



Program of Care (POC) Instructions

By Dr. Donna F. Smith

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ATTENTION

Take several days to read or scan the sections of the **Program of Care (POC) Instruction** document that relate to you now; remembering all sections for future use.

Your **Invoices** and the **Program of Care (POC) Instruction** document are all you will ever need regarding new supplements. Remember that there is no refund or return as these are prescribed items. However, if we make a mistake we will be quick to fix it at our expense.

Please refer to these pages whenever you receive one or more new supplements. The word “container” or “supplements” represents the ingredients.

What I have written has worked for others before you, however, if it does not work for you too, call me at 940-761-4045, Dr. Smith.



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ABOUT YOUR HEALING MOMENTUM

Within three days from starting your **Therapeutic, Special Orders and Health Maintenance supplements**, your biochemistry will have a sufficient amount to start what is called the “**healing momentum.**” As you continue taking your supplements each day as instructed, your body (biochemistry) will come to expect and rely upon these nutrients to begin and complete its healing processes.”

Our goal, which also needs to become your goal, is to assure that nothing slows down, interferes with, or breaks (stops) the healing momentum. The healing momentum is dependent upon daily intake of your **POC or Therapeutic, Special Orders and Health Maintenance Supplements**. The nutrients in them are available for the next part in the process of healing the cells or tissue for a particular area (organ, gland or body system), for which the supplements are being taken: For example:

1. Miss one day = healing momentum slows down.
2. Miss two days = healing momentum is interrupted.
3. Miss three days = healing momentum is broken

An interruption can prevent a particular metabolic action from completing the healing process it was in or completing that process and starting the next, so it must begin again. Though this will not cause the healing process to regress to ground zero (Day One of starting your supplements) as it does when the healing momentum is broken, some processes may have taken days or weeks to get to that point of action and from that point it must start again. However, when the healing momentum is broken after the Start Date for any new supplement, this can cause the area of the body for which that supplement or supplements are recommended to start all over again from ground zero or Day one of the Start Date for that supplement(s).

Consequently, interruptions and breaking the healing momentum ultimately means it will take longer for your body to heal than it would have. This also translates into taking supplements for that area of the body longer than you would have had to, which then means investing more time, energy and money in your Clinical Nutrition Therapy (CNT) or other Services that you required originally.

Additionally, interruptions and breaking of the healing momentum, depending upon the status of the healing at that time, can also cause some symptoms to temporarily resurface again, until the healing momentum is resumed and consistent again, which may take a few days or weeks.

Therefore, we work very diligently to ensure that you receive your shipments before you run out of your current on-hand supply. I shared this with you so you do not take lightly your responsibility every day as directed. With both of us giving due diligence to our interdependent responsibilities, we can assure that you maintain your healing momentum so you may attain optimal healing as soon as is humanly possible for your body.



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NUTRITIONAL EMERGENCY

CALL (940) 761-4045 – PLEASE DON'T EMAIL

My definition of an emergency is quite different than our physicians. One of my goals is to get to know your body, i.e., it responds to what it needs to heal and reacts to what interferes with its healing, such as learning more about your lifestyle to evaluation what you are exposed to and ingesting that is interfering with your healing processes.

Hence, I will be asking questions to elicit biological and physiological feedback and want you to closely observe and then communicate your symptoms, including energy fluctuations, mental, emotional and physical changes.

Consequently, your initial Program of Care (POC) Invoice may require adjustments not just when testing is being updated so you are consistently improving both symptomatically as well as biochemically (from the cell level to the skin, hair and nails).

What Is a Nutritional Emergency?

Therefore, information I need to help you is revealed through your Biochemical Testing (blood, saliva, hair, urine and stool), Nutritional Evaluations, such as the Health Appraisal Comprehensive Summary Bargraph Report, and timely feedback from you, such as,

1. **Any Gastro-Intestinal Symptoms** experienced when taking your Therapeutic, Special Orders and Health Maintenance Supplements or when eating certain foods, or after eating at a restaurant or home.
2. **Cleansing signs** (pain, mucus coming out body openings, etc.).
3. **Resurfacing** of pre-existing symptoms,
4. **Intensification** of the current symptoms you have/had when you started Clinical Nutrition Therapy (CNT) or other Services.
5. **Injuries** that occur after starting your therapy, such as the first time you burn yourself (even if it is minor), insect bites, sprains, bruises, no matter how minor.
 - a. Completing the **First Aid and Microbial Kits Educational Consultation** covers all of this in two appointments, which precludes having to contact me each time you experience an injury, get sick or exposed to a microbial. Thus, saves money and time in fewer consultations and trips to the Emergency Room, etc. During



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these consultation, you will understand why this happened to you and why I want to know.

6. **Mental and Emotional Stress** – what currently stresses you and new stresses when they occur. Depending upon the stressor, some stressors can deplete nutrients faster than toxicity or a poor diet.
7. **Any New Symptoms** that surfaces and does not go away by the fourth day.

Therefore, to assure your success, it is **very important** that you follow this guideline: Once you start your Therapeutic, Special Orders and Health Maintenance Supplements.

CALL ME - PLEASE DO NOT EMAIL, if you experience any of the above for three days in a row and the above is not gone by the fourth day. For those Symptoms that come and go within a three-day period, I want these communicate to me, though there is nothing that you need to do.

Be Proactive and Accountable

To help you provide accurate and timely feedback, keep a notebook with pen or cell phone notepad handy at all times to record the following, whether symptom or injury lasts a few minutes, hours, days, or weeks.

1. **Date and Time** of onset and when symptoms or signs abate. (Time is very important too),
2. **Description of symptom or sign**, such as location on body, intensity and frequency initially, as well as record changes as it improves or gets worse, i.e., the number of intensity and frequency from 0-10.
3. **Any triggers or preceding events** that may have caused or contributed to the above.



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THERAPEUTIC SUPPLEMENT PROGRAM OF CARE (POC) INVOICE

First you need know that the **Daily Dosage** Column is the **total amount** to be consumed **each day**. **Please divide the total daily dosage as evenly as possible and consume that amount twice or three times daily**. Below are examples for different dosages for taking Pills, Liquids and Powders. Follow these instructions below for taking all supplements unless:

1. A particular supplement has specific instructions (See your POC Invoice).
2. If you are a new client and this is your first **Program of Care (POC) Invoice** or you are taking a new supplement for the first time, be sure you read the **New Supplement Instructions** so you may start slowly and gradually increase to the maximum Daily Dosage on the POC Invoice in one week.

When you receive one or more new supplements, start slowly to work up to the **maximum Daily Dosage** recommended. Ideally, you want to be up to your maximum dosage within 1-2 weeks with one week as the best.

Though it is not unusual for people to have a reaction when starting a new drug (pharmaceutical drug or Nutritional Drugs, like isolated or synthetic supplements), it is not common to be sensitive to whole food supplements, unless you currently have...

1. A weak digestive system, i.e., Gastro-Intestinal system.
2. A severe case of toxicity or sensitivity,
3. Are neurologically-switched.
4. You have a current allergy to one or more ingredients.

Starting slowly will allow your body to get use to taking new supplements in case 1-2 is a factor. **Call us immediately if have or suspect that you have #1 to #4.**



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INSTRUCTIONS FOR SUPPLEMENTS ON POC INVOICE

1. There are two ways to take the appropriate number of supplements.
 - a. Chew food at a meal or snack, lay a pill on the tongue with the chewed food, and swallow – **this is the preferred method**, or
 - b. Take with water 31 minutes before meal or snack.
2. Do not drink water or beverage from 30 minutes before to one hour after eating solid foods (meal or snack).
3. Divide the Total Daily Dosage evenly and take one-third at meals. Odd-numbered supplements take with the first meal of the day. Ex: Daily Dosage of four (4) supplements are taken two with first meals, one with a second meal, and one with a third meal. Take before 6 p.m. If you find it challenging to take three times daily, you may divide the daily dosage in two and take twice daily. Example: Five pills would be taken - three at the first meal and two at third meal.
4. However, for dosages over one supplement you will take daily, start slowly. Take up to a week to reach the total maximum dosage. For example: When the total Maximum is six daily, then start with one on Day 1 to Day 3, then on the fourth day, increase by one more each day and increase as needed until maximum dosage is consumed by Day 7.
5. If you have any digestive upset, stop for three days, then resume at the previous dosage that did not produce any digestive upset. Note: On the average, the digestive upset is simply the cleansing process of a stomach with a lot of toxins.
6. Following all of these instructions will help you get started without any digestive upsets, if you are one of those who will have them, or help have a minimal effect for only a few days. If digestive upset for longer than a few days, call me immediately!



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SPECIFIC SUPPLEMENT INSTRUCTIONS - INVOICE

If any of these are on your **POC Invoice**, the following specific instructions apply to you. It is listed below in alphabetical order.

Alfa PXP Royale – Purple Rice

Essential Nutrient #3 – A Super Food - A Seed

1. On an empty stomach, put the amount provided on the **POC Invoice**, along with the number of times daily.
2. Shake vigorously and then drink quickly.
3. If you do not get all of it out of the jar in the first drink, add a small amount of purified water into the jar, put the lid on the jar and shake and swish it around so it gets all of the powder stuck to the sides of the jar and inside the top of the lid, and then swallow.
4. This is like gold in respect to your health. If you do not have a lidded jar, use a small glass and stir with a fork.

Cataplex – Supplements - the word “Cataplex” in it

About Cataplexes: Dr. Royal Lee, who formulated the Standard Process Supplements created the term “Cataplex,” instead of Vitamin, e.g., Cataplex F instead of Vitamin F. There are a lot of different supplements that begin with the word Cataplex, so when you provide an inventory of your supplements, **be sure to put the letter(s) with it and not just give the word Cataplex.**

Here is a little history you may find fascinating - The reason Dr. Lee termed them this way is because his formulations are “catalysts,” – which mean the nutrients they contain increases the rate of a biochemical responses or processes without itself undergoing any change, i.e., without changing the Vitamin itself. Therefore, his Cataplex formulas are more advanced than just taking a single, whole food vitamin. Also, as a catalyst, the body can make other nutrients it needs from the whole food ingredients in the formulation that help the primary metabolize efficiently and helps the body produce other related vitamins. As you know, your body is the greatest doctor, who knows exactly what, how much and how little you need.



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Double Helix Water (3 of 4)

Essential Nutrition #2 Item B.

1. In a gallon of Reverse Osmosis (R.O.) or Distilled water, insert one full bottle of Double Helix Water and drink 2 ounces, twice daily. See website all for benefits.
2. Fiji or Penta are purest R. O. Bottled Water.
3. Ask re purchasing home R.O. purifications systems if you do not have one and want to save money.

Ferrofood or Any Whole Food Iron Supplement

1. Any iron supplement, even a whole food iron supplement, like Ferrofood, can be hard on the stomach in the first few weeks of taking it until the body is used to digesting iron.
2. So lay a pill of Ferrofood on your tongue just before swallowing some chewed food.
3. This is similar to the instructions for taking Zypan; however, you want to take Ferrofood near the beginning of the meal not with the last chewed food at the end of the entire meal, like Zypan.
4. After you have eaten at least one cup of food, then take your Ferrofood. That way it will not hit the stomach while it is still empty.



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iHeRQles - Self-Stem Cell Nutrient

The Most Important Nutrient! Essential Nutrition #1. Natural Blood Transfusion (1 of 2)

1. **15 minutes before the correct number of meals you spray the correct times under the tongue, daily.** The underlined information will be on your invoice.
2. By doing this before a meal (or snack), meal preferred, you will enhance the digestion of the food consumed and neutralize any additives, preservatives or other toxins that may be present in the food.
3. If you occasionally miss doing this 15 minutes before a meal, then administer the appropriate number of sprays immediately.
4. It is very important to consume the total daily number of sprays indicated in the column above.
5. **DAILY CONSUMPTION:** Every four years, you have all new cell and tissue for each organ, gland, and body system and every seven years, you have all new cell and tissue for the spine, bone and joints, i.e., the skeletal system. It is the most important nutrient.
6. Also, please keep all empty bottles. In the event, a dispenser on a new bottle does not work, you can then unscrew the top part of the bottle that holds the defective dispenser and replace it with the dispenser from an empty bottle. To date, I have only had two clients experience this; however, it is best to be prepared.

Immune Supplement - Immuplex, Zymex, Congaplex or Any

Immuplex, Zymex, Congaplex or any supplement for the Immune System – **when any of these supplements are on your POC Invoice, it is extremely important not to miss a single day's dosage or you will have to start all over from Day One.** More About Immuplex:

1. The first time you take this or if you have not taken it for a while and then it is recommended again, you may have an upset stomach for a few days on Immuplex, this is normal if your stomach requires purification. It will pass and is not harmful. Drinking Ginger Water helps your stomach neutralize poisonous/toxic substances in stomach faster and assist in improving pH. The Ginger Water Recipe is in also in your Client Handbook.
2. Used for Immune System as well Viruses, Bacterium, Yeast/Fungi/Molds.



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iRevive - Primarily for External Use!

1. Use externally for pain AND to regenerate skin. Soon you need iRevive for only your face, neck, chest and hands, because everywhere else has healed.
2. Remember to use a dab. A little really goes a long way. It is a sufficient amount on your finger at one time and should be spread as far as it can go. Also remember to use a manicure tool to remove any that gets under your nail and use that amount for this procedure.
3. If treating an area that 3 inches or more in diameter, do the following: With the dab of iRevive on your finger, dab lightly at four points around the area to be treated and then spread the remaining amount on your finger from one point to the next and then filling in the area inside all four points. I did this for six weeks and I have no more pain from a horseback accident.
4. Apply on the skin over areas of any pain: **pancreas, kidneys, on the chest where the breasts begin, etc.**
5. Also, any problem skin, such as Eczema areas. Other areas that benefit from iRevive, if you so desire, are bruises, burns, blemishes, skin tags, warts, moles, and so on.
6. Additionally, it is the only skin product you need for your face, neck, chest and hands. It moistures, exfoliates, prevents wrinkles and/or softens. Do a test – take a picture of your facial skin up close – apply iRevive to one side of your face for one week. Then take another picture to see the difference. You can also feel the difference after a week, as your face is softening, It saves you a lot of money – no jars and jars for the skin!

Multizyme – GI and Big Belly

Multizyme is taken as instructed. If more than six is recommended, take the additionally amount in between meals on an empty stomach, and divide them as evenly as possible.

Additional Multizyme is recommended to digest impacted food particles, which inhibit nutrient absorption and results in a protruding stomach.



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Organic Bound Minerals – Sleep and Minerals

1. If Daily Dosage is from 1 – 3 daily - take them at least one hour before bedtime.
2. If Daily Dosage is over three, take three at least one hour before bedtime and the remaining pills, divide them as equally as possible and take at meals. For example, if dosage is six daily, then three are taken before bedtime and three are taken at meals.

QuintEssential (QE) 3.3.

Essential Nutrition #2. 78 Minerals, Electrolytes & Natural Blood Transfusion (2 of 2)

1. Open one sachet (packet) into at least 4 ounces of purified water and drink once daily, unless different days are indicated on the POC Invoice.
2. Be sure to squeeze and slide your fingers down the sachet until the last drop has been released into the glass.

Zypan – Hydrochloric Acid (HCJ) for Digestion

See POC Invoice - taken with the last bite of food at the meal and no other time.



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SPECIAL ORDERS-MOST FREQUENTLY ORDERED

Special Orders can be ordered by anyone – any Service. Those with asterisk (*) require an appointment with first order, so you can learn how to use them.

We do not ship Special Orders unless they are requested or these items are included in the Service you have selected according to “**Website Shopping Cart**” or the “**Clinical Nutrition Overview.**”

Table Food – These are Explained In Your Education (PEP)

- Pink Salt 12 oz.
- EFA Liquid Oil
- Coconut Oil
- Olive, Sunflower, etc.
- Flax Seed Oil 8.5 oz.
- pH Paper
- Plant-Based Protein Powder (Delicious) – Fruit and Vegetables
- Plant-Based Protein Powder (Delicious) – Vanilla or Chocolate

Skin Care - One Product Does It All - iRevive!

- iRevive

Full Body Detoxication Program*

- Full Body Detoxication Program – 5 Supplements



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First Aid Kit* – Herbal & Homeopathic

- PLSII
- Aloe Vera Gel
- Tei Fu Essential Oil
- Calendula Ointment
- Wheat Germ Oil (C)
- BP-X
- Chickweed
- Sesame Oil Gel Cap
- Neem Oil
- Castor Oil

Microbial Kit (Germs and Worms)* and/or Allergies*

- Detoxosodes-Virus, Bacteria, Yeast, Chemicals, Dentals, Pollution (Air/Environment) or any
- Throat Spray
- Antronex
- Iplex
- Allerplex
- CLTX and/or Okra Pepsin
- Parotid
- Cholacol
- Spanish Black Radish
- Zymex
- Immuplex

Scars* Detoxication Program

- Medi-Body Pack
- Medi-Body Bath
- Medi-Body Soak
- HM-ND Liquid



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DISCONTINUING or “ON-HOLD” SUPPLEMENTS

Please read your POC Invoice!

1. It can be a shock to the system to cold turkey any supplement less than a two-week weaning process. Therefore, you will be instructed to **“Finish all bottles and then discontinue that supplement.”** However, you will be also be a smaller amount that help you wean, hopefully, in 2-4 weeks.
2. Count the number of pills remaining and if you have less than two weeks on-hand, let us know,
3. However, when you have an overlap of at least two weeks when starting new supplements, while finishing the bottles of supplements that are being discontinued, this allows time for the new supplements to start working, before you are off of the previous supplements. So, you should always have, at least, a two-week overlap.
4. However, if retesting shows that you have enough of a particular supplement that you are to discontinue in two weeks or more, but you cannot finish them, let me know. If you do not, it can cause an “excess” test value.
5. If you are instructed to put a supplement “On Hold,” it is because...
 - a. Your retesting indicates not to finish it. Do not let others finish it because it is a “therapeutic” supplement.
 - b. On the bottle or container, write the date in a permanent marker for future reference in the case an updated test in the future indicates you need this supplement again.
 - c. You indicated another symptom or area of the body has priority.

EXPIRATION OR BEST BUY DATES

1. The **EXPIRATION DATE** represents “full potency” for the ingredients. However, as general rule, the ingredients will last for two years for opened bottles and five years for unopened containers.
2. **“Best Buy”** is not an expiration date. Now, we are given, a BEST day to consume the ingredients, also.



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CLEANSING SIGNS

Nutritional Deficiencies and Toxicity, which are the accumulation of toxic substances in the body, are responsible for 95% of all illnesses and diseases. 5% is caused by hereditary factors and injuries. (Statistics have not been compiled yet to see what percentage will be assigned to illness from exposure to Electro-Magnetic Fields.) However, one or your educational appointments will include how to remediate EMFs for your protection.

Toxic substances (toxins) are chemicals, metals, or any substance that damage, infect or destroy cells and tissue, thus contributing to organ and gland dysfunction or disease, as well as deplete the body of nutrients. So, they are another cause for nutritional deficiencies. I also classify microbials as a toxin when inside the human body, however, these other toxins and nutritional deficiencies precede the attraction of microbials into the human body.

Microbials are another cause for infection; however, they are not attracted into the body unless they are invited. If you read my article on parasite under “**Articles by Dr. Smith,**” then you know there is a positive reason for their existence, which is why I classify them as a toxin only when they are inside the body. However, the inside of the body was not the place where they were not originally designed to reside. If you have not read this article, be sure to schedule to do so right away.

Infection causes inflammation and inflammation causes pain. So as painful as the body can be when toxins are inside cells and tissue, discomfort and pain may also be felt when these toxins are released and moving through and out of the body. This is because the toxins can irritate, infect and interfere with cellular, tissue and organ/gland function on their way to the kidneys to be urinated from the body or to the colon, where it is removed when you have a bowel movement.

So, pain caused by toxins infecting cells and tissue is called a “symptom.” This symptom is constant until the cause of the infection is removed and the cells and tissue are healed or the body has grown new cells to replace those that cannot be healed. However, pain that is caused by toxins moving through the body is called a “Cleansing Sign” because it is temporary, one toxin may exist only a few minutes, hours or generally up to three days and is generally gone by the fourth day. Sometimes a cleansing sign can last longer than four days, such as when toxins coming out of the skin pores cause a skin rash. **Just as a toxin can cause a Cleansing Sign so can a Nutritional Deficiency.**

Therefore, it is very important to schedule a telephone consultation if you experience any new symptom that is not gone by the fourth day. Call the office on the fourth day, and tell Matt you need to talk to me today.



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Pain is just one of a number of cleansing signs that may be experienced when toxins or nutritional deficiency by-products are being removed from the body. The human body has mucus membranes that line the inside of the body. This mucus membrane layer protects the tissue under it, just like the lining on a jacket protects the outside material of the jacket from being soiled by perspiration. When microbials and other toxins irritate the mucus membrane, this stimulates the production of Mucus to encapsulate the microbes and other toxins, and through peristaltic action, the body moves this Mucus containing these toxic substances to the nearest body opening, thereby preventing them from barreling into and settling in the tissue.

Body openings are eyes, ears, mouth, skin, urinary tract, vagina and colon. The higher the number of microbials and toxins, the more Mucus is produced. Sometimes this can be in such an excessive amount that mucus can flow profusely out of the body openings, for example, the nose is dripping like a facet or you are coughing up mucus.

A cough is a sign that mucus has just covered the air pipe, so a cough is a reflux reaction to remove the mucus or a person could die from lack of oxygen Or drown in their own fluids.

Sneezing is another reflux reaction when the toxin is particular dangerous to the nasal tissue that the body has to get rid of it fast.

All of our therapeutic and health maintenance supplements have ingredients for detoxification as well as to nourish and heal the cells and tissue. Our supplements are so well balanced that cleansing signs are not often experienced by our clients.

However, periodically, we have a new client whose body is so highly toxic that they may begin experiencing Cleansing Signs soon after starting their initial supplements. This is another reason why I have all clients start slowly with one pill or a small amount of the liquid and work up to their Daily Dosage. This allows these clients to detoxify slowly, which helps reduce or eliminate feeling Cleansing Signs, i.e., the symptoms that detoxification is occurring within the body.

Some new clients have such low energy, that the program I design for them is to help their body increase energy production, which must occur before their body will have enough energy to detoxify. Some have Cleansing Signs later--months after starting their Clinical Nutrition Therapy (CNT) or other Services, rather than earlier, i.e., soon after starting therapy.

Also, in time, symptoms or cleansing signs, that you experienced months or even years ago and thought were gone, may resurface when the body has removed all the layers of toxicity that were blocking the toxins that caused those symptoms or signs from surfacing.



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For more information on Cleansing Signs, Healing Crisis, the Four Phases of Health Breakdown and the Four Phases of Healing, purchase the Client Handbook.

Again, because our whole food Therapeutic, Special Orders and Health Maintenance Supplements are so well formulated, most clients detoxify without even knowing they are removing these harmful toxic substances, unless they notice:

1. Periodically they urinate more frequently.
2. Volume of urination is more than usual.
3. More fecal matter in their bowel movements.
4. More daily bowel movements.

Because symptoms of a weak Gastro-Intestinal System may not be initially apparent and Cleansing Signs can look and feel like symptoms of illness and disease, if you experience these, follow this simple but important rule:

Read and adhere to the instructions titled “Nutritional Emergency.”



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OBSERVE RESPONSE TO NEW SUPPLEMENTS

1. As you increase your pills, liquids, and powders observe how your body responds, especially the Gastro-Intestinal System (Stomach and Bowels). If you have any new symptoms in these areas of the body that you did not have when you first started your supplements, go to the section titled “Digestive System” for immediate instructions and telephone me.
2. For example, some clients have a very weak digestive system, even one not showing up on the first several “Stool” samples. Instead, they may get an upset stomach, such as nausea, or have runny bowel movements. Even those with a strong digestive system, but who have a high level of toxicity in their stomach may feel uneasy or bowels that have been clogged or blocked may expels some liquefied movements when taking a new supplement that has detoxifying and/or blood purifying ingredients in them.
3. This will go away in a few days or weeks when the supplements have dissolved and removed the toxic poisons that have been stirred up, so to speak, for the purpose of removing them. However, if you have a weak digestive system, this may require a change in your POC, which can be easily indicated through your **Client Communicator (CC)**.
4. A “Stool” sample will need to be included among your testing, if not already, otherwise there is really no way to know if a client has a weak Gastro-Intestinal (GI) System, unless experiencing symptoms.
5. Some clients may not be aware they have a weak GI Symptoms simply because the body has not yet progressed to the point to communicate this through symptoms or some other area has priority. So, this is basically not something that is easy to pre-determine when designing your POC and thus it is important to let us know by the fourth day, if you do feel any symptoms for three days in a row after starting your new supplements. You also communicate this through a CC.
6. Now, having said all of the above, you will be glad to know that the above was written “just in case” you have a weak GI system or high toxicity in the stomach and bowels that require some immediate response because most of our clients do not experience the above.
7. However, for the few who have, it is generally as surprising to both the client and I because, as stated above, it is not something that can be pre-determined without stool testing, and even for some who have had stool testing, it takes several tests before it shows on its Lab Report.



Program of Care (POC) Instructions

By Dr. Donna F. Smith

HOMEOPATHIC REMEDIES

This applies to all Homeopathic Remedies not just the Detoxosodes, Biosodes, or Adaptosodes (HVS).

How to Take and Store Homeopathic Remedies

Note: Stress/Anxiety Liquid is a homeopathic.

1. Shake each bottle five times before opening.
2. Take only one homeopathic remedy at a time, when taking two or more daily, unless otherwise instructed.
3. After taking, do not eat or drink anything for at least 30 minutes. So always eat, drink, brush teeth or take other supplements before taking homeopathic remedies. Taking after meals are best time.
4. Can be taken straight as they taste like water, though some may have a little flavor. So do not need to add water or juice.
5. When taking Homeopathic Detoxosodes, Biosode and Adaptosodes, pouring to the fill line is one capful of the Homeopathic remedy and equals 5 ml.
6. Do not open homeopathic bottles in a kitchen, bathroom or any room that has strong odors or the odor will contaminate the liquid. Keeping them on your bedside night stand is a preferred place.
7. Apply under the tongue when taking liquids (homeopathics or herbal liquid remedies) and then swish and hold in the mouth as long as possible before swallowing. This allows the remedy to be transported through the salivary glands in the mouth; thereby, by passing the stomach and going directly into the cells.



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NUTRITIONAL FOOD POWDERS

The following are some of our nutritional foods that will help you supplement your diet to promote health and health maintenance. These are also the best food replacement. Simply order as desired.

1. **Fruit and Veggie Plus 30 servings** – This plant protein has both foods and the only one that also has probiotics. It is also the only item that can defy one of the most important “Food Combination” Rules.
2. **Veg-E Complete Pro 22 oz. (Vanilla or Chocolate) - Plant Protein Powder.**
3. **SP Complete 32 oz.** - Green Vegetable Powders Meal Replacement - Dairy Free.
4. **Nutritional Flakes 10 oz.** – B Vitamins, Nutritional Food Yeast. (I love this sprinkled on flat bread and Popcorn! Yummy).



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PILLS. LIQUIDS, AND POWDERS - DETAILS

Pills (Capsules, Tablets, or Other)

Therefore, Daily Dosage of ...

1. One pill daily, taken at first meal.
2. Two pills daily are taken at one (1) first meal and one (1) at last meal and
3. Three pills daily may be taken one (1) at three meals daily or two (2) at first meal and one (1) at last meal. If possible, it best to eat last meal by 7 p.m. and eat nothing solid again until first meal.

Notice that the **odd numbered amounts of pills** are taken in the earlier part of the day and all supplements are best when Daily Dosage is reached after one week of starting.

Powders

Use a milliliter spoon when Daily Dosage has a “ml.” after the dosage number. If it has with a scoop, the scoop will have the highest dosage on the container.

Teaspoons, Tablespoons or milliliters (ml.) - Examples:

1. When taking powders at a daily dosage of one teaspoon daily, consume this at $\frac{1}{2}$ teaspoon twice daily ($\frac{1}{2}$ before breakfast and supper),
2. Two teaspoons (or tablespoons) are taken at one teaspoon before breakfast and one before supper, and
3. Three teaspoons (or tablespoons) are taken at one before breakfast, lunch and supper, etc.
4. Dosage is ideal when taken three times daily; however, before lunch and supper is acceptable. For example: 8 ml. can be taken 4 ml. twice daily (before breakfast and supper).



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Liquids

Note: Use a milliliter spoon when Daily Dosage has “ml.” after the dosage number.

1. **Teaspoons, Tablespoons or milliliters (ml.)** - Examples:
 - a. When taking liquids at a daily dosage of one teaspoon daily, consume this at ½ teaspoon twice daily (1/2 before breakfast and supper),
 - b. Two teaspoons (or tablespoons) are taken at one teaspoon before breakfast and one before supper, and
 - c. Three teaspoons (or tablespoons) are taken at one before breakfast, lunch and supper.
2. **Drops:** Examples:
 - a. 10 drops can be taken at 5 drops twice daily, i.e., before breakfast and supper.
 - b. When daily dosage is 25 drops, divide this into 13 drops at first meal and 12 drops at last meal, or to consume dosage three times a day, take 9 drops at first meal, and 8 drops at the second and last meal.
3. **Taken Straight, Water or Juice**
 - a. **Straight:** When you first open a bottle of a liquid supplement, put a dab of it on your finger and taste it. If it does not taste bad to you, then taking the liquid straight, without water or juice is ideal, because you can insert the amount to be taken under your tongue. Then hold it there as long as possible before swallowing and it will be quickly absorbed into the salivary glands, which will take the liquid directly to your cells. A few seconds after swallowing, if you have an after taste, you can drink more water. A few seconds would be counting to 10.
 - b. **Water:** However, if you do not like the taste, but you can tolerate it in a little purified water; this is the second best. Use as little as possible so you do not dilute the ingredients. Also, hold it in your mouth, swishing under your tongue for as long as possible before swallowing. A few seconds after swallowing, if you have an “after” taste, you can drink more purified water.
 - c. **Juice:** If you cannot tolerate it in purified water, then use juice. Thin juices are best like filtered organic apple, grape or any “berry” juice. Follow the same instructions as above for water regarding using as little juice as possible, under the tongue, etc.



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Mixing Liquids From the Same Product Company

Herbal Liquids from the same product company may be mixed and taken together, either straight, in purified water or juice.

Taking them straight or unmixed is most effective.

Do Not Mix Liquids, If Any of These Apply

Instructions on your “Therapeutic, Special Orders and Health Maintenance Supplements (POC) Invoice” may indicate when to mix specific liquids.

- 1) Dr. Smith informs you to not mix specific liquids, verbally or in writing.
- 2) Instructions in the Description column of an Invoice indicates not to mix specific liquids.
- 3) The liquids are Homeopathics from HVS.
- 4) Liquid is for Stress or Anxiety.
- 5) If mixing herbal liquids would cause the mixture to taste bad.
 - a) Just like any medicine, some herbal liquids do not taste as good as others. Remember, taste is an individual perception. What taste good to one client may not take good to another. So, if you mix an herbal liquid that does not taste well, they are tolerable or good taste if separated.
 - b) So before mixing two or more herbal liquids together, taste each herbal liquid by itself. Then mix the ones that taste okay to you and the ones that do not taste so well to you, take these by alone in juice to cut the taste.
 - c) However, the best juices to use are listed in this document.



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TABLE FOOD - DETAILS

Pink Salt

1. Pink Salt (1-3 teaspoons daily)

- a. **Children (Age 1 to 12)** = 1 teaspoon daily.
- b. **Teens (Age 13 to 17)** = 2 teaspoons daily. Note if a teen in this age group has the body size, weight or structure as an adult, they require 3 teaspoons daily.
- c. **Teens/Adults (Age 18 or above)** = 3 teaspoons daily.

2. Why Pink Salt?

- a. Pink Salt is the most mineral-rich sea salt I have found.
- b. It does not adversely affect blood pressure and is required for water transport to the cells. Only Sodium Chloride (like Morton's Salt) adversely affects Blood pressure.
- c. If you currently have some sea salt on hand, measure how much you have and then add the same amount of our Pink Salt to enrich it, then when consumed, you will only need our Pink Salt. Doing this helps get started in receiving the nutrients from our Pink Salt right away, without having to waste your investment in your Sea Salt.

EFA Liquid Blend - Essential Fatty Acids (EFAs)

1. You must have complete EFAs (Omega 3, 6, and 9 in the correct ratio) or you will have pain.
2. EFAs are required by the body on a daily basis to combat inflammation and to lubricate the body. EFA deficiency prevents the body from managing pain, no matter where pain occurs. Also, the body becomes stiff and less flexible without it.
3. Because our food industry has marketed products that are low fat or fat free, and used advertisements to convince the public that these foods help them lose weight or prevent heart disease, the public at large is now suffering from EFA deficiency and increased inflammation (and pain).



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4. There are three ways to get Essential Fatty Acids, however, I recommend using the first two in the following ways.

d. **EFA Liquid Blend Oil (1 Tablespoon daily).** Our EFA oil has Omega 3, 6 and 9 in the correct ratio. Other oils, like Olive, has Only one Omega. Our EFA is stabilized with a healthy preservative and does not require refrigeration.

e. **EFA Oil Blend Capsules** – taking 3 capsules daily.
On days that you do not need EFA oil for cooking, take 3 capsules of EFA Oil Blend capsules.

Culinary Oils (Olive, Safflower, Sunflower, etc.)

Culinary Oils have only one Omega (3, 6 or 9) - Use for Special Occasions! Listed in order of recommendation:

1. **Coconut Oil:** All-purpose uses. Cooks well, great for salads or any culinary purpose. Coconut oil also digests microbials, like viruses, bacteria and yeast, which other oils don't do. Coconut oil does not require refrigeration.

a. **Sesame Seed Oil** for stir-fries or any time you need a cooking oil, when not using Coconut oil or our EFA oil.

b. **Olive, Flax, Almond, Safflower, or Sunflower Oils** are good for special occasions to make salads dressings or adding to dishes after cooking.

a. These do not hold up under heat as well as our EFA Blend, Coconut and Sesame Oil. I was surprised when I first learned this since Olive oil is used for cooking in all restaurants and many homes? Olive oil is not an oil to use for heating as it destroys its nutrient value.

b. Same for all oils except for our Coconut, Sesame and EFA Oil.

c. To be clear, Olive Oil for example is in our EFA, however, because our EFA oil contains a blend, a number of oils, which provides a balance of Omega 3, 6 and 9, the other oils stabilize Olive oil when heated.

3. **Criteria for Purchasing Oils:** In your Educational Sessions (PEP) you will learn more, for example why 95% of all oils sold in grocery and health food stores are rancid. This is why we order culinary oils for our clients.



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DIGESTION SYSTEM

Health Is Dependent Upon First – A Healthy Gastro-Intestinal (GI) System

Solids In and Solids Out!

When food fails to be digested completely, the food particles rot in the stomach and cause inflammation (pain). Food (Raw and Supplements) if digested completely, will send nourishment through the Blood to the cells so they can heal, repair and maintain the health of the mind and body.

This is the first step. Then the body depends on a healthy liver and intestines to absorb food and beverages so a healthy large intestine will remove solid waste and toxins.

Your **Dietary Consultations** will provide the **Educational (PEP)** information to assure that your lifestyle is promoting, rather than inhibiting, a healthy GI System.

How To Reduce Need for Long-Term Digestive Supplements

Below are two very inexpensive, yet powerful daily Dietary Practices that promotes healthy digestion. Along with this, of course, is consuming healthy foods, beverages and R.O purified water between meals and the other three keys to complete water. Otherwise, you will be creating a weak and/or toxic Gastro-Intestinal System.

Ginger Root

1. Slice fresh ginger root - use one teaspoon mixed in food at every meal. Consume three teaspoons of Ginger Root slices daily.
2. Ginger is great for all kinds of digestive upsets from food poisoning, nausea, gas, bloating, acid stomach, acid reflux, heartburn, etc. and indirectly can help in loose-diarrhea like stools and constipation.
3. If you have any challenges being consistent with the raw Ginger Root. order Ginger Capsules from me.
4. If you need something that works fast, go to our Ginger Water Drink below. This works for stomach upset, bloating, food poisonings. acid reflex, etc.



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Ginger Water Drink

1. Open three of our Ginger capsules into four ounces of water or juice.
2. Take the above every 15 minutes for three times.
3. Rarely do you need, but if not better right away or up to one hour, repeat above.
4. Otherwise call me, which is even more rare.

Apple Cider Vinegar (ACV) Drink

1. The best Apple Cider Vinegar is our Vintage Vinegar, 8 ounce bottle (48 teaspoons); Second best is Bragg's, which you may purchase at most any store.
2. Here are your benefits of using the above Apple Cider Vinegar –
 - a. Prevent and correct Acid Reflex, Hypo- and Hyper-acidity, GERD, Heartburn, Indigestion and Hypochlorhydria.
 - b. Promotes HCL (Hydrochloric Acid), one of the primary gastric acids, which uses the stomach to digest food.
3. After consuming this ACV Drink daily as instructed for six consecutive weeks, if you still have any of these health challenges or any other symptom of digestive dysfunction, contact me for further instructions as you may require Therapeutic supplement to correct this before you will be able to use ACV Drink for Health Maintenance purposes.

RECIPE FOR ACV DRINK

1. One teaspoon of Vinegar.
2. Four ounces of warm Reverse Osmosis Purified Water.
3. Sip slowly (do not gulp or drink) thirty minutes after each meal.
4. Consuming three cups daily.



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ACV DRINK TOO BITTER?

1. In the beginning, the above may be too bitter for your taste buds. It is best to not sweeten, and even if you think it is too bitter at first, if you will continue drinking this without sweetening, you will come to like the taste. However, if it helps, you may add one or more drops of Stevia to each cup, whatever amount you need to cut the disliked bitter taste.
2. Every three days, reduce the number of drops of Stevia until using one drop per cup.
3. Then put only one drop in a cup every other day, then every two days, and so on until you are able to drink the above recipe without any Stevia.
4. Are you getting the idea? Wean yourself off of Stevia as soon as you can. If you need to extend the days in #2 from three to four or more days, that is okay. Just keep moving forward and try to be weaned off Stevia within 3-6 weeks or sooner.
5. Even if you need to extend the three days in #2 above to a few more days, that is okay, as long as you are moving towards weaning as soon as you can.

Insufficient HCL

Ginger Root and the above ACV Drink also help people with GERD and Acid Reflux. Alkaline products make these worse because they are really caused by:

1. Consuming too many acid-foods
2. A lack of Hydrochloric Acid being ingested and/or
3. Produced by the body, i.e., an insufficient amount to make your own HCL to digest your food.



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DIFFICULTY SWALLOWING?

For small children or adults who have difficulty swallowing tablets, do the following. For children, the better you disguise the taste of the ingredients the more success you have in administering the ingredients.

Capsules

Open the capsule and put in:

1. Organic Juice, mashed banana, warm or cool mashed potatoes, yams, seeds or put in any healthy food.
2. You can also sprinkle onto the top of food if the ingredients do not taste bad.
3. **Make a Smoothie with our powders.** Add the ingredients from the capsule.
 - a. We have a number of great powdered food supplements which you can use to make a Smoothie or use for meal replacements and each has other unique nutritional benefits. **See the list of Nutritional Food Powders'**
 - b. After following directions on the container, if you can still taste the ingredients in the capsule, add more powder to make the Smoothie concentrated and/or use less water or juice.

Tablets

Here are some options for administering or taking tablets:

1. Dissolving In Water Overnight:

- a. Put the number of tablets (Daily Dosage) to be taken the next day in a Mason jar. Mason Jars are best because they have a rubber seal between the glass and lid which provides more assurance that air will not enter the jar.
- b. Cover the tablets with R.O. water to a level just over the top of the tablet when it is lays flat on the bottom of the jar.



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- c. Tighten the lid and refrigerate overnight.
- d. In the morning, stir the liquid and mash with a plastic (not metal) spoon any parts of the tablet that did not dissolve. Stir again until all parts of the tablet is dissolved.
- e. Measure the amount of liquid in the Mason jar.
- f. Divide the amount of liquid to consume 1-3 times per day.
- g. **If there is more than one supplement in tablet form** to be taken each day, test alone and together to see which taste best.
- h. **Small Mason Jars** are inexpensive, available at most any grocery store and can generally be purchased in packages of 4, 6 or 8 jars.

2. **Crushing Tablets:**

- a. Crushing tablets to be taken and add to juice, foods, Smoothies or other Nutritional Food Powdered Drinks.
- b. Read the above instructions for “Capsules” for ideas of the type of foods that work best.

3. **Making a Tea of Tablets:** When I recommend that you make a tea of tablets, follow the instructions for “Making a Tea From Capsules or Tablets.” If I did not recommend this specifically, use only #1 or #2 above, some tablets cannot be heated.



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MAKING A TEA FROM CAPSULES OR TABLETS

Unless specifically instructed to make a tea of tablets, these instructions are generally used for making a capsule into a tea. For tablets, follow the instructions below for “**Difficulty Swallowing Tablets?**”

Clients may be instructed to make a tea from some supplements for a specific healing purpose or clients who are too young or have difficulty swallowing capsules, may need these instructions.

TO MAKE A TEA DO THE FOLLOWING:

1. **Make** water hot without bringing it to a boil - use one and one-fourth cup of Reverse Osmosis (R.O.) Water. (If you are not sure? Both Penta and Fiji are R.O.)
2. **Remove** the pan of water from the stove.
3. **Open** the capsule and pour the ingredients into the hot water or drop the tablet into the hot water. If using tablets, use a non-metal spoon to mash them as they begin to soften so they will dissolve faster.
4. **Allow** the tea to cool down to lukewarm or room temperature.
5. **Test** temperature with your finger, especially if using tea for an eye wash.
6. **Taste** - If you will be drinking the tea, taste it. If the taste is not too bad, drink it straight. If you do not like the taste then add more R.O. water or pour the tea into some juice.
7. **Follow** the same instructions for mixing liquid supplements with water or juice, regarding using as little water or juice as possible, swishing under tongue, holding in mouth as long as possible, etc.



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CLIENT HANDBOOK (Price: \$26)

When I first started my business, I wanted to make a **Reading List** of important books for clients to read, however, time and time again, I could not find any books that I could agree with 100%. In reading these books, I would find a few factual chapters and the information in the rest of the book was misleading, misinformed, or false.

Later on I learned that some books are not written by the author; but authors with the degrees and qualification were paid to put their name on the books to add credibility. For those books that were actually written by the author, they wrote from a “medical/physician” or “registered dietician” perspective, not a “clinical nutrition” or “naturopathic” perspective or research, which is not the same and can mislead the reader into thinking something is true, when it is not true for healing the body.

For example, a medical or dietician’s perspective on Cholesterol is to eat foods that either do not contain Cholesterol or are low in Cholesterol, like when you read or hear about eating only egg whites. However, a clinical nutrition research has proven that is not true. In fact, I wrote a whole article telling you the truth about Cholesterol.

Therefore, to continue.... For my clients to receive the information that was essential for them to know, they would have to read dozens of books and have to know to have a degree in Clinical Nutrition and Naturopathy to know what was fact or fiction.

Soon I realized that a Reading List was not the answer, so I started writing down what was important for my clients to know to build a solid foundation of knowledge that I could build on through consultations and other educational materials that could be tailored specifically to each individual client’s needs. Thus, this was the origin of the “**Client Handbook.**”

Because of “clinical” nutrition, the biological, biochemical and physiological education in my Client Handbook is timeless. I have foundational information about how the body works (how it breaks down as it progresses towards disease/death and how the body reverses this process to heal and maintain health).

I have not needed to revise this information over the years because it is as true yesterday and today, as it will be in the future.

Order this as quickly as possible and read **Chapter 9 through 15, then 20 of Client Handbook**, then return to front of handbook and read the other chapters in order presented.



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1. **Chapters 9-15** will help you understand how your body heals, what to expect in this healing process, cleansing signs, Healing Crisis, the Four Phases of Health Breakdown and the Four Phases of Healing.
 2. **Chapter 20** will enhance Dietary Program Instructions and Education and add to the information in Section 4 of your PEP Binder.

Reading the **Client Handbook** as soon as possible will reduce your questions at and my need to provide this information at Consultations, thus saving you time and money. Also, by having this foundational knowledge, our Consultations can focus on providing more information from the onset that is specific to you (your body, your lifestyle, your diet, etc.) rather than first laying a foundation and then incorporate specifics for you.

God Bless you,
Dr. Donna F. Smith

DISCLAIMER

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder, or disease.