



HEALTH CHEST – GETTING SET-UP

Follow-Up: Health Chest Telephone Consultation (1 of 3)

By Dr. Donna F. Smith

It was a delight to share the wonders and benefits of natural first aide and herbal, homeopathic remedies for home emergencies. Since 1975, my medical costs have been zero and Matt's have been zero since birth because of our clinical nutrition/naturopathic therapy and our Health Chest. Now that you have started your therapeutic program, your Health Chest Telephone Consultation and the following supportive educational documents and products lists, will assist you in setting up your Health Chest., formerly called "Medicine Chest." So, let today be the start of your zero medical costs and the ongoing poisoning of your mind and body through over-the-counter (OTC) drugs, whether previously used orally, applied to the skin or inserted into a body opening, by also getting your Health Chest set-up as quickly as possible.

Health Chest Supportive Documents and Products Lists:

1. **"Updating Your Medicine Chest to a Health Chest"** (section #10 of PEP Binder)
2. **"What Is A Nutritional Emergency"** (section #3 of your PEP Binder, attached to your first "Therapeutic Supplement Program of Care.")
3. **Client Handbook, Chapters 9-15**, regarding Cleansing Signs and Healing Crisis, for additional information about when to use items from your Health Chest, other than the obvious. Order your Client Handbook as soon as possible, if you have not already done so.
4. **Order Form for Health Maintenance (section #1 of your PEP Binder).**
5. **Your notes from your Health Chest Telephone Consultation. Insert them in your PEP Articles section of your PEP Binder.**
6. **Follow-up: Health Chest Telephone Consultation – Email attachment 1, 2, 3 of 3 – print them and insert them in the PEP Articles section of your PEP Binder.**

Health Chest Telephone Consultation Follow-Up Email Attachments

This is one of three Email attachments to follow-up from our Health Chest Consultation. Again, please print each and insert in the PEP Articles section of your PEP Binder. They include:

1. This Email attachment provides additional benefits and suggestions on how to get set-up in replacing over-the-counter (OTC) drugs with your Health Chest Kits.
2. Second Email attachment provides information on the various types of Health Chest Kits, including the Herbal First Aide and Microbial Kits, which are the two kits I recommend all clients set up first.
3. Third Email attachment provides instructions on how to get many of your Health Chest items/products at cost.



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ADDITIONAL BENEFITS OF THE HEALTH CHEST CONSULTATION

The Health Chest consultation, as you know, is a one-time 90-minute consultation. Yet, its benefits will serve you for the rest of your life. The remedies provided in each Health Chest Kit will not only help you in safely and effectively in acute and emergency situations, they enhance the healing process for more complete healing. Therefore, your investment in this appointment will pay you back a hundred-fold, or more, as they say. For example:

- 1. Reduces Emergency Room and Medical Costs:** Using these remedies will reduce and for many, even eliminate, periodic, frequent or ongoing doctor visits, emergency room visits, and out-patient care.
 - a. In other words, limiting these to true medical emergencies, like setting and casting a broken bone or suturing a large open wound. This can save hundreds to thousands of dollars, in the high costs of medical care today, save money in insurance deductibles, and save you from the adverse short-and long-term health challenges from hospital and emergency room drug side effects that results after medical treatments.
- 2. Saves Money** on over-the-counter (OTC) & side effects from using them.
- 3. Prevents Unnecessary Suffering, Creating More Health Challenges and Can Save Lives:** Getting set-up and staying stocked with your Health Chest Kits, allows you to respond quickly to any home, office, camping, or travel emergency or acute situation (cold, flu, food poisoning, etc.) so you can immediately eliminate or reduce suffering and recover faster, in addition to preventing more health challenges that occur when the injured or affected area does not receive what it needs to heal completely.

WHERE TO START

- 1. To order:** On the **Column #1 Dates of your Auto-Ship Schedule**, after providing your Inventory of therapeutic supplements, type **“Special Order”** and list the products you want for your Health Chest. Of course, if you have an accidental injury (cut, burn, insect bite, etc.) or symptoms of germ exposure (a cold or flu), prior to getting set-up, call our office immediately and we can mail out to right away.
 - a. **Please note that there are also other products listed in section #1 of your PEP Binder in the Order Form for Health Maintenance Products that are also beneficial for your Health Chest and Maintenance of Health.**
- 2. Set-Up Order:** (Ideally, set up the first two at the same time, if possible.)



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- a. **Microbial Kit**
- b. **Herbal First Aide Kit**
- c. **Other Health Chest Kit specific to your needs, if applicable. (See Email attachment 2 of 3)**
- d. **Then**, review your Medicine Chest for any other drug it contains and replace them with its healthier alternative.

Set-Up (Additional Suggestions):

1. **How Clients Get Set-Up:** Some clients set-up everything they need at once, some order one kit at a time. For example, one kit per month. Others, begin setting up their Health Chest after their Dietary Consultations to manage their budget easier. Some on a more limited budget may order 1-2 items within a kit each month, until they have completed one kit and then repeat this for the next kit, and so on.
2. **Getting set-up as soon as possible** and **staying stocked** is essential because the one of the major purposes for the Health Chest is to have onhand what is needed in an urgent or emergency situation, which by definition can occur unexpectedly, anytime. Therefore being prepared allows you to take timely action. Did you every notice that the onset of symptoms for most colds and flus is generally between 2 -4 a.m.? You will learn why in another consultation. What about Loss of Sleep? Once you have taken the appropriate action, your body will return to ease and you can return to your sleep. It is the wee hours of the mornings when you are suffering that you will appreciate your proactive efforts and investment in setting up your Health Chest.
3. **Stay The Course:** In the event you need to pace your getting set up, the most important thing is to not let the time it takes to do so, distract you from staying the course in your goal so as soon as is possible, your Health Chest is set-up to handle come what may. After all, even if it took you weeks, months, a year – that is only one year out of the rest of your life. Review “Consequences” for additional information on the importance of staying the course.
4. **Once Set-Up Stay Stocked:** A good rule of thumb is to replace any item in your Health Chest when the bottle or container is half-empty. This allows you to re-order according to our auto-ship schedule so that you do not run out before your replacement arrives. Fortunately, if your germ exposure and accidental injuries are minimal, you will not need replacements very often and many items will last you for years. However, again, not knowing when or how often you will need them, get set-up as soon as possible and stay stocked.



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CONSEQUENCES

When not prepared, you not only suffer longer and more severely, you open yourself to:

1. **Delays in Healing:** This can lead to turning a minor injury into a major one and you can create more health challenges than you would have otherwise had, if you had your Health Chest set-up and are ready to take immediate action.
2. **Microbial (Cold/Flu) Kit Not Set-Up:** When this kit is not set-up prior to the onset of germ exposure, you will allow time for the germs to multiply rapidly, making your symptoms worse, and opening the door for them to bury and settle into some tissue that will require more than the Microbial to detoxify germs.
 - a. Remember, clinical and subclinical cellular and tissue detoxification will take “Therapeutic, Clinically-Formulated” Supplements, like those on your Program of Care (POC), not Health Chest supplements.
 - b. So, using Health Chest supplements effectively is your first line of defense when exposed and can prevent further suffering and the time, energy and money required for a therapeutic program.
3. **Resorting to Over-The-Counter (OTC) Drugs:** When your Health Chest is not set-up, it is very easy to resort to using OTC drugs again. Consequences in doing this include: delays and incomplete healing, making your body toxic again or more toxic if you are still in the process of detoxifying chemicals and metals from your body through your therapeutic program, and creating more health challenges for yourself, due to drug side effects. .
4. **Costing More Money Due To Overnight Mail Ordering:** paying for overnight, even second day, delivery always costs more, than ordering when there is no immediate need. In fact, the overnight delivery fee is almost the cost of the First Aide Kit and 50% of the Cold/Flu Kit. I added this because, unfortunately, this is exactly what occurs for those who do not plan how they are going to set up their Health Chest and follow-through on that plan, i.e., stay the course until the task is done. At least this is true for our clients who have a higher standard of care for their body and are committed to not resorting to OTC drugs and making their body toxic with those chemicals and metals again.

Unfortunately our society has been conditioned to being a “reactive” vs. “proactive.” Setting up your Health Chest is one of the most important proactive steps you can take to break this pattern. Otherwise, you continue to perpetuate the reactive state that forces you into using



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drugs and other medical treatments that could, otherwise, be avoided. There is nothing like the feeling and reality of being in control of your health by having remedies at your finger tip that you know are safe, effective and enhance healing.

Now onto the Health Chest Follow-Up Email attachment 2 of 3, which will provide a list of the types of Health Chest Kits, a list of the items in the first two Health Kits to set-up, and is followed by Follow-Up Email attachment 3 of 3 to show you how you can get many of the products/items in your kits at cost.

ABOUT THE AUTHOR:

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

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

She also writes nutrition and health related e-books, e.g. **“Fibromyalgia – A Clinical Nutrition Syndrome”** (70 Pages. PDF) and **“Dr. Smith’s Hair Color Restoration Program – Anti-Grey Solutions”** (57 Pg. PDF).

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 correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.

From the findings of these scientific Laboratory Reports, Dr. Smith designs and dispenses therapeutic, whole food supplements, available only through nutritional health care providers, and a Dietary Plan, which is a list of foods selected for the food chemistry's positive effect on the individual's biochemistry, which is also based on test results.

Dr. Smith's Clinical Nutrition Services are also provided to **Healthcare and Fitness Providers**, who want to offer clinical nutrition services to their patients/clients, yet do not have the time or training to do so.

Clinical Nutrition Testing, Therapy, and Personalized Dietary and Lifestyle Education Services are provided by mail, e-mail and telephone consultations. A.C.N. clients



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save money as there are no in-office appointment fees, gas expense to/from appointments or time away from home or work for nutritional services. Lab Kits are mailed to the clients' homes, where they collect the samples and mails them directly to our Labs.

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 36 U.S. States and five 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. Meanwhile, please browse 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 shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on YouTube.com/DrDonnaFSmith, post questions on her blog at DrDonnaSmith.blogspot.com and follow her on Twitter.com/DrDonnaSmith and Facebook.com/DonnaFSmithPhD.

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