



# PROTECT YOUR HEALTH FREEDOM

## Stay Informed & Take Timely Action!

By Dr. Donna F. Smith

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# **PROTECT YOUR HEALTH FREEDOM**

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## **DRUGS & SURGERY OFTEN USED DUE TO LACK OF PUBLIC EDUCATION ON SAFER, HEALTHIER OPTIONS!**

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It has been proven that malnutrition and poor sanitation was the cause of epidemics, even the most well-known epidemics in history during the turn of the century from the late 1800s to the early 1900s, i.e., the 20th Century, which ignited the medical industry to produce vaccinations that continue today!

However, Louis Pasteur confessed on his death that he was wrong and Claude Bernard and Antoine Béchamp were right, i.e., germs are not the cause of disease. The cause is an unclean (internally and externally), malnourished body, which is like the swamp that attracts the mosquito; it is not the mosquito that made the swamp. So germs are only attracted to come inside the human body, when the human body has low-energy, malnourished, decaying and/or dead cells.

Continued lack of Public Education regarding these facts and fear has allowed the American Medical Association (AMA) to rule healthcare in the U.S. to the detriment of the health of its citizens, and given them, the AMA, along with the FDA and USDA, too much authority in the U.S. Healthcare system today.

Today, we now have another cause for epidemics...“chemical warfare” ... as we have become more aware of due to the facts about the intentions and origin of COVID-19, as one example.



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## REAL CAUSE OF EPIDEMICS – PAST & FUTURE

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### About Medical Advances

There are many medical advances, today, that are just short of being miraculous in true life/death emergencies, like liver and heart transplants, etc. Yet, when you look at surgical procedure advancements, from bypass surgery to transplants, most are needed not because of some injury (accidental, war or abuse), but because in all of the advancements in knowledge of science and religion,”

1. Scientists have missed, or purposely neglected, the importance of **Public Education in the Laws of Health**, i.e., the laws or principles of biology, biochemistry, physiology, psychology and quantum physics that actually govern the “healthy” function of the human mind and body.

If **Public Education** and **Legislation** was not pharmaceutical and medically biased, these surgeries, and drugs themselves, would only become necessary to treat injuries (accidental, war or abuse) and/or for those who did not become aware of in time OR who chose to neglect the development of **a healthy, principle-centered lifestyle based on these Laws of Health**, so they could promote health and prevent disease.

Why? Because with public awareness comes the development of educational systems. So, people would be learning from childhood how to truly take of their bodies, based on the laws that govern their function, as God made them. Only then would they be able to live their entire lives in optimal health and disease free. This is, however, the basis and purpose for the clinical nutrition, lifestyle and dietetic education provided at your appointments because it is never too late to educate oneself and implement these principles into your daily life.

*Today, we have an even higher threat to our health, longevity, and our “health freedom” human rights (on all levels) as COVID-19 in December 2019 has shown us.*

*It is becoming common knowledge in the circle of the enlightened public that COVID-19 is a ploy to reduce the human population on Earth! Also, remember that sick citizens are easier to rule than citizens who are alert, aware, healthy and strong in mind and body. I choose to be the latter.*

*As you may know, my Mission Statement includes Winston Churchill’s quote, “Healthy Citizens are the Greatest Asset Any Country Can Have!”  
(1943)*



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2. And as for Religion, our leaders have missed or purposely neglected, the importance of speaking out loud, the healing scriptures in the Bible. Healing can occur instantly and even miraculously by speaking God's Words to the body that is suffering. I have not only witnessed this happening when speaking God's healing words for myself and clients, but also for many people in my church, and I have also been a vessel of God's Words of healing to people at Wal-Mart, the grocery stores, and any other place where I saw someone suffering and have witnessed immediate healing results.

### Drug Side Effects

If you have been reading my “Free” educational articles on the “Articles By Dr. Smith” and The Villager Publication webpages, you may already be aware of what **Drug Side Effects** are. However, just in case you have not had the opportunity, **Drug Side Effects are the new symptoms from new conditions caused by nutritional deficiencies and toxicity from the chemicals, metals and other toxins in all of the pharmaceutical drugs you take, including vaccinations.**

You don't have to be an Einstein to figure this out – just listen to any pharmaceutical commercial and read the small print at the bottom of any TV commercial to learn which new conditions the advertised drugs will cause for those taking them.

The Public as a whole must become aware that there are safer and more effective non-medical therapies, like clinical nutrition, homeopathy and naturopathy **for everything**, that will assist them in restoring their health, staying healthy and even preventing surgery.

Those who are unaware, or only believe what the professionals in the medical industry tell them, will continue the ongoing daily use of drugs and experience multiple side effects, with the end result of being prescribed more and more drugs to counter more and more **Side Effects**, until the body stops responding to your drugs, and then surgery becomes the next step option, if you don't die first.

#### **Stop this premature-death cycle and use drugs only when**

- 1) admitted into the hospital when in an immediate real-time life-or-death crisis and/or
- 2) for a few weeks during recovery after being discharged.

**For everything else, contact me so you we can identify and provide what your body requires to safely and effectively heal itself.**



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I am here to help you, and those you care about, with both short-term and long-term Clinical Nutrition Therapy. If you are currently a client enrolled in long-term therapy, you rarely need help for short-term therapy because timely retesting and faithful consumption of your therapeutic supplements are either addressing or preventing any need for short-term therapy.

However, for those not currently in long-term Clinical Nutrition Therapy, I also provide Short-Term therapy for those periodic, unexpected acute symptoms that only require taking therapeutic supplements for a few days or weeks for fast, safe and effective results. And unlike drugs, your overall body will be healthier after clinical nutrition therapies -- which is not possible with drug therapies.

So, keep Medicine and Surgery in perspective, so you may...

- A. protect yourself from ever needing drugs or surgery, unless in a truly life/death crisis AND
- B. doing what I am recommending in this document, you can do your part as a human being to help protect your rights and others, so together we may stop this industry from continually breaking its oath of **“First Do No Harm.”**

This will only happen when you, me and the public at large, is awakened to protect our collective Health Freedom rights, change Legislation and personally saying “NO” to drugs unless currently experiencing 1) and 2) on the previous page.

On a personal note, I was 24 years old (1975) the last time I took a drug. That was the summer God introduced me to His healing herbs, plants, homeopathics, etc. However, I had not yet learned what herb God had made that I could use instead a drug for my bacterial infection. A few weeks after I took that antibiotic, I discovered what I could have used instead.

However, since then I have lived drug-free. Through regular Clinical Nutrition Analyses of the Lab Reports from testing my biochemistry, I have even identified and then promptly reversed disease processes in my biochemistry and restored my health before becoming symptomatic.

The first time was in my 40s when I was in a pattern of developing Lupus, yet had no symptoms, so if not for regular monitoring of my own biochemistry I would not have known this in time to restore my health within weeks.



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### Already On A Daily Or Weekly Drug Regime?

Having stated the above, if I were you and on a daily or weekly drug regime, after my Clinical Nutrition Therapy has improved my health to where my symptoms have abated OR significantly improved in areas of my body for which I am taking drugs, I would then seek my physician's advice in how to safely wean off my drugs.

After all, why would I want to continue taking drugs that only manipulate my biochemistry to suppress symptoms when those symptoms are now gone or going away through my Clinical Nutrition Therapy?

## INSURANCE COVERAGE

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I highly recommend you file a claim for every paid invoice you receive from us, even if you know your insurance company will not cover it. The public needs to flood their insurance companies with claims to get their attention to the fact that they now have an untapped, new income stream available to them now that also dramatically reduces their payouts for drugs and surgeries. Wake them up! Flood them with claims, tell your friends and family to do the same and in due time all insurance companies will be covering whatever tests and therapies you require for your body.

It is interesting to note that in America, though people pay for insurance, they do not actually have insurance coverage for their "body." What they have is insurance coverage for their "medical services," i.e., the disease management and emergency "medical" services or systems.

If they actually had insurance coverage for their human body, insurance companies would be required to pay for any treatment for that body, no matter what services the body needed and no matter what therapies you have chosen for your own body.

Make your insurance companies aware of this by filling claims for everything you do that is not currently covered by your insurance companies.



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## PROTECT YOUR HEALTH FREEDOMS

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Though I have taken the liberty to share the above pertinent or related information, this document was originally written to share how you can protect your Health Freedom and others. We all need to participate in stopping anti-Health Freedom legislation and supporting Health Freedom Legislation.

Many are unaware of the “serious” threats right now on that freedom. For over 30 years now, we have been staying vigilant regarding the following, to name a few. Who are “we?” – current clients, clients before you, myself and our like-minded colleagues in all healthcare specialties. However, we all need to participate to keep protect our health freedoms. So,

1. **Vote “No” on Codex** to prevent the legal requirement of an M.D.’s prescription to buy vitamins and minerals, herbs and homeopathic remedies, along with the unrealistic increase in FDA controls. It is obvious to me that should this occur, prescriptions would be limited to Nutritional Drugs only, i.e., isolates or synthetically-made vitamins and minerals supplements. Why? Because these are the types of supplements, they recommend the most now and these types cause side effects, they do not heal.
2. **Vote “No” on any legislation or rulings by the FDA** or anyone that gives the FDA authority to ban the manufacturing and dispensing of Homeopathic Remedies, herbs, plants and/or whole food vitamin and mineral supplements through non-medical healthcare professionals that are formulated for therapeutic and/or health maintenance purposes, including the low-potency direct-to-the-public selling of health maintenance formulations.

**RIGHT NOW! THE THREAT TO BAN HOMEOPATHY IN AMERICA IS TOO CLOSE TO REALITY, IF WE DO NOT HAVE ENOUGH PEOPLE TO TAKE ACTION NOW!**  
**We need your help Today!**

3. **Vote “No” on Sunshine or other legislation presented by Dietitians and the American Dietician Association** that would give only Registered Dietitians the legal right to prescribe diets and supplements. More on this above.
4. **Vote “Yes” to pass the Certified Clinical Nutritionists (C.C.N.) Practice Act.** This legislation would change our Board Certification to a License, the first step for more insurance companies covering the services of a C.C.N. Once passed in one state, it can be easier to pass in all states.



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## **HOW TO STAY INFORMED & TAKE TIMELY ACTION TO PROTECT OUR HEALTH FREEDOM!**

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Today it takes very little time to stay informed, “ALERT,” and to take timely action to protect our collective Health Freedoms because of the following organizations.

### **To do the above, simply**

- a. Open their website (see blue links below),
- b. Subscribe to their health alert newsletter,
- c. And when you get an email asking you to take action, follow their instructions precisely and within minutes you will have sent an email to the appropriate representatives telling them that you want them to vote no or yes, respectively, depending upon which is the answer to protect our freedoms.

### **HEALTH FREEDOM ORGANIZATIONS**

1. **NATIONAL HEALTH FREEDOM COALITION:** <http://nationalhealthfreedom.com>.
2. **THE NATIONAL HEALTH FEDERATION:** <http://www.thenhf.com>

**This is the most important task you can do right now,**

**yes – this very minute and this is...**

**to open the two websites above and sign-up for their newsletter!**





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## ABOUT THE FOOD & DRUG ADMINISTRATION (FDA)

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### Reminder:

The purpose of the FDA (Food and Drug Administration) is outlined as follows:

1. Products requiring FDA premarket approval are Drugs and biologics that are required to be proven safe and effective, such as drugs, food additives, medical devices, etc., Regarding devices, this depends on the risk classification of the device.
2. Regarding the **food** industry (which includes whole food supplements, herbs and other whole plant-based ingredients,) the **FDA's** job is to monitor safety, however, new **whole foods** are not **required** to be **approved** as safe by **FDA** before introduction into the U.S. market. Manufacturers are held responsible for **food** safety and if a problem arises, then the **FDA** steps in to recall or seize the **food**.
3. FDA does not develop or test products, even drugs, before approving them. Instead, FDA experts review the results of laboratory, animal, and human clinical testing done by manufacturers and if the FDA grants approval, it means the agency has determined that the benefits of the product outweigh the known risks for the intended use.

However, as mentioned above, the FDA is now trying to move outside of its current legal boundaries and responsibilities in order to ban Homeopathics, which are safe and effective, and one of the most important supplements or remedies today for acute symptoms, i.e., for fast, safe and effective healing when in an acute crisis.

**With your help, we can prevent this and any other future threat to our Health Freedoms!**



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## ABOUT DR. SMITH

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**Dr. Donna Smith** has a Ph.D. in Clinical Nutrition, is a Doctor of Naturopathy (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 and newspapers, such as **The Villager**, a South Denver, Colorado, publication and the **American Chiropractic Magazine, the largest chiropractic magazine in the United States**. You may also request a list of her best-selling e-books on a variety of topics.

Public speaking engagement include NBC and ABC local networks, and clubs, hospitals, universities, corporations and scientific conferences, 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 Clinical and Sub-Clinical Nutritional Deficiencies and Excesses, Toxicity, Biochemical Imbalances, and Organ, Gland and Body System Dysfunctions, which are the stages the body progresses through first in the development of degenerative diseases. Correcting each of these preliminary stages is the key to reversing the disease process, restoring health, and preventing future disease.

From her Clinical Nutrition Analysis findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available through nutritional health care providers, and provides a Therapeutic Dietary Plan, which is a list of foods selected for their specific food chemistry effect on the individual's biochemistry as identified in their 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 gas expenses to/from appointments, money required for babysitters, time away from home and/or



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having to be away from the workplace to receive nutritional services. Lab Kits are mailed to the clients' homes, where they collect their specimen samples and then mail them directly to our Labs.

Dr. Smith has successfully assisted every client who has contacted her in how to improve their health, no matter what their health challenge, such as; but not limited to, increasing energy, balancing hormones, improving mental and emotional function, strengthening the nervous system, muscles, joints, and immune system, restoring over-all organ/gland and body system function (including the hair system to restore its grow hair and in some cases even restoring natural color), managing weight, preventing/reversing disease processes and enhancing life and/or sports performance.

Dr. Smith's clientele resides in 37 U.S. States and seven international countries.

**For more information, to order** a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva and stool), including genetic testing, Bone Resorption and Telomere Length Testing, and to contact Dr. Smith, call (940) 761-4045.

Meanwhile, please browse her website at [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) and while there subscribe to Dr. Smith's FREE Newsletter and read Free Articles by Dr. Smith. You may also connect and/or follow her on [www.linkedin.com/in/drdonnafsmith](http://www.linkedin.com/in/drdonnafsmith) and [www.Facebook.com/DonnaFSmithPhD](http://www.Facebook.com/DonnaFSmithPhD). Though she is more active on LinkedIn; than other social media formats.

## **DISCLAIMER**

Information is provided for nutritional educational 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 healthcare education from nutritional biochemistry and bioenergetic research and clinical observations and experience helping clients, 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 identifying the nutrients the body requires to heal its cells and tissue and thereby, the organs, glands and body systems within all living beings, both human and animal. Because Public Health Education in the United States is still focused on medical (drugs/surgery), and not health, non-medical education, some of the information in this document may be new to you.

*The health of your cells determines the health of your body. Drugs are toxic to our cells and therefore should be limited to use only when currently in a life or death emergency in order to save your life.*