



# Addendum to 1<sup>o</sup> of Change Cookbook

## by Dr. Donna F. Smith

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## Important Note

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This Addendum has been written to clarify or update information in the “**1<sup>o</sup> of Change Cookbook**” and the first and last page attached to the “**Phase I and II Food Plans.**”

Therefore, if any information in this **Addendum** contradicts the information in the Cookbook or Food Plans, then you are to follow the information in this Addendum.

To help you find the information in the cookbook that relates to the information in this Addendum, I have included the page and paragraph number in the cookbook that corresponds to the clarification or update in this Addendum.

Occasionally, I may abbreviate, for example: P1-p3 means Page 1 and 3<sup>rd</sup> paragraph (p3).

If the instruction regarding a clarification or update appears in multiple places, I may simply include the information here and when the subject matter appears in the cookbook, you know the correct information.

For example, all parts of a pig should be avoided, so stating that in this Addendum should be sufficient to know that anytime “Pork, Bacon or any part of a Pig” appear in the cookbook, cross out the words in the cookbook and eliminate these items from your diet.

I will not take time in the Addendum to explain the “Why’s.” For example, why you should not eat Pork, Bacon, or other parts of a pig because the “Why’s are included in the “**Dietary Guidelines**” document, which you may purchase for a minimal fee.

Best of Health,  
Dr. Smith



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## Cookbook Pages & Paragraphs To Correct or Update

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1. **Page 4-paragraph 4 – Tuna:** Unless you can find mercury free Tuna, unfortunately we must avoid eating Tuna.
2. **Page 4 –Table in Lower-Right Corner,** titled, “**Here are some guidelines for cooking with fats:**” – Actually, you do not want to cook or heat any food over the boiling temperature, which is 212.<sup>o</sup> Otherwise, you destroy enough nutrients that the food, be it a vegetable, nut, seed, animal protein, whatever, will then become a source of inflammation (infection) instead of nourishment for the body.

The only exception is boiling eggs because their outer shell protects the contents inside. I realize we live in a fast-pace, hurry and cook so I can eat and then get on my way – kind of lifestyle. However if you want to be healthy, you just need to do a little thinking and planning and health can fit into your lifestyle, no matter what pace you choose.

Though frankly a stress and fast pace lifestyle evidently becomes the source of many illnesses, so take a breath and enjoy a slower pace of living whenever you can.

For example, instead of using a microwave, I have a small Dutch oven on the kitchen cabinet. (Microwaves not only destroy all the nutrients in any food or beverage, it can mutate their molecules so no telling what is growing inside of you in years to come. In addition to the fact, that no matter what the manufacture tells you, you are being exposed to microwaves that adversely affect your human electrical (nervous) system, whether the microwave is in use or turned off.

So in my Dutch Ove, I will put a potato, for example, and set the timer for 60 minutes (more or less) depending upon the size of the potato, I then



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busy myself with other home tasks as it bakes at 200°, then when the timer rings, it is ready and I have a healthy baked potato that I know will nourish not infect my body. When I put in Veal, it takes about 25-30 minutes. I bake and broil at 200°, any food that I do not eat raw or steamed; though the rule to remember is “no heating of foods at 212° or above.”

Anyway, you will be surprised at how you can adapt to a healthy way of food preparation with a little forethought and planning.

Also, you will note that the cookbook reads in the **Red column** a temperature for frying. Frying also changes the oil from an essential fatty acid to a trans-fat. So avoid frying foods. Stir-fry is different; it is a slow, low temperate heating and constant stirring of foods in a Wok or pan with a small amount of Sesame Oil, our EFA Liquid Blend Oil, Coconut Oil or unsalted, organic butter. These are only fats and oils that hold up under heat. All other oils should be used for salad dressings, not heating.

On your **STSP™ Dietary Education** Webpage, I have posted an educational sheet about our **EFA Liquid Blend Oil** so you can read more about its health benefits.

For example, it is the only oil I have found that has Omega 3, 6 and 9 – all three of the omegas. Single oils, like Olive or Flax Seed, etc., have only one omega and you need a balance of all three.

Additionally, most people are consuming an imbalanced ratio of these omegas, like getting more Omega 3 or 6 in comparison to a healthy ratio of 3 to 6, and so on.

### 3. Page 5 – Right Column: “Ideal Protein Choices”

Omit “Whey” Protein – this is a milk protein. Avoid all dairy products. A healthier protein choice than whey; for example, is to order our Plant Protein Powder made from nuts and seeds. It is delicious and comes in two flavors – Vanilla and Chocolate!



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I imagine everyone has experienced this at one time or another, but there are times when I look at the ingredients and they are good and so I select the Chocolate because I am still wanting to see if anything that is “healthy for me” and “something I do not have to make for myself” that is “Chocolate” can really taste as good as my taste buds remember when I used to eat unhealthy Chocolate products. Now I know that common sense tells me that this is an unrealistic expectation, but tell my taste buds that.

Well, I was amazed that I found one and that is our Plant Protein Powder made from nuts and seeds. Truly, I have never tasted a protein Chocolate powder shake that tasted so good and reminded me of the good ole’ days when I was uneducated and ate anything that was Chocolate just because I liked the taste.

Chocolate, not Cocoa from which chocolate products are made, becomes unhealthy because of all the refined sugars, preservatives and other additives included in it to make you addicted to its taste so you will buy more of it.

4. **Page 6 (P6-p1)** – regarding the “**American Heart Association**” Quote. Ignore what the AHA says. “Consuming 100 calories to 150 calories per day of added sugar for women or men or anyone is too much and not necessary!

No wonder people are having challenges with blood sugar, leading to Diabetes and Heart Disease. The truth is for the most part; you do not want or need to add any type of sweetener to anything. You can live without sweetening your foods, with few exceptions.

One exception is Cocoa powder, as I was just discussing above. Cocoa needs some Stevia (if Diabetic) or Medjool dates when making a healthy Chocolate dessert, but whole foods, like vegetables and fruits have their own natural sweet tastes; think of how sweet an onion tastes; or like herbal teas, they taste good without adding any sweetener. It is just if your taste buds are used to adding sweeteners, it is a bit of adjustment at first, but in time you won’t miss the sweeteners. I don’t.



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### 5. Page 7 – 6 Reasons You Should Dump the Grains (and Legumes too)

In addition to these six reasons, let me add that grains are non-nutrient foods, they have very little nutrient value themselves and they bind to vitamins, minerals and other nutrients from other whole foods you are consuming and then remove them from the body. So you become more nutrient-depleted the more you eat grains. They fill up the stomach fast so they can make you feel full and satisfied, but they have adverse effects on human biochemistry.

### 6. Page 10 – Egg Whites and Egg Substitutes

First always eat the whole egg, and not just the egg whites. Eating egg whites alone leads to the development of Biotin deficiency. Biotin is essential for a healthy nervous system. So if you want to become very pain sensitive – a slight touch could send you through the rough, then keep eating egg whites.

Because of misinformation distributed by the medical industry, people think they have high cholesterol when they really don't. They also think that eating whole eggs because eggs have cholesterol in it is bad and that it contributes to high cholesterol. For the truth, read my article titled, "**High Cholesterol – The Myth! (Heart Disease? Liver Dysfunction? Other?)**" You will be shocked to learn what you think you know about Cholesterol is false, but happy to now know the truth so you can release the fear that has been associated with cholesterol. Cholesterol is your friend.

### 7. Page 11 - Legumes and Lentils

As mentioned with Grains above, avoid the information on page 11. The key word with Legumes, like Grains, is the word "anti-nutrient." They block the absorption of other nutrients from whole foods that you are consuming. Even if you soak them, the adverse effects still apply.

### 8. Page 13 – p1: Number of Daily Bowel Movements.



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The fact is your number of daily bowel movements should equal the number of meals you consume each day. If you eat three meals of moderate portions or more, you should have three bowel movements that should occur one after each meal.

So if you eat two meals per day and have less than two bowel movements per day, you are constipated. If you eat one meal per day and have less than one bowel movement per day, you are constipated.

9. **Page 14 – Last paragraph, second column – Garbanzo bean flour.** Save this for special occasions or no more than 1-2 times a month. It is a bean after all and therefore, will deplete nutrients from your body.
10. **Page 14-15** (Avoid all the flours from grain and legumes).
11. **Page 16:** All of the non-dairy milks on this page are acceptable, except avoid Rice Milk. Also, avoid all commercialized dairy and non-dairy milks. The commercialized nut milks, even if organic, all have preservatives and have added synthetic vitamins and minerals. Better to make your own nut milks.
12. **Page 18 – Avoid white vinegar** – use it as a household product, for example to clean rust out of your iron. Otherwise, all the other types of vinegars on Page 18 are healthy.
13. **Page 20:**
  - a. **Page 20 – p3 – Candles – Use only 100% beeswax and cotton wicks.**
  - b. **Page 20 – Deodorizers or Perfumes– Use instead organic essential oils to scent a room, your body or your laundry.**
  - c. **Page 20 – Last paragraph, second column – Tattoos**

Go to my website and on the **Articles By Dr. Smith / Library of Articles** webpage, read my article titled, "**Scars, Tattoos, Piercings,**



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***Vaccination Puncture Sites and Other Interference (To Healing) Fields.*** Then contact me for more information.

- d. **Page 20-22** – If you are exposed to toxic substances at work, such as particles of fabric, glass, metals, fumes, etc., in the air, contact me for additional information.

### 14. **Page 21 and 22 – Chemical and Environmental Exposure**

Everyone is exposed to chemical and other environmental pollutants and some of you can eliminate and others you cannot. However, there are things can do to eliminate or greatly minimize the adverse effects of these exposures.

So after you have completed this questionnaire, contact me for more information regarding what you can do to prevent your scores from getting higher or if already high, what to do to eliminate or greatly minimize toxic exposures.

15. **Microwave** – wherever you see any recommendations in a recipe to microwave, think twice. People fear being nuked by bombs, but people are already nuking themselves every day.

Microwaving depletes all the nutrients in the food or beverages it nukes; and causes molecular mutations, and who knows the side effects from this that will be reported at some point in the near future. No telling what is growing inside of bodies of those who use microwaves.

Get a Dutch oven for the counter top. It warms and cooks foods very well, in a relatively short amount of time. And the minutes you save microwaving verses using a Dutch oven is not worth the price of your health.

16. **Recipes (Page 35 to end of Cookbook)** – From page 35 to the end of the book, the following can appear in any recipe. So when it does, I have provided healthier alternatives or additional information for you below:





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- a. **Page 35** – Since the publication of this cookbook, **Standard Process now has a Plant Protein Powder** made from nuts and seeds that is now preferred over the protein powders that contain “whey protein,” which up until the formulation of the Plant Protein Powder, whey was the best available. .Contact me for more information.
  - b. **Avoid Rice Milk** so substitute other nut milks for recipes calling for Rice Milk.
  - c. **Avoid Rice Vinegar** and choose other vinegars listed on Page 18 of the cookbook.
  - d. **Sea Salt – use our Pink Salt** in recipes listing “sea salt”- though some stores are selling a pink salt from the Himalayan Islands, our Pink Salt is a blend of both Himalayan and Hawaiian Island Sea Salts and rich with other essential nutrient minerals, too. It is very fine so easy to shake out of a Salt Shaker.

On your **STSP™ Dietary Education** Webpage, I have posted an educational sheet on our Pink Salt so you can read more on its health benefits.

- e. **Watch out for recipes that include fruits with other foods, like vegetables, nuts, seeds, fats/oils, and animal proteins. There are a number of recipes that do this. For examples on Page 37:**
  - i. **Green Shake** (remove the grapes and banana);
  - ii. **Banana Romaine Shake** (remove the Banana) and make instead a Pineapple, Apple or Papaya Romaine Shake, if you like. **These are the only three fruits that can be added to vegetables.**
- f. Avoid using “**canned**” foods in the recipes. Like use whole fresh pumpkin not canned pumpkin in recipes.





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**g. Pre-heat** – when recipe says to pre-heat the oven to a temperature higher than 212°, don't. Just pre-heat it to any degree below 212°, and cook it at that temperature. I generally bake, broil or warm at 200°.

**h. Dressings:** There are a lot of good dressing recipes in this cookbook. Since all the commercialized dressings, even the organics, have preservatives and synthetic vitamins/minerals in them, you will have to make all of your own dressings. However, here is a very simple recipe that takes between 5-10 minutes.

**First** go to the grocery store and buy a **Salad Dressing Jar** – If you look in the section with pre-made Salad Dressings by companies like Green Valley, they often give you a free jar when you buy a packet of their seasoning. Just buy it for the jar and toss their packet

**Second**, buy a bottle of **Apple Cider Vinegar and the Organic Herbs and Spices** you want in your dressing.

**Third**, order our **EFA Blend Liquid Oil** for all three omegas or other healthy oil, if you want just one type of omega.

**Fourth**, Now you are ready to make your own by adding the ingredients in the order indicated on the Salad Dressing Jar:

- i. V=Vinegar;
- ii. W=Water, i.e., Reverse Osmosis Purified Water, Distilled, Fiji or Penta.), and
- iii. O=Oil.
- iv. Then add any organic herbs and spices you want. I add ¼ to ½ teaspoon of about 10-15 so I can benefit from their various nutrients, but you can add as few or as many as you like. The more you add the better the flavor.



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### Phase I and II Food Plans

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I chose to post the comments and instructions from Clinical Nutritionist Curt Hamilton's on Page one and two so that you could have another verifiable source regarding the search and biochemical testing that was used to design these two Food Plans.

However, please correct or update the information on Page one and two as I have indicated below in the Phase I and II Food Plan document.

#### **Page One**

1. First Paragraph: Reference to "Gymnena" – you may add this supplement to your self-designed therapeutic supplement program, at any time. There is additional information that you need to know regarding taking this supplement and I will be glad to provide this information prior to purchasing the first bottle of Gymnema. Simply call to schedule a FREE 10 minute Telephone Consultation.
  
2. Third Paragraph - In the third or last paragraph on Page 1, please note that the Mediterranean Diet may be used as Mr. Hamilton was advising the Clinicians as long as you eliminate all grains (except the pseudo-grains mentioned in the above pages of this document) and dairy products. In other words, it has long been tested and confirmed by many reliable sources, including my clinical findings from doing biochemical testing for thousands of my clients since 1981, and recording their dietary feedback, that the true diet for which the human body was designed for consists of only the following foods:
  - a. vegetables and fruits
  - b. nuts and seeds (including pseudo-grains, which are actually seeds)
  - c. animal proteins.



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### **Page Four:**

- 1. Green Tea** – Because Green Tea contains Fluoride and everyone who has been either been to the dentist or grew up on drinking tap water, already has an excessive amount of Fluoride in their body, I do not recommend that you drink Green Tea.

The health maintenance benefits advertised about Green Tea can be obtained through drinking other herbal teas and is certainly preferred over increasing the toxic levels of Fluoride that already exists in your body or being exposed to any additional amount of Fluoride, regardless of its source.

- 2. Blood Type** – All the information that you need to know about eating according to your blood type is included in the **Dietary Guidelines** document. Therefore, please read this information first. In other words, I do not recommend that you get books on Eating for Your Blood Type and following all the information in these books for your particular blood type. It is not necessary and I have simplified what you need to know that is truly beneficial regarding your blood type and included in the **Dietary Guidelines** document.

Bon Appetite!

Dr. Donna F. Smith



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## About Dr. Smith

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**Dr. Donna Smith** has a Ph.D. in Clinical Nutrition, a Doctor of Naturopathy (N.D.) degree, is a Board Certified Clinical Nutritionist (C.C.N.), Certified Dietitian-Nutritionist (C.D.N.), and a Canadian Chartered Herbalist (C.H.).

Dr. Smith is also a Free Lance Nutritional Health Writer and has written over 100 articles for Internet and traditional magazines, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States.**

Some of her best-selling e-books have been listed below. She is frequently invited to speak on NBC and ABC local networks, and at clubs, hospitals, universities and corporations on a variety of nutrition and health-related topics, such as, the national groups of scientists and biochemists at the **American Society of Clinical Laboratory Science (ASCLS), International and American Associations of Clinical Nutritionists (IAACN), Stephen F. Austin University, Midwestern State University,** Optimist Clubs, Toastmasters, Business and Professional Women's Club, Women Entrepreneurs, Worksite Wellness, American Heart Association, Parkinson's Group, and St Gobain Corporation, to name a few.

Dr. Smith owns **Advanced Clinical Nutrition (est. 1981)** in Wichita Falls, Texas, where she provides a **Clinical Nutrition Analysis or Interpretation of Laboratory Tests (blood, urine, saliva, stool and hair)** to identify and Clinical Nutrition Therapy to correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 37 U.S. States and six international countries.

**For more information, to order** a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at [Services@AdvancedClinicalNutrition.com](mailto:Services@AdvancedClinicalNutrition.com). Meanwhile, please browse [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing TV**



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shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on [YouTube.com/DrDonnaFSmith](https://www.youtube.com/DrDonnaFSmith), post questions on her blog at [DrDonnaSmith.blogspot.com](http://DrDonnaSmith.blogspot.com) and follow her on [Twitter.com/DrDonnaSmith](https://twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](https://www.facebook.com/DonnaFSmithPhD).

## E-Books by Dr. Smith

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- **Comprehensive Holistic Dental Health Program** – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (**169 pages** – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- **Fibromyalgia – A Clinical Nutrition Syndrome** (70 Pages).
- **Dr. Smith's Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions]** - (69 Pages).
- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **15 False Assumptions the Public Makes About Food Supplements** – (15 Pages)

## Disclaimer

Information is provided for nutritional education purposes only and not for the diagnosis or treatment of any medical condition, disorder or disease. Present laws indicate that the author must advise you to seek medical attention for your disease, if you have one. Choosing to do so, or not, is your constitutional right and you are ultimately the only person who is responsible for any decisions, risks or actions you take regarding the care of your mind and body.