



LUNG CAPACITY INTRO & TEST

Personal Education Program (PEP)

By Dr. Donna F. Smith

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GOALS

This PEP Introduction has two primary goals:

1. To maintain oxygen levels at all ages.
2. Never need an Oxygen tank, have Sleep Apnea or any other medical condition that relates to oxygen, etc.

I have posted the other Lung Capacity forms, education and breathing exercises that you need to print and are self-explanatory!



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WHAT IS OXYGEN?

"Oxygen" is a chemical element and is abbreviated by the symbol "O". Oxygen is a colorless, odorless gas and essential for life.

When it has two oxygen molecule atoms and bonded together (O₂), it is called dioxygen. Dioxygen is critical to respiration and allows living organisms to produce energy through their metabolism.

All the systems in our body rely on oxygen to make energy. If our blood didn't move the oxygen we breathe into our organs and tissues, we wouldn't be able to carry out normal functions such as moving our muscles, digesting food or thinking.

For example, Glycogen or fat stores broken down into glucose fuel the muscles. These requires Oxygen.

Also, during a workout, your body requires more energy. Thus, your heart pumps faster and harder to send oxygen to your muscle cells to break down more glycogen and fat to fuel your muscles.

Human beings take in about 550 liters of pure oxygen per day. A person who is exercising uses a lot more oxygen than that.



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CARBON DIOXIDE AND OXYGEN

Carbon Dioxide (CO₂) and Oxygen (O₂) are both gases, but they are distinct from each other.

In fact, death can be caused when Carbon Dioxide (CO₂) level is always abnormal.

Dr. Smith monitors Carbon Dioxide (CO₂) levels through Blood Lab Reports and helps you maintain healthy CO₂ levels.

Humans breathe in oxygen and exhale carbon dioxide, while plants use carbon dioxide for photosynthesis. Humans also release oxygen as a byproduct.

Carbon Dioxide (CO₂) and Oxygen (O₂) are opposite in the process of respiration and photosynthesis.



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OXIMETER TEST

It is important to get an Oximeter for your home and add Oxygen or O₂ you're your CLIENT COMMUNICATOR (CC)

Your oxygen saturation level should stay at 100%, however, it can go as low 93% before it is time to call your medical provider or 911 to go directly to the Emergency Room.

At 88% or lower, get to the nearest emergency room as soon as possible. You may need an urgent X-ray or heart test. In this case, be sure to call is for a Radiation Supplement.

A resting oxygen saturation level between 95% and 100% is regarded as normal for a healthy person at sea level. At higher elevations, oxygen saturation levels may be slightly lower.

Having “complete” water is also important to get Oxygen to the body. The four parts required for “complete” water is covered in your PEP called “Hydration”. It must become part of your daily regime to be healthy.

To get healthier, you may find your “Therapeutic Supplement Program of Care (POC)” includes these four parts. However, after having the PEP on Hydration, be proactive and add them to your POC as a “Special Order.”

When it comes to choosing the finger for pulse oximeter readings, the middle finger or the index finger provides the most accurate results. These fingers are typically preferred due to their adequate blood flow and the thickness of the skin in the fingertip area.

There is no substitute for oxygen in our metabolic processes. That is why air is the first of three most important nutrients to the human body for health and healing: air, water. Food – of course, all three must be complete, pure and in the right quantity.



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RESPIRATORY LUNG CAPACITY TEST (RLC)

Each time you take a measurement, pull the tape as tight as possible, without stretching the shape of the measuring tape. This way you will be able to take accurate comparison measurements at a later date. You may practice Inhaling and Exhaling, three times, before taking the final measurement, However, each practice is according to instructions below.

1. To begin: Take your tape measure and wrap it around your chest, just under your armpits, and above your breasts.
 - a. **Inhaling Lung Measurement:** Take a huge, deep breath by inhaling through your nose until your lungs are full and you feel like you could burst. Note the placement of the measuring tape to assure it is still under your armpits and across the chest. When you have inhaled your full breath, you are ready to take that measurement. This number is your Inhaling Lung Measurement. Record it the Formula below.
 - b. **Exhaling Lung Measurement:** After taking your Inhaling Lung measurement, exhale fully out of your mouth. When all the air is out, puff out the last breaths with quick, sharp puffing sounds to be sure all of the air is cleared from the lungs. When your lungs are clear of air, you are ready to take that measurement. This number is your Exhaling Lung Measurement. Record it in the Formula below.

2. FORMULA TO CALCULATE LUNG CAPACITY

- a. Inhaling Lung Measurement _____
- b. Minus Exhaling Lung Measurement: - _____
- c. Equals X _____
- d. X Divided by Exhale Measurement and press the % sign after the number.
- e. Now you have your Lung Capacity Results!

Continue on the next page....



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3. LUNG CAPACITY TEST RESULTS

1. 15% or greater = Athlete
2. 10.0% - 15% = Healthy
3. 5.0 %- 10.0 % = Normal/Average
4. 3.0 5% - 5.0 % = Poor Lung Capacity
5. 2.5% = Possible heart and respiratory weakness
6. **2.4 or less = Immediate heart and respiratory clinical nutrition support required.**

Record your Results on the Client Communicator (CC) and Send to Dr. Smith on the appropriate Column #1 Date of the “Auto-Ship Schedule.”



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FASTEST AND EASIEST BREATHING EXERCISES

If you have abnormal results for the 1) Lung Capacity Test, 2) Oximeter Test AND 3) especially, when 30 years or more, do the following when you get out of bed and before getting into bed to sleep. Daily as a regime is best. If your levels on these tests have been **HEALTHY** for the past three months, you may get by with five days a week, occasionally,

1. Make a T with your body, i.e., stand with your back erect, arms straight out like a T.
2. If you get light-headed or dizzy at first, do this again the next day as it will go way. It is a sign you are lacking oxygen.
3. Now that you are ready, breathe through your nose and hold in the Inhaling breathe to a quick count to 10.
4. Then slowly let out the Exhaling breathe though your mouth.
5. Finish your Exhaling breathe with three puffs to get all the old air out of your lungs.
6. Do the above 10 times upon rising every morning and 10 times before going to bed to sleep each night.
7. If your job has opposite times, the real point is the doing this 10 times twice daily. You can still do this when you rise and decline.
8. NOTE: Though the outcome can vary per individual, it usually takes at least three months to have “Healthy” Lung Capacity results. Now, you know why it must become a daily regime, like brushing your teeth at least twice a day.



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OXIMETER READS HIGH OXYGEN LEVELS

If you take in more oxygen than your body needs, it can slow your breathing and heart rate to dangerous levels.

Too much oxygen can lead to oxygen toxicity or oxygen poisoning. This can happen if you accidentally take in too much supplemental oxygen (so do not buy oxygen-related supplements online or at stores). Therefore, do not use oxygen therapy when you don't need it.

REMEMBER THESE THREE

1. Make breathing exercise part of your daily (or five days a week). I find upon waking and before sleep is the best time daily to focus on breathing exercises.
2. Use an Oximeter to monitor your oxygen levels.
3. Do not take an oxygen supplement except through your Nutritional Professional.

LOW OXYGEN SYMPTOMS

1. Bluish coloring in the face, lips, or nails;
2. Shortness of breath, difficulty breathing, or a cough that gets worse;
3. Restlessness and discomfort;
4. Chest pain or tightness;
5. Fast/racing pulse rate.



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OTHER RECOMMENDATIONS

1. Breathe in fresh air.
2. Quit smoking.
3. Practice breathing exercises.
4. Get more exercise.
5. Improve your posture.

SYMPTOMS PREVENTIVE OXYGEN TANKS

Medical Oxygen therapy cause side effects. They include:

1. A dry or bloody nose,
2. Tiredness
3. Morning headaches.
4. Oxygen poses a fire risk, so you should never smoke or use flammable materials when using oxygen.
5. If you use oxygen tanks, make sure your tank is secured and stays upright.

Remember also that medical Oxygen survival time is 1.9 years.

DEATH DUE TO OXYGEN DEFICIENCY

The main causes of death are respiratory disease (68%), cardiovascular disease (20%) and cancer (6%). However, because everyone requires oxygen, a lack of a healthy level adversely affect everybody.

When we help you improve your biological oxygen, lung or heart condition and your blood oxygen levels return to normal ranges, without our therapeutic supplements or medical oxygen, then a daily regime and testing yourself once a month, is usually sufficient.



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SLEEP APNEA

The most common medical diagnosis is Sleep apnea. Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea.

The main types of sleep apnea are:

1. Obstructive sleep apnea (OSA), which is the more common form that occurs when throat muscles relax and block the flow of air into the lungs
2. Central sleep apnea (CSA), which occurs when the brain doesn't send proper signals to the muscles that control breathing
3. Treatment-emergent central sleep apnea, also known as complex sleep apnea, which happens when someone has OSA — diagnosed with a sleep study — that converts to CSA when receiving therapy for OSA.

CHI MACHINE – AN ANSWER FOR LUNG DISEASES

This website gives also you a video and a PDF to introduce the Chi Machine besides the information below. The original Chi Machine prevents and heals!!!

CHI MACHINE

The Original

- Steady Weight Loss, Improves Mental Focus, Reduces Stress.
- Spinal alignment - Reduces need for Chiropractic Treatments
- Oxygenation - 15 minutes releases oxygen to lungs and cells equivalent to 90 minutes of aerobic exercise.
- Strengthens Immune System, excellent for cancer therapy.
- Detoxification - Lymph Drainage - Improve Insomnia



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- Releases Serotonin, thereby improves depression, reducing need for anti-depressants.
- Relaxes whole body - like having an in-office massage therapist.
- To name a few benefits, for more open PDF Icon File.

The Chi Machine will remove the tiny hair-like structures in the lungs are called cilia, and they are responsible for moving mucus, germs, and other debris out of the airways:

Cilia beat in a wave-like motion. Cilia beat together in a coordinated fashion to move mucus and other particles up and out of the lungs. Mucus traps dirt and bacteria.

The lungs naturally produce a thin layer of mucus to trap dirt and bacteria. However, by itself, the lungs have difficulty cleansing the mucus, bacteria, etc., which is one of the reasons that apnea and other lung diseases occurs.

Though mucus is designed to be moved to the throat; if it cannot be removed, throat disease will incur. However, the cilia move the mucus up the airways and into the throat, where it can be swallowed or coughed out. Lifestyle factors will compromise the cilia, including smoking and hereditary factors.



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WATCH OUT FOR FAKE MACHINES

There are machines that look like and promise or make claims that they can do what the original Chi Machine can do, however, they cannot for two reasons:

1. Only the **Original Chi Machine** owns the patent that allows for the movement that is shared in this document, the video and the PDF.
2. I have tested a fake machine that claims to do the same and it does not do what an original Chi Machine can do. It caused my client's polarity to reverse.

This meant that when she and her husband used the fake machine, the movement tested wrong. Both tested that they did not have the health challenges, yet they did and when they had health challenges or problems, they tested that they did not have it. In other words, their bodies were reversed. Note: I already knew before tested my client, the health challenges she had because I had read her Lab Reports.

After reading the PDF, you can purchase a new Chi Machine from Dr. Smith. Every home needs it, so even if you save your money for it now, always remember its importance to your health. Remember, once you have it, you will have one of the most important exercise equipment you can own forever!

**You can also check the internet
for information on more oxygen.**

**TO ORDER AND FOR MORE INFORMATION,
Please call (940) 761-4045 to Schedule a Free Consultation with
DR. DONNA F. SMITH!**




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You may also request this consultation through our website at
www.AdvancedClinicalNutrition.com
and we will be glad to call you!

ABOUT DR. SMITH



*Take Time for
Your Health Now
or Make Time For
Your Disease
Later!*

by **Dr. Donna F. Smith**
Ph.D, N.D., C.C.N., C.D.N., C.H.
AdvancedClinicalNutrition.com

Degrees & Certifications

Clinical Nutrition (Ph.D.)
Doctor of Naturopathy (N.D.)
Board Certified Clinical Nutritionist (C.C.N.)

Certified Dietitian-Nutritionist (C.D.N.)
Canadian Chartered Herbalist (C.H.)



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Dr. Donna F. Smith is the owner of **Advanced Clinical Nutrition** (est. 1981) in Wichita Falls, Texas, where she provides **Clinical Nutrition Testing and Therapy** (aka Functional Medicine), based on the findings from a **Clinical Nutrition Analysis of Laboratory Reports and Other Nutritional Evaluations**. For example, the Laboratory Reports are from testing her clients' biochemistry (i.e., blood, urine, saliva, stool, hair, and genetics, etc.).

She has a success rate of over 90% helping her clients improve their health and her clients, currently, reside in 37 U.S. states and seven international countries.

Dr. Smith has served on the Board of Directors for the **International and American Associations of Clinical Nutritionists** (IAACN.org), 2022.

She has also served as a Head Start Board Member and a Dietary and Nutritional Advisor for the IAACN Texas Chapter Board of Director Secretary. She has been a National Health Federation Founder and President of the Wichita Falls Chapter and Co-founder of the Association of Alternative Health Care.

Her professional biography has been published in several Who's Who Directories in the Library of Congress.

Interviews to date include a variety of nutrition-related topics by NBC and CBS network television news reporters, podcasts, such as The Female Millionaire, and radio, which includes a monthly series of Mid-Day Radio Talks with Susie Bradshaw KWFT Radio for 22 months, interviews by Dennis Courtney, M.D. Radio Talk Show in Greensburg, PA. and, locally, by Joe Tom White Morning Radio Show.

Dr. Smith is also a contributing writer for *The Villager*, a South Denver, CO., newspaper (since 3/2021), *Wichita Falls Parent Newsmagazine* for six years and is a freelance nutritional health writer for a variety of publications, having written over 100 articles for internet and traditional magazines, such as the *American Chiropractic Magazine*.

Her public speaking engagements include various clubs, organizations, corporations, hospitals, clinics, universities and scientific conferences, such as the IAACN, national groups of scientists and biochemists of the American Society of Clinical Laboratory



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Science (ASCLS), Stephen F. Austin University, Midwestern State University, Columbia Southwestern Medical Center, 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's Clinical Nutrition Testing, Therapy, Maintenance and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail, and telephone consultations. Lab Kits are mailed to each client's home, where they collect their specimen samples and then mail them directly to our Laboratories and/or her clients have blood drawn and routine urinalysis collected at a local Quest Laboratory near their home.

Dr. Smith has successfully assisted her clients in improving their health, with the most frequent, but not limited to, increasing energy, balancing hormones, improving mental and emotional function, strengthening the nervous system, muscles, joints, and immune system, restoring overall organ/gland and body system function, improved skin, hair and nails, and in some cases even restoring natural color, managing weight, preventing/reversing disease processes and enhancing life and/or sports performance.

For more information, to order a Clinical Nutrition Analysis, including genetic testing, and to contact Dr. Smith, call (940) 761-4045. The first consultation is FREE!

Meanwhile, please browse her Visitor website at www.AdvancedClinicalNutrition.com and under Education, you can read Free **Articles by Dr. Smith**, including all of **The Villager's** publications.

You may also connect and/or follow her on www.linkedin.com/in/drdonnafsmith and www.Facebook.com/DonnaFSmithPhD.

Though she is more active on LinkedIn;
than other social media formats.