



# LIFESTYLE COACHING

## Introduction and Guidelines

Dr. Donna F. Smith

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### About Step 1 & 2 of 2

**Step 1 of 2:** Printing and reading this document is Step 1 of 2 which provided to introduce and define the **Lifestyle Coaching Educational Series** and provide **Educational Guidelines** regarding educational telephone consultations and documents provided on its web page. A document may refer to an article, form, chart, diagram, or video, whether verbal, audio or article/information video.

**Step 2 of 2:** After reading this, complete Step 2 of 2, which is to print the **Lifestyle Adherence Report (LAR) Check-List**. The Guidelines in this document will provide information regarding when to print and read other documents on this web page.

### What Is Lifestyle Coaching Education?

Clients are amazed as we proceed through this educational series at the various aspects of their daily lifestyle that they realize they have either taken for granted, have gotten use to, think is healthy that is not, or have had no prior information or knowledge that their health is being comprised by daily exposure.

Therefore, Dr. Smith will provide a “verbal walk-through” with each client in respect to every aspect of their lifestyle and share healthier alternatives where needed. This includes everything from head to toe on the human body, front to back door in the home and work place.

Much of the educational information in this series is provided verbally, accessed on other web pages, posted on the Lifestyle Coaching webpage or will be posted according to the individual needs (lifestyle) for each client.

Dr. Smith begins the **New Client Orientation Personal Education Program (PEP) Series** in the following order: Dietary, Lifestyle and then Mind-Body Connection providing practical application in the Principles (Laws) that govern the healthy function of the human mind and body and coaches on anything that would comprise, interfere, block or adversely affect its healthy function.

To succeed in the goal of becoming and staying healthy for the rest of your life also includes understanding the laws and principles which govern the healthy function of your mind and body in relationship to the laws that you are utilizing every day. Some clients may or may not be aware of these laws of physics, bioelectricity, etc. at work. Even when aware of a specific adverse effect or consequence, the client may not be aware of the cause and effect principle operating or how to correct this.

At the end of this series of consultations and written educational lessons, you will be well equipped to create a higher standard of health and living in this process of developing a “principle-centered” healthy lifestyle for yourself. To go to the next level will be the third series of Personal Education Program, which is the Mind-Body Connection



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Educational Series to assist you in the enhancing the whole person - mentally, emotionally and physically.

Perseverance in applying Lifestyle Education will, in due time, lead to “mastering” everything you have learned so that each step is as easy as brushing your teeth. To create the healthiest lifestyle possible for yourself and those who live with you, when applicable, will also require purchasing some specific health equipment. For example, a Reverse Osmosis Water Purification System to purify, not just filter, water for drinking and cooking. Having your own R. O. Purifier will over time save you thousands of dollars when you compare the cost over time of buying bottled water.

Other equipment will be required to purchase also. However, please note, though each item must be purchased to create the healthiest lifestyle for the client, even if it financially took 1, 2-or 5 years to purchase everything that is required, that is simply 1-5 years out of the rest of your life. And once included, you have the rest of your life to enjoy its health benefits.

Dr. Smith is very proud of you for your decision to raise your standard of health and living by completing each of the three series (Dietary, Lifestyle and Mind-Body Connection). If they have been presented in the order for which they were originally designed, **Congratulations** on completing the **Dietary Lifestyle Personal Education Programs (PEP)** and persevering to this place, where you are now ready to start **Lifestyle Coaching**. Once completing the Lifestyle Coaching, you will have dramatically reduced toxicity in your daily life and as you continue in your therapeutic supplement and dietary program, which provides both nutrient repletion and detoxification, you can be proud of yourself regarding the degree of toxicity that you are no longer exposed to and thus your body will be able to exponentially increase its healing pace.

To understand this better, think of this analogy. Relying on an air purification system to clean the air you breathe at home is essential. However, consider the difference when a client no longer uses toxic chemicals to clean their home. Not only are they breathing these chemicals when using them, they get into the air and settle in other places in their home, splash on their skin and are absorbed, settle into the fabric of living room furniture or kitchen chairs. Yet all that exposure in the home stops once the client is using non-toxic cleansers. Over time what a reduction in the total daily burden of toxic exposure? Can you imagine the health benefits? Can you imagine how much easier and faster the body can heal internally, when toxicity is greatly reduced or better still eliminated, wherever possible.

Dr. Smith has researched for healthier, non-toxic sources, integrated into her own home and shared this information with her clients for decades; thus, saving clients’ time, energy and money. Everything that related to lifestyle will be provided to her clients through the Lifestyle Coaching. As each client adds to the lifestyle principles, education



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and products to the dietary principles, education and products they are applying in daily life, their level of health and living will elevate to a new and higher level.

Completing the **Lifestyle Coaching Education** builds the walls up and around the dietary foundation build from the **Dietary Consultations**, as construction progresses in developing a principle-centered healthy lifestyle. This knowledge enhances client therapeutic programs, helps sustain healing attained, and in time, provides what is required to stay healthy and prevent disease.

### Educational Guidelines

1. Each Educational Consultation consists of:
  - a. Verbal educational information specific to this topic.
  - b. Web page educational documents to support verbal education.
  - c. Coaching in how to implement education.
  - d. Monitoring, clarifying and assisting in challenges in implementing education.
2. Please note in the not too distant future, verbal education information (#1.a. above) will be provided through videos (audio/visual/article) for a fee, just like telephone consultations. When this is available,
  - a. The guidelines/policies in this document will apply to the videos, also. At that time references to verbal educational telephone consultations will be replaced with the term "educational videos," whether the format of the video is visual, audio or article format (like power point or information articles).
  - b. Telephone Consultations at that time will be provided for # 1.c.d. above.
  - c. The frequency of consultations to be determined. Telephone consultations to provide 1.c.d. above will not require less number of total consultations.
3. Before or at each telephone appointment clients will be instructed regarding which documents to open and print. If requested to print before consultation, please read the document and prepare questions to ask at the end of the consultation. Clients will be instructed on which videos to review prior to each telephone consultation, when they are available.
4. Some documents (and videos when available) will be reviewed as pre-appointment "homework" and others will be reviewed with Dr. Smith at the consultation and may include post-appointment "homework."
5. Please insert printed documents into the **PEP Articles** section of your **PEP Binder**.



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6. You will save time if you also print each PDF and JPG documents on the webpage and insert them into your binder, as you will have them when Dr. Smith is ready to discuss them at their appropriate time.
7. However, reading any document prior to Dr. Smith requesting that you do so may lead to confusion and asking questions about documents that are not scheduled to be discussed at a consultation will prevent completing educational information that is to be discussed.
8. Though this is rare, should a client choose to discontinue this educational series prior to completing each verbal education telephone consultation, clients will be charged for all documents on the web page that have not yet been discussed at previous consultations. However, documents are provided at no additional charge when verbal educational consultations are completed regarding them.
9. Additional guidelines may be added specific to videos when they are available.

After you have completed the **Personal Education Program-Lifestyle Coaching Series Telephone Consultations or videos, when available**, you will be ready for the 3<sup>rd</sup> and last of the educational series, which begins with completing Steps 1 and 2 on the **Mind-Body Connection** web page prior to its first consultation. This web page pops-out from the **PEP Lifestyle Program** web page link in the **Table of Contents** of our website.

### 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.