attached, pop-out webpage.

For example, if you were referred to the “Special Website Links” webpage for information on Shower Filters, you were referred to Row 36 M. So you would first look for Row 36 (36-Special Website Links), then click on the pop-out webpage M (M-Shower Filters/Bath Ball).

Please note that I am constantly adding new information to my website, which may result in changing the Row Number and Alphabetical Order of the titles of a particular webpages. Therefore, if you are looking for a particular Title of a webpage by Row Number and Letter and do not find its match, above or below it as it will more than likely be close by.

As in this example above, if you go to 36 and do not find “Special Website Links,” just look up or down (34, 35 or 37 or 38) or simply look for the title “Special Website Links” with a different number. Same applies to the pop-out attached webpage “M-Shower Filters/Bath Ball.” In other words, look for the titles of the webpages as the titles of the webpages rarely change.





# Eating Guidelines Addendum

## By Dr. Donna F. Smith

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## ABOUT DR. SMITH

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**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



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nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

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

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



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## E-BOOKS BY DR. SMITH

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- **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.***