



HEALTH CHEST KITS

Follow-Up: Health Chest Telephone Consultation (2 of 3)

By Dr. Donna F. Smith

Policy Note: Prices as of 1/1/10 - may change without notice, current prices will be charged.

TYPES OF HEALTH CHEST KITS

Before providing the Basic Herbal First Aide Kit and Microbial Kit (Colds/Flus), which are the first two kits that all clients require in order to be prepared for the most frequent home emergencies, I have listed some of the other kits that can be purchased for specific needs, and even these may be customized for your unique needs, when indicated. For example:

1. **DIGESTIVE KIT** - This contains what you need for gas, bloating, heartburn, acid reflux, GERD, nausea, stomach pain, constipation, diarrhea, food poisoning, etc.

2. **ALLERGY KITS** - There are two types of Allergy Kits to assist our clients in acute symptoms until they either attain optimal healing and no longer have acute symptoms or they have improved significantly to be able to use their allergy kit on an as needed basis, which is much healthier than allergy drugs or shots, depending upon which their body is capable of, depending upon when they started their therapeutic program and the body's ability to heal at that time. Clients are often surprised to find that their body can heal itself, even for those who have suffered with allergies for many years.
 - a. Food Allergies and
 - b. Environmental Allergies (Hayfever, Asthma, etc.)

3. **DENTAL KIT** – The next Email attachment(3 of 3) provides some of the key products for the dental kit, but not all. You need to set-up a Dental Kit for the following reasons:
 - a. **Dental Office Visits:** Your Dental Kit is excellent to use before and after any dental appointment to detox chemical and metal solutions used in cleaning teeth or when dental procedures of any kind are used.
 - b. **Tooth and Gum Remedy** – If you have a toothache, your dental kit has just what you need. In fact, you simply pack the achy tooth with the herb and oil mixture (poultice) in your kit, go to sleep, and 99% of the time you wake up without a toothache.



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- c. **Abscess** – Your dental kit has a therapeutic supplement program that is very effective when you have an abscess. In less than two weeks (often within a few days to one week), your teeth and gums are healed. Dentists will not clean teeth when a person has an abscess and will prescribe an anti-biotic, asking the patient to return in two weeks. Our program is more effective and safely heals teeth and gums without side effects, like an anti-biotic that also leaves you with Dysbiosis.

 - d. **Dental Surgeries & Procedures (Mercury/Amalgam Filling Removal, Implants, Root Canals):** Please schedule a telephone consultation with me before having any of these done as there are healthier solutions that what the public has been told by their Dentist and the Dental Industry.

 - e. **Holistic Dentistry:** For an introduction, read my website article on “Holistic Dentistry.” Click here for a link to Library of Articles web page: <http://www.advancedclinicalnutrition.com/articlesbydrsmith/libraryofarticles.html>
 - i. Note: Because holistic dentistry is founded in standard dentistry practice, it is just holistic dentist use non-toxic dental substances and procedures, dental insurance covers holistic dentistry.

 - f. **Minerals & Mercury Fillings Removal:** An Important article I wrote about information that most people do not know about regarding Minerals and Mercury Fillings Removal is included in my past newsletter on “**Improving Mental Health.**” Using your subscriber passcodes and click here to open this newsletter in our Newsletter Archives:
 - i. <http://www.advancedclinicalnutrition.com/newsletterpastissues/newsletterpastissues.html>

4. TRAVEL KIT - This contains what you need when you travel.

- a. Each TRAVEL KIT has some basic items that are needed everywhere you travel and then customize according to your destination. Someone going to Old Mexico, Bahamas, Turkey, London or to the East, Middle or West Coasts of the U.S. may require an herb or homeopathic, for example, that the other destinations would not need.

- b. Also, your immune system is acclimated to your geographical region, so whenever you travel outside your city limits, especially beyond terrain that is similar to your residential area, your travel kit is customized accordingly.



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- c. Therefore, whenever you plan to travel, schedule a Travel Kit Telephone Consultation with me to discuss what you will need.
 - d. All Travel Kits include your Herbal First Aide and Microbial Kits. Some of the most frequently customized Travel Kits include remedies for food poisoning, diarrhea, motion sickness, and poison ivy/oak. Email attachment3 of 3 provides a few key products in a basic travel kit. However, customizing your kit is still needed according to destination.
5. **SCARS (INTERNAL/EXTERNAL) KIT:** With your Initial Health History and Symptoms Questionnaires, you completed the Scar Trauma Body Chart indicating where you have scars, tattoos, vaccination puncture sites, etc. If you have not read my article on this subject, please do so as this applies to every client and is essential to your body's ability to heal and stay healthy. Once you completed your full body scar detoxification program, this kit is used whenever you get a new scar to prevent new scars from blocking energy, blood, nutrients, lymph fluids and causing a myriad of health challenges as your current scars are doing. Please mark your calendars for six to nine months after starting your initial therapeutic supplements as this is an ideal time to detoxify your scars.

FIRST TWO HEALTH CHEST KITS TO PURCHASE:

#1 Kit – Microbial (Germs) Kit for Cold/Flu:

Follow the instructions in your Health Chest pamphlet exactly as written and contact our office for an urgent consultation if after doing so you do not feel better within three days. Because you have not been on your therapeutic program long enough to strengthen your immune system, any time you do not get eight hours minimum of sleep, or physically work harder than what is normal for your everyday life, your resistance is low and you are more susceptible to germs and worms. Therefore, this kit contains what you need for a cold or flu - runny nose, coughing, congestion, wheezing, achy joints, germ-related digestive upset, vomiting, diarrhea, etc. If you have hoarseness, please schedule an appointment for additional instructions.

1. Two (2) Virus Detoxosode (\$20 each)
2. Two (2) Bacteria Detoxosode (\$20 each)
3. One (1) - Antronex (330T) \$34
4. Two (2)- Herbal Throat Spray (\$19 each)



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- a. Keep one in purse or pocket whenever away from home.
- b. If you work outside the home, purchase a third one for the office or work space now or later. I have one at my office desk, in my Health Chest, in my purse and in my travel cases, ready for my next trip. This has been a key to keeping me healthy for years.
- c. Remember, you can totally avoid all symptoms above when you spray your throat at the moment you feel a scratch or tingle at the back of your throat.
- d. Whenever you are going to be in a crowd of people (church, parties, etc.), spray your throat before leaving home and immediately upon returning from the event. If it is a long event of two hours or longer, spray your throat every two hours.

Microbial Kit Consequences:

1. **Must Keep Two Bottles of Virus & Bacteria On Hand At All Time:** Why? It is not uncommon to have a double virus or bacteria and two bottles is required in these cases. For example, you start to improve and a few days later you feel sick all over again, this is typical when you have been exposed to a new virus or bacteria on top of the active one you are currently detoxifying. When you have this on hand and follow the instructions in your Health Chest pamphlet (section #10 of your PEP Binder), you will generally begin to feel better within 24 hours when you start the right detoxosode at the onset.
2. **Not Starting Detoxosodes At Onset of Symptoms:** If you allow three or more days to go by without using your Microbial Kit, germs can multiple and travel deeper into tissue and then it can take weeks to recover and often requires more than the above to heal. However, even in these cases, if the germ was going to last 3-4 weeks, starting your Detoxosodes within the first week will still reduce the duration in half. However, you may not begin to feel better within 24 hours and be back to normal in 3 days, unless you take the specific detoxosode for the germ you have at the onset of symptoms.

#2 Kit - Herbal First-Aide Kit (retail prices rounded up to nearest dollar)

You may order all of the below from us or you may order #7 and #8 from us and #1-#6 at cost directly from the product company, **Nature's Sunshine Products**, by setting up a membership account. The next Email attachment(Follow-up 3 of 3) provides instructions on how to set up



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your account through their website and how to place your first order for #1 - #5 or #1 - #6, if you so desire.

1. One bottle of **PLS II 100 Capsules** \$25
2. One bottle of **Aloe Vera Gel** \$15
3. One bottle of **Tei-Fu Oil** \$13
4. Any other items you want to add to Health Chest at this time that are from Nature's Sunshine Products, Inc. and listed in the **Health Chest Pamphlet**, shared at your **Health Chest Telephone consultation** or listed on the **Order Form for Health Maintenance**.
5. **BP-X and Chickweed** – natural tetanus prevention. Take 10 capsules from each internally for three days and open up a capsule of each and add to your poultice to apply on the injury site. Ex: on the bottom of your foot if you stepped on a rusty nail.
 - a. Note: Chickweed is great for the skin and to detoxify fat from fat cells. One my California Jet Set clients shared that this was her secret to not needing a face lift, like all of her friends. She takes 6-10 capsules religiously every day.
6. **Peppermint Oil** – (include if you have children or grandchildren; Peppermint Oil is also beneficial for adults.)
 - a. Put a few drops in your palm and add a few drops of pure water, blend and rub on your chest or your children/grandchildren's before going out into the cold weather and this can boost their immune system to prevent colds and flus.
 - b. Teething Infants – rubbing Peppermint and/or Clove oil on gums can give some (not all) relief from teething.
 - c. Infants on Man-Made Formulas grow up with a lot of food allergies, digestive weakness, and both of these set the foundation for a myriad of other health challenges as children, adolescents and when they are adults. . So if the mother is not open to switching to Goat's milk or even better breast feeding, putting 1-2 drops in the formula will help them digest the formula better.
7. Calendula Ointment – order this from us.
8. Wheat Germ Oil – order this from us.



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Natural Suturing

1. Using a poultice of PLSII, Aloe Vera Gel, Tei-Fu, Calendula Ointment and Wheat Germ, according to your instructions in the Health Chest pamphlet and consultation, is a natural suturing of the skin whenever it has been opened or punctured.
2. Use the above to speed healing in the event of medical suturing from surgery or performed in an Emergency Room or physician's office.
3. Follow with a Medi-Body Pack once healed to dissolve internal scarring that is not seen, as well as external scarring that is seen, if there is an external scar after using Calendula Ointment/Wheat Germ Oil as directed.

Standard Medical First-Aide Supplies:

In addition to the above Herbal First-Aide Kit, you will also need:

1. bandaids,
2. gauze pads,
3. waterproof tape,
4. wrap-around bandages.

HEALTH CHEST PRODUCTS – WHERE TO ORDER

Below is a list of where to purchase each item for your Health Chest.

Advanced Clinical Nutrition:

1. All Detoxosodes (Alcohol, Allergens/Antigens, Bacteria, Chemicals, Dentals, Food Additives I, Food Additives II, Fungi/Yeast, Free Radicals, Metals, Nematodes (Large Worms), O/S (Organs/Systems), Parasites (Small Worms), Pollution – Air, Pollution – Environs, Nematodes, Radiation, Rickettsia, Tobacco, and Virus.
2. Antronex 330T
3. Herbal Throat Spray



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4. California Poppy 200 ml.
5. **Wheat Germ Oil** (for a whole food Vitamin E) – 90 gelcaps
6. **Calendula Ointment** – use with Wheat Germ Oil for scar prevention. Preventing internal and external scarring is more important than just preventing how the skin looks when scarred. To understand how serious scars really are, read Dr. Smith's article on Scars, Tattoos, and Vaccination Sites. This has been provided in your PEP Binder and is also available on our website.
7. **Sinusin** – Homeopathic Nasal Spray for people who have chronic sinus infections or have been on prescribed or over-the-counter nasal drug sprays for months and years and need repairing from damage to sinus membranes from the chemicals in drugs.

Health Food, Local Grocery or Superstores (like United MarketPlace, Whole Foods Stores):

1. Organic, local honey
2. Braggs Apple Cider Vinegar (Note: In a pinch, Heinz 100% Pure Apple Cider Vinegar can be used also, however, Braggs is preferred).
3. Plain Clear Gelatin – one box of individual packets is generally sufficient.
4. Keep one fresh lemon on hand at all times for disinfecting cuts, insect bites, etc. (For those who have completed their Dietary Consultations will know how many additional lemons to keep on hand for their therapeutic and maintenance Dietary purposes.)
5. Organic Iceberg lettuce (if needed for occasional hang-over)

From Nature's Sunshine Products, Inc.

All other items listed in your Health Chest pamphlet and/or was provided verbally at your Health Chest Telephone Consultation, not listed above, are Nature's Sunshine Products and you may purchase them from us or following the information in the third Health Chest attachment (3 of 3) to set up a membership account with and order directly from Nature's Sunshine Products, Inc. (continue reading below)



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Be Proactive and Not Reactive:

Soon you will be using the practical application instructions easily and confidently that you have received:

1. at your Health Chest Telephone Consultation,
2. within these three Health Chest Follow-Up Email Attachments (1, 2, 3 of 3)
3. Health Chest Pamphlet,
4. Order Form for Health Maintenance
5. Herbal Foot and Body Bath (website article) and
6. any future announcement, newsletter, articles, or consultation, when received.

Each time you use your Health Chest Kits, you will get warm fuzzies just knowing that what you are using is safe, effective, no side effects, and actually enhancing your health. This means that you are always better after using them, than you were before -- not just because of its immediate short-term benefits, but because it has long-term health enhancing benefits, too. You may also “Congratulate” yourself as you have taken another step in eliminating one more area of chemical pollution from your lifestyle.

Therefore, please be proactive and set up your Herbal First Aide and Microbial Kits, as quickly as possible. Look at the contents of your Home and Office Medicine Chests and replace those items with its healthier alternative as listed in the above documents.

Remember, that it is when you have an urgent or emergency situation that you need these and these events come unexpected and often without warning. So if you are not proactive, you can cause yourself undue suffering, delays in healing and cost you in UPS Overnight shipping for us to send what you need. **Or, even worse**, you may resort to over-the-counter drugs again, which is going to be putting more chemicals into and deplete more nutrients from your body, for which your therapeutic supplement program is currently working diligently to detoxify toxins from and replenish nutrients in your cells and tissues. So help your body by being prepared before you need the above.

Conclusion

Thank you for the opportunity to share this gold mine of information that I have used since 1975, Matt was reared on since birth in 1985, and I have shared professionally since 1981.

In closing, please note that **only the specific brands from the specific product companies I use do I endorse** as they have a proven track record for being safe and effective for short- and long-term use and healing effect. They do exactly what I shared with you in your telephone consultation and the above documents. Therefore, when you use them, if you do not get these results, call for a **Free Clarification Consultation**.



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Please note: Should the Clarification consultation reveal that the reason you are not getting results is due to something within your own body or some other factor not related to clarifying these instructions and/or these other factors need to be addressed so you can get these results, there will be a fee for your consultation as the consultation would not be for clarification, but for therapeutic advice.

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. This author's intention is to provide health care education from a nutritional biochemical perspective so you are equipped to make an informed decision.