



# PROGRESS REPORTING (PR-CC) & PERSONAL EDUCATION PROGRAM (PEP)

By Dr. Donna F. Smith

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## PLEASE READ FIRST

- 1. Drug Free America** – This document is from the 1990s and though you may find a different drug name today than on this document, the point is the same. At this time, we are living in a drug-dominant society and drugs do not heal you. All drugs (prescribed, online and in stores) are designed for temporary use in life-death emergencies only. This is why **Clinical Nutrition Works! It heals!**
- 2. My Most Important Decision.**
- 3. PR-CC and PEP** – Read this document **then follow-through appropriately.**



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## APPOINTMENTS

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In order to help everyone who seeks **Clinical Nutrition Services** through Dr. Smith, and for other benefits, once a “New Client” is established, emails to/from Dr. Smith are in lieu of verbal appointments. When clients’ have concluded their personalized and foundational **Clinical Nutrition Therapy**, then they are ready for **Health Maintenance**.

This document is about this email in lieu of verbal appointments and what is required for us to provide the best **Clinical Nutrition Therapy** and **Health Maintenance**.

**Though the emails to/from Dr. Smith replace verbal appointments, the content is the same for emails as verbal appointments.**

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## EMAIL FROM YOU – INSTRUCTIONS AND FORMAT!

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The following is required every **Auto-Ship Schedule, Column #1 Date**, until monthly is no longer needed.

### **EMAIL 1 – Addressed to Dr. Smith at ACNsupport@AdvancedClinicalNutrition.com:**

To complete your Progress Report (PR):

1. Put each **Column #1 date on the Auto-Ship Schedule** in your personal calendar to help you.
2. When these Column #1 dates appear, send me your email with the following.
  - a. **Subject Line:** PR-CC
  - b. **Attachments:** A completed Client Communicator (CC) with the 1) Auto-Ship Schedule Col. #1 Date, 2) Page 1 / Side 1, and 3) Side 2. Send Side 2 only if you have a narrative.

Continued next page,



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## Client Communicator – How To Complete the CC Form

1. **PAGE 1 - SYMPTOM COLUMN (2nd Column or Largest Box):**
  - a. List all symptoms that you want me to address first. For example: Those that are the most painful, uncomfortable or cause dysfunction. Also, see your copy of the **CLIENT INFORMATION** Form.
  - b. Then in future CCs, add any new symptoms and score it, if any has appeared since last CC entry.
2. **PAGE 1 - DATE COLUMNS (Many Small Boxes):**
  - a. **Date Column 1** of the **Client Communicator (CC)** is ALWAYS dated the day before you started your first shipment of therapeutic supplements from Dr. Smith or Matt Smith AND the other boxes in that first Date Column is left BLANK for Dr. Smith.
  - b. **Date Column 2, and thereafter,** represents the **Column #1 dates on the Auto-Ship Schedule** and is completed by the client.
3. **PAGE 2 or the NARRATIVE PAGE** is sent only when there is a narrative from you. A narrative is only needed when Numbers on Page 1 cannot communicate it all.
4. **Q/A:** This is the area to write any questions for Dr. Smith, i.e., questions not obvious by what you have already written on the CC. Should your questions require the telephone, an appointment will be made to save you money and Dr. Smith time.
5. **ATTACHMENTS:** Attach the completed form(s) requested by Dr. Smith on the website or in her email, as well as your **completed Client Communicator (CC) Page 1 and** when you have the **Side 2.**

**Reminder that though EMAIL 2 is OPTIONAL to Matt Smith, it does save you money.**

**This is an Inventory Email of on-hand supplements and Side 2 of the Auto-Ship Schedule has the instructions.**



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## EMAIL FROM DR. SMITH – FORMAT!

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**Dr. Smith will email you back the next week by Friday. Notice if any Attachments:**

### Attachments

1. **CLIENT COMMUNICATOR (CC):** When Dr. Smith has changed your CC, a new one will be attached for your use.
2. **THERAPEUTIC SUPPLEMENT PROGRAM OF CARE (POC):** When she has changed the POC, a new POC will be attached and automatically void the one you have been using. If a new POC is attached, the shipment will reflect these new changes, when possible, otherwise, they will come in the next shipment
3. If both, or one of these, are not attached, no changes were made by Dr. Smith so keep using what you have as they are current.

### Email Contents

PEPs are our “Education” webpages (27)

1. **Title and Number of the “Education (PEP) Webpage”**
2. **Forms are due by the next Column #1 date on the Auto-Ship Schedule, when posted.**
3. **Link:** Dr. Smith send a link to the Title PEP webpage to read and print. Print all PDF, and after reading the webpage, print if needed, too.
4. **Passcodes:**
  - a. User Name: edu (this will rarely change.)
  - b. Password: will be sent by in email.
  - c. **Note: Passcodes will remain the same until Monday to allow time to read all webpages and print the PDFs. Otherwise, Dr. Smith will indicate a different date.**
5. **Q/A:** This is the area to write the answer to your questions for Dr. Smith, i.e., questions not obvious by what you have already written on the CC. Should your questions require the telephone, an appointment will be made to save you money and Dr. Smith time.
6. **Attachments:** See above and if not on website.



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## PEP - OUTLINED

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Your Clinical Nutrition Therapy and Therapeutic Supplements helps you get healthy while the "**Personal Education Program (PEP)**" provides the following....

1. PEP gets to the cause of why you are unhealthy, i.e., why Clinical Nutrition Therapy/Therapeutic Supplements are needed.
2. Help you stay healthy while living in a toxic world.
3. Keep you stocked with what is need for your "Health Chest" for home and other emergencies. (As you address more yourself you will reduce the cost of visits to the Emergency Room, if needed at all.).
4. PEP provides your Health Chest with what is needed even if you have to wait for EMTs. PEP can save a life!
5. Through PEP you can learn when you actual have a life-or-death disease that requires medical emergency (EMT) assistance. Many people think that because something is painful or uncomfortable that medical assistance is needed. Remember that Clinical Nutrition actually heals the cause of symptoms rather than suppresses them with a pharmaceutical chemical with many toxic side effects, called drugs.
6. Your Progress Reporting (PR), Client Communicator (CC), Laboratory Reports and Nutritional Evaluations also give feedback to help you. We will know what is personally required for Clinical Nutrition Therapy, PEP and in time, Health Maintenance.
7. PEP will show you how to develop a principle-centered diet and lifestyle that respects the physical, mental and emotional scientific laws that govern a healthy body. Thereby, you will avoid pain and suffering because you understand how to care for your mind and body and to work with these Laws or Principles, instead of against them.
8. PEP will also help you become equipped with the information and equipment to maintain the optimal health you attained through your Clinical Nutrition Service (Therapy and PEP Education).



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Once you have read these articles on the “PEP Binder Documents”  
please let me know!

1. "Health is Our Number One Priority!"
2. "What Motivates You!"



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## PEP - DETAILS

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The **Personal Education Program (PEP)** lays a foundation of the scientific principles (or laws) that govern the healthy function of the mind and body. In other words, your principle-centered lifestyle will include the scientific principles of Biology, Biochemistry, Physiology, Quantum Physics, and Psychology. That way your lifestyle will flow with these principles and create health, instead of against these principles and creating diseases. The **Personal Education Program (PEP)** also considers that we live in a toxic world.

To eat and drink according to these scientific principles, you will need to order our **Dietetics Service**, if you have not already. In other words, you have acquired three diets, each one is based on your results according to the Lab Reports, Detoxication, and Hormones). **PEP** includes dietary information, such as the how-to; however, it does not include the **Dietetics Service**. PEP does not provide what foods are needed for your metabolism or biochemistry.

The **Personal Education Program (PEP)** will help you avoid becoming unhealthy again and learn what is needed to have on hand for emergencies. In other words, when you have a **life-or-death** disease that requires medical emergency assistance; however, through PEP, you will be capable to handle all **non-emergencies**.

Again, many people think that because something is painful or uncomfortable medical assistance is needed. Remember that Clinical Nutrition heals the cause of symptoms rather than suppressing them with a pharmaceutical chemical with many toxic side effects.

1. Your **Progress Reporting** and **Client Communicator (PR-CC) email**, according to the **Auto-Ship Schedule** helps you feel better as soon as possible by healing the cause of your symptoms. When you are told there is “no cure” for diseases, this means drugs and surgery will not cure them.
2. PEP focus on helping you develop a principle-centered lifestyle of body and mind, so you create a healthy, harmonious, lifestyle that respects the physical, mental and emotional scientific laws that govern a healthy mind and body. Thereby, you will avoid pain and suffering because you now understand how to care for yourself and work with these Laws or Principles, instead of against them.
3. You will also have the information, supplements, and equipment to maintain the optimal health you have attained through your **Clinical Nutrition Service (CN Therapy, PEP Education and Health Maintenance)**.

**A principle-centered diet and lifestyle will allow you to maintain the health earned through your Clinical Nutrition Therapy, and save you money as you will require fewer Therapeutic and Health Maintenance supplements.**



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## LIST OF PEP CONSULTATIONS

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The PEP List below gives you an idea of topics that are required to develop a principal-centered lifestyle for your Health. We also prepare a PEP Session specifically for you, when needed.

1-DRUG FREE AMERICA and PEP OVERVIEW

2-CANCER PREVENTION

3-BLOOD HEALTH

4-pH BALANCING

5-SKIN CELL REGENERATION

6-WHERE AGING FAST BEGINS

7-HEALTH MAINTENANCE

8-SPECIAL ORDERS

9-DETOXIFICATION INTRODUCTION

10-LUNG CAPACITY

11-HYDRATION

12-HERBAL 1st AID INTRODUCTION

13-SLEEP HYGIENE

14-MILK-TRUTH ABOUT

15-TABLE FOOD

16-NUTRIENT GUIDES

17-FOOD INTRO RESPONSE

18-ORGAN & GLAND HEALTH





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19-MINERAL - IODINE TESTS

20-MINERAL - ZINC TEST – EX; SURGERY DEPLETES ZINC FROM TISSUE

21-MINERAL - CALCIUM

22-WEIGHT MANAGEMENT

23-MICROBIAL KIT INTRO

24-SHORT-TERM THERAPY

25-BODY MOVEMENT/EXERCISE

26-HOMEOPATHY

27-MENTAL HEALTH FEEL JOY

28-SCARS, TATOOS, VACCINATION SITES

29-ELECTROMAGNETIC (EMF)

30-CHILDREN HEALTH (YOUR)

31-REFLEX HEALING

32-BIOENERGY/NERVE HEALTH

33-REFLEXOLOGY

34-KEYS TO LONGEVITY

**Now you can see why people do not know how their diet and lifestyle is working against them and why it is working against these Laws or Principals.**

**Not knowing causes them to turn medicine, even when there was no life-death condition. So, they are also not healed!**

***CLINICAL NUTRITION WORKS!***



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**TO ORDER AND FOR MORE INFORMATION,**  
Please call (940) 761-4045 to Schedule a Free Consultation with  
**DR. DONNA F. SMITH!**  
You may also request this consultation through our website at  
[www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com)  
and we will be glad to call you!



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## 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.)

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.).



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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 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



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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](http://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](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.