



MIND-BODY CONNECTION

Introduction and Guidelines

Dr. Donna F. Smith

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 **Mind-Body Connection Educational Series** and provide **Educational Guidelines** regarding educational telephone consultations and documents provided on its web page.

Step 2 of 2: After reading this, complete Step 2 of 2, which is to print the **Mind-Body Connection Check-List**. The Guidelines in this document will provide information regarding when to print and read other documents on this web page.

What Is The Mind-Body Connection Education?

Because mental (and emotional) states of the mind, which includes attitudes and beliefs, affects the body and vice versa, Dr. Smith provides coaching in the connection between them for the purpose of Mind and Body Health Maintenance. This education also assists each client in improving mental and emotional health so they may attract their heart's desires and live a more harmonious lifestyle according to the laws that govern the healthy function of mind, emotions and body. .

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. This is the order in which most new clients would expect to be coached and to learn. However, contrary to what the public has been led to believe, illness and disease actually originates on the Spiritual, Mental and Emotional level of "being" in the human being and when not corrected at that level, in due time, adversely affects the physical level of being. Thus, ideally, the Mind-Body Connection series would be first.

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 connection between the mind and the body, such as:

- Understanding how your brain works, how it communicates to cells and tissues and vice versa.
- How to understand the language of symptoms.
- Establishing healthy beliefs about the body's healing potential and the client's own body's ability to heal,
- maintaining positive thought processes,



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- knowing what your emotions are communicating to you, especially those that the public has been led to believe are 'negative' emotions, and
- other principles (law) that govern the healthy function of mind and emotions, so they do not sabotage the "physical health" you are attaining through your dietary, lifestyle and therapeutic clinical nutrition supplement program, will be the focus of this series.
- Education on communication skills that are not commonly known will be provided.
- How to monitor your Anthropometrics.
- How to perform reflexology with charts for ears, hands and feet.
- The Spiritual Development of the Human Being. You will also be able to determine what level of spiritual development you are currently on, with information on moving through each higher level, no matter what your current religion or church affiliation
- And more.
- Therefore, the Mind-Body Connection webpage has been designed to support Mind-Body Connection Education Telephone Consultation with Dr. Smith to provide additional written mind-body connection educational information, checklists, forms and other tools.

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. This then will conclude your education in how to develop a 'principle-centered' healthy lifestyle for yourself - mentally, emotionally and physically. Consultations will continue for implementation purposes until principles have been mastered and consistently applied in daily life.

After this series, as you continue to integrate all the educational information and principles learned through the Dietary, Lifestyle and Mind-Body Personal Education Program series, you will be living in harmony with all these laws (principles) thus each day creating health, instead of through ignorance (lack of knowledge) and lack of application work against them, thereby, creating illness and disease in your life.

Perseverance in applying this education will, in due time, lead to "mastering" everything you have learned so that each step is as easy as brushing your teeth. This then leads to experiencing ongoing and consistent daily joy, peace, prosperity, harmony, even learning how to create less stress in your life. You will also learn how to change what you do not want/like in your life and attract what you like/love and want in your life.

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. If they have been presented in the order for which they were originally designed, Congratulations on completing the **Dietary and Lifestyle Personal Education Programs (PEP)** and persevering to this place, where you are now ready to start the **Mind-Body Connection PEP Program**. Once completing the Mind-Body Connection Series, you have concluded the **Personal Education Program** and have a strong



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foundation of knowledge to enhance your therapeutic program, sustain healing attained, stay healthy and prevent disease. Any education that you have not implemented or implemented, but not yet mastered will be the focus for consultations now until mastered.

Educational Guidelines

After you have completed the **Personal Education Program - Lifestyle Adherence Educational Series** and the **PEP-LAR Telephone Consultations** with Dr. Smith, you were asked to complete this Step 1 and then Step 2 on the **Mind-Body Connection** Web Page prior to the first Mind-Body Connection Telephone Consultation. Below are the Educational Guidelines for the Mind-Body Educational Series:

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.



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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.
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.

Having previously completed the **Dietary and Lifestyle Education Series**, once the **Personal Education Program (PEP) - Mind-Body Connection Educational Series** is completed, you have completed all three educational series. **Congratulations!**

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.