



**Article Review**  
**“Making The Right Dental Choices”**

**Important and Updated Information**

**Dr. Donna F. Smith**



# ARTICLE REVIEW

Holistic Dentistry Article - "Making The Right Dental Choices"

Dr. Donna F. Smith

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## INTRODUCTION

Dr. Smith has provided this "Article Review" for the Holistic Dentistry Article titled, "Making The Right Dental Choices" to provide some important and updated information. Please read this before or with this article.

The Column, Paragraph and the Page Number according to the numerical order on the website is provided below for quick reference, then followed by information update. The page numbers on the documents may be ignored. These are the text book page numbers and were left on the documents in the event an answer to a client's question requires referencing the information in its textbook.

## TITLE PAGES OF 17-PAGE ARTICLE

Though Dr. Smith refers to the Holistic Dentistry Article as "Making The Right Dental Choices," as you have observed it also includes some additional educational sheets with different titles. Therefore, so you may be assured that you have this information in its entirety, the title pages for this 17-page article has been listed below.

1. Making The Right Dental Choices – Pages 1-11.
2. Nine Key Questions To Ask Your Dentist – Page 12.
3. Mercury Toxicity From Silver Fillings – Page 13-14.
4. Dangers of Dental Anesthetics – Page 15.-16.
5. Dental Materials: The Best Choices – Page 17.

## REGARDING KEY QUESTIONS TO ASK YOUR DENTIST

Page 12 of this 17-page article provides, "Nine Key Questions to Ask Your Dentist." The emphasis is on "key" questions. As you read each of these 17 pages, you will observe other questions to ask your dentist, so be sure to read these 17 pages with a highlighter pen so you can mark the questions for quick reference to them later.



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## TESTING REFERENCES IN THE HOLISTIC DENTISTRY ARTICLE

As you are aware, not all medical and dental diagnostic tests are healthy for you. In other words, there are adverse biological and biochemical effects for the tests themselves in addition to their treatments and other procedures. Some of these tests will be discussed in this article. There is also healthier testing that can be performed, and some of these are shared in this article. In respect to testing Dr. Smith wants to communicate the following:

If a test is required that will "first do no harm" to her clients and Dr. Smith assess it is the best test to assess her client's biochemistry in respect to dental health, or any health challenge of mind or body, she may chose to order it for her clients. However, because of Dr. Smith's extensive training and clinical experience since 1981 in successfully helping her clients, her standard biochemical testing of blood, urine, hair, saliva and/or stool, along with other scientific-based nutritional assessments has proven to be sufficient testing ninety-nine percent of the time.



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## ARTICLE REVIEW BY DR. SMITH – PAGE NUMBER REFERENCES

### Page 2, Column 2, Paragraph 1

1. Page 2, Column 2, Paragraph 1 – Reference to Quantum Dental Health System Protocols developed by Dr. Bob Marshall and Dr. Randolph Aguilera.
  - a. Dr. Smith's Clinical Nutrition "Dental Health Programs" have evolved over decades of clinical experience successfully assisting her clients in improving their dental health, attending lectures by leading Holistic Dentists and by completing specialized Holistic (Biochemical) Treatment Training, such as the 'Quantum Dental Health System Protocols' developed by Dr. Bob Marshall and Dr. Randolph Aguilera. Note: some protocols related to dental procedures and others related to dental treatments, i.e., supplement protocols.
  - b. In respect to "supplement" protocols, from her clinical experience and the collective professional education and training, Dr. Smith's current Dental Health "Supplement" Programs evolved and have been used safely and effectively for decades.
    - i. Note: Not all supplement protocols recommended by the presenting Holistic Dentists, other Clinical Nutritionists and Naturopathic Doctors were based on the "whole food" concept of healing, and some that were, proved to be less effective than others, even less effective than those proven effective through Dr. Smith's clinical experience. Those that were based on the "whole food" concept and proven safe and effective through Dr. Smith's own clinical experience were integrated into her Dental Health Supplement Program.

### Page 3, Column 1, Paragraph 4

2. Page 3, Column 1, Paragraph 4 – Reference to "Candida."
  - a. The first step in healing Candida, the overgrowth of yeast, fungus and mold in the body, is discussed in the Dental Health Program e-book on page 33 and 34 in reference to parasite overgrowth and Dysbiosis. More information on Candida and Dysbiosis has also been provided on pages 6-8, in Dr. Smith's article on the "Dangers of Traditional Dentistry"



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- b. Starting the Dysbiosis Program in addition to Dr. Smith's dispensing specific therapeutic supplements for Candida to digest fungus, yeast and mold from the body. The Candida program also include nutrients that will absorb and dissolve pus that build-ups due to mucus membranes being irritated. The pus is also a protective measure of the body to entrap the active germs so that they do not spread and infect other tissue. However, if the body does not have sufficient energy and has other challenges in detoxifying the pus, as well as the dead germs, and their waste, all of this matter will settle in various tissue and these toxic substances will rot, and destroy the cells and tissue where they have been deposited.
- c. Candida causes a myriad of symptoms due to their spreading and infecting areas throughout the mind and body. Thrust (white film) on the tongue, generally, observed in infants is Candida passed from mother to child. This infectious germ can be transmitted sexually, so if one partner has symptoms of Candida and stool testing confirms that these symptoms are indeed caused by Candida, both partners must be tested and treated. The severe and final stage of the overgrowth of yeast, fungus and mold in the body is cancer.
- d. You may have observed this process if you have ever left food, like bread or cheese, in the refrigerator too long. Mold begins to grow in one small spot and yet if you did not throw it away, but left it there, over the next few days to weeks, you could return and observe that the mold had spread throughout the entire slice of bread or piece of cheese.
- e. What is known of cancer? Is spreads throughout the body in places that are deficient of oxygen. Fungus, mold and yeast grow in moist, dark, low oxygen places in the body and spreads throughout it over time. This is also the criteria for mold growth in homes, offices, and other buildings.
- f. The three primary sources or causes of Candida are as follows, and are listed starting with the most frequent cause:
  - i. antibiotics and other drugs that destroys intestinal flora, setting the environment for its overgrowth.
  - ii. mold in homes and other buildings
  - iii. sexual transmission.
- g. Therefore, because of the above, everyone has some degree of Candida growing in their body, today. In fact, in performing initial testing, Dr. Smith has yet to find a single new client that did not have moderate to severe Candida.



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- h. Perform an internet search for a list of Candida symptoms and see how many you currently have, if any. A client in early stages may not have had Candida long enough to produce symptoms, however, in time they will if this is not corrected as outlined above. In other words to starting both the Candida and Dysbiosis Supplement Programs at the same time, then continuing on the Candida until stool testing indicates it is no longer present. This will include at least 3 months due to the germ incubation period referred to on page 45 in the Dental Health Program e-book.

## Page 3, Column 1, Paragraph 7

### 3. Page 3, Column 1, Paragraph 7 – Reference to “nanized grade A Chlorella.”

- a. This is one of Dr. Marshall’s recommendations that Dr. Smith also dispenses to her clients in a metal detoxification in preparation for the mercury/silver filling removal dental procedure.
- b. Though a significant difference in Dr. Smith’s metal detoxification program is: From clinical nutrition analysis and experience in assisting her clients, Dr. Smith discovered the importance of providing metal detoxification when the levels of “essential minerals” on a **Tissue Mineral Hair Lab Report** indicates that heavy metals are being biologically released due to sufficiently raising minerals, which is also indicated on this Lab Report. (This was explained on page 12 in her article on “Mercury Filling Removal”).
- c. This is accomplished through a mineral repletion whole food therapeutic supplement program Dr. Smith designs for her clients that is started a number of months prior to scheduling their ‘whole food’ metal detoxification program in preparation for the mercury filling removal dental appointment.
- d. The number of months varies according to the individual needs of each client and, it is the Laboratory Report Findings, not the number of months that determines when the client is ready for the metal detoxification program and the scheduling of their mercury removal dental appointment.

## Page 4, Column 2, Paragraph 5

### 4. Page 4, Column 2, Paragraph 5 – Reference to “Arrowhead Spring Water and Ozarka Spring ozonated water in Section 5. Purified Water.”



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- a. Dr. Smith has not tested Arrowhead Spring Water as this is sold on the West Coast. However, she has tested Ozarka Spring water. Ozarka did test pure some years ago, but retesting of Ozarka water in 2008, it did not test pure.
- b. Dr. Smith professionally recommends and personally drinks and cooks with Reverse Osmosis Purified Water.
  - i. You will save money by owning your own R. O. purification system. For example: In one study, the purchase of a R. O. Purification System, which included the cost of changing its internal parts twice, was \$700; the cost to purchase R. O. purified bottled water at 50 cents a gallon, the cost at the time of the study was \$7,000.
  - ii. Dr. Smith ordered two different types of R. O. purifiers (above and below counter) and provides these at a discount to clients who are currently being provided clinical nutrition therapy. If you are interested in purchasing your own R. O. purification systems, contact Dr. Smith for more information.
- c. Dr. Smith has not tested every brand of "bottled water," though she has tested seven different brands available in her community. So far, Fiji and Penta tested more pure than the others.
- d. However, Reverse Osmosis purified water is truly the purest water available today. Some experts say Distilled Water is the purest. Distilled Water is pure, however if maintenance of the distiller is not performed with the highest standards of cleaning and hygiene, bacteria can grow and infect the water. Because most people live busy lives, attention to distiller maintenance can be overlooked. R.O. purified water is used in saline solutions in hospital I.V.s, and on ships and ocean liners to purify salt water.
- e. A few years ago, Dr. Smith lectured at the Sunrise Optimist Club and talked to one of the supervisors for her community's water plant. He reported that the city would be installing a Reverse Osmosis system for our city water. However, it would cost the city too much money to R.O. purify water safe for public drinking and that the system they were purchasing would be sufficient to remove enough of the toxins to prevent the slugs from clogging, rusting and other types of damage to the plumbing of city water. When they did install this system and announced it publically, nothing was mentioned about it not being an efficient system for drinking water. So if your





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community advertises a similar announcement, be sure to check further for more information before drinking, cooking or bathing in tap water.

- f. Chemicals, such as Chlorine, and heavy metals are entering the body through bathing. Dr. Smith has not yet found a Reverse Osmosis shower appliance, so the best that is available is a Shower filter, which at least removes Chlorine and other larger molecule toxins. Studies have shown that Chlorine causes cancer in the breast and genital areas of the body. The hot steamy water opens pores and gives Chlorine and other chemicals and metals quick permeability.

## Page 5, Column 1, Paragraph 1

5. Page 5, Column 1, Paragraph 1 – Reference to "9. X-Ray Protection..."

Dr. Smith recommends that you go one step further if you must have an X-ray, and that is to follow the instructions in "**Dr. Smith's Dental Health Program**" e-book on pages 16 and 17 regarding X-Rays and pages 57 and 58. Page 57 and 58 provides information on a Radiation Homeopathic that Dr. Smith dispenses to her clients to detoxify Radiation whenever they must have X-Ray.

## Page 5, Column 1, Paragraph 8

6. Page 5, Column 1, Paragraph 8 – Reference to "13. Caries Detector Dye."

Follow instructions for taking the Homeopathic as on page 57 and 58 in "**Dr. Smith's Dental Health Program**" e-book, for the "Chemical Homeopathic" whenever you must ingest, swallow or gargle with dyes in dental procedures. Depending upon the type of dye, another homeopathic may be a better match such as a Homeopathic for dyes in food colorings, or a general all-purpose Dental solution detoxifier.

## Page 5, Column 2, Paragraph 8

7. Page 5, Column 1, Paragraph 8 – Reference to "Dental Packs" for Mercury Detox.

More information on Dental Packs is available in the Dental Health Program e-book. This can also be used to detoxify any toxic substance, including mercury from fillings that leaks



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out into tissue of the mouth, onto other teeth, into the gums, etc. This is like a dental paste that is used as a pack inside and outside the mouth and then rinsed out. Duration, Frequency and other instructions not included in the e-book is individualized according to specific client needs.

## **Page 6, Column 1, Paragraph 5**

8. Page 6, Column 1, Paragraph 5 – Reference to "Avoid Non-Precious Metals In Your Mouth."

Page 57 and 58 in the Dental Health Program e-book provides information on what to do if you already have metals in the mouth or you choose to have a dental procedure in the future that includes metal implants. Hopefully, you will follow the healthier alternatives in "Making the Right Dental Choices.

## **Page 8, Column 1, Paragraph 4**

9. Page 8, Column 1, Paragraph 4 – Reference to "Dental Lasers."

Why should the professionals have all the fun, Dr. Smith dispenses lasers to her clients for a variety of bio-electrical purposes. Dr. Smith provides a short series of telephone consultations to coach clients on the adverse effects of Electro-Magnetic Fields (EMF), solutions for EMFs, which the laser is one solution, and how to use it for EMF and dental purposes.

## **Page 9, Column 2, Paragraph 5 (Continued on Page 10)**

10. Page 9, Column 2, Paragraph 5 (Continued Page 10) – Reference to "Getting the Right Bite."
- The importance of this cannot be emphasized too greatly. For Dr. Smith, this case history really hit this scientific fact home loud and clear. At one the annual Clinical Nutrition Conferences she attended in 1995, Dr. Warren, a clinical nutrition colleague and holistic dentist, lectured and shared the following:



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A female patient in her 40's presented with many symptoms of Multiple Sclerosis, one of which was dragging her left foot behind her when she walked. At the New Patient History Intake, among the questions were: 1) approximate date when the first MS Symptoms began to appear, and 2) a historical record of dental and medical interventions and procedures.

The first symptoms appeared a year or so after she had had dental work on a lower tooth. Dr. Warren suspected that her bite was off on that tooth and had results in manifesting MS symptoms after having a year of friction and grind on the nerve of the tooth, which permeated through her nervous system and affected multiple muscles.

He examined and measured the bite of the tooth in an open and closed position. In the opened bite position she could walk without dragging her foot. Her bite was off by 1/16<sup>th</sup> of the width of one strand of hair.

Then he surprised the doctors in attendance by asking the patient, who had accompanied him to the conference, to walk across the platform, demonstrating that since he corrected her bite, she could walk normally, i.e., without dragging her left foot, and shared listed all her MS symptoms that had abated.

He, then took a small, thin Mylar sheet, laid it between the originally affected lower and its upper tooth and asked her to bite down (closed position), thereby, reproducing this off-bite. Dr. Warren then asked his patient to walk across the platform again. This time, to everyone's amazement, she dragged her left foot

Look at a single strand of your hair and imagine 1/16<sup>th</sup> of its width. That is practically no width at all. That is how important it is that your dentist is skilled at matching the bite of the upper and lower teeth.

Dr. Warren's patient had been extensively examined and tested by many physicians and after many different 'let's try this drug' treatments by each, physical therapy, and other therapies, her medical diagnosed was "MS - Unknown Cause." Because her symptoms had manifested over a year after the error in her dental procedure, neither the patient nor her physicians and other therapist ever considered her dental history held the clue to the cause.



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## Page 9, Column 2, Paragraph (Last)

### 11. Page 9, Column 2, Paragraph (Last) – Reference to “cranial treatments.”

This reference to the “bite,” is one demonstration of what Dr. Smith was referring to in the Dental Health Program e-book (page 13) regarding Dental Health involving more than just teeth and gums, and how the neck and spine (bones) can adversely affect dental health.

## Page 10, Column 1, Paragraph 6

### 12. Page 10, Column 1, Paragraph 6 – Reference to “Nutrition To The Rescue.”

- a. Three months is the minimum amount of time to take the specific therapeutic metal detoxification supplements prior to removing mercury from fillings.
- b. However, since the publication of this Holistic Dentistry article and Dr. Smith’s discovery of an important factor in the mineral-metal connection of human biochemistry, that is not commonly known, Dr. Smith began assisting her clients in improving deficient minerals levels with a slow metal detoxification program as deficient mineral levels increased according to updated Tissue Mineral Hair Analysis test values. Therefore, the timing to start an intensive metal detoxification for Dr. Smith’s clients is individualized and based on hair test results.
- c. In case you need a refresher on this unknown factor, it is explained on page 12 in her article on “Mercury Filling Removal”, i.e., even if you are taking specific supplements to detoxify mercury, or any metal, from the body, **that the body will not release all of the mercury (or other metals) if you have mineral deficiencies.**

## Page 10, Column 2, Paragraph 5 (Continued to end of Page 11)

### 13. Page 10, Column 2, Paragraph 5 (Continued to end of Page 11) – Reference to “Testing For Mercury and Tooth Stress.”



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- a. Being aware of the above-referenced discovery (#11 above) by Dr. Smith, you will be able to see this discovery at work and other relationships between metals and minerals, when you read the limits Dr. Marshall has explained regarding the various tests that holistic dentists, physicians and other practitioners may use to determine mercury levels. For example:
  - i. the EDTA Challenge may perform a test for mercury levels, but the test itself can "pull out" other needed minerals. This test proves that when a method is used to remove metals, the result can lead to the removal of minerals too, which is detrimental, especially if the body is already mineral deficient.
  - ii. The SpectraCell Test (a blood test) tests mineral stores. However, if mineral levels are low, heavy metals may be suppressing mineral uptake (metabolism) or utilization. This test shows that the presence of metals suppresses the functions of essential minerals, which supports the importance of metal detoxification. However, metal detoxification has to be performed when minerals are sufficient, not deficient. Again supporting the unknown factor discovered by Dr. Smith.
  - iii. The DMPS Challenge Test, a medical test for mercury, has the most severe adverse effect on the body of all the tests mentioned in the article. As the article reads, the drug DMPS is intravenously (injected) to move mercury that is stored in tissues. However, when drug causes the mercury to move from these tissue sites (the safest place the body in its wisdom found to store the mercury) it moves not out of the body but to the brain and/or kidneys – which once there is even harder to remove. Obviously a test that should not be performed.
- b. Dr. Marshall also wrote the following about Tissue Mineral Hair Analysis;:
  - i. The hair test measures the amount of metals, like mercury, that the body itself has pulled out of their stored tissue sites and moved to the hair. Thus when the hair grows and breaks off from the head or is cut off from getting a professional hair cut, the mercury is removed.
  - ii. He also wrote that the hair test does not necessarily reflect true body stores of heavy metals. Dr. Smith explains this on page 12 in her "Mercury Filling Removal" article. What Dr. Marshall is referring to here is that a hair test measures the amount of metals the body has currently been able to moving



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out of the body through the hair. The hair test is not designed to test for the amount of metals in the tissue itself.

- iii. However, without realizing it, Dr. Marshall is also referring to the Unknown Factor discovered by Dr. Smith. In other words, as the body becomes more mineral sufficient, more and more of the metals will appear in the hair test as the body will then start releasing the metals. So though the hair test is not a test to measure the exact amount of metals in tissue, it is excellent to measure and monitor the activity of improved mineral sufficiency and the body's effectiveness in releasing metals from these tissue stores. Thus over time, the amount that 'was' stored in tissue is measurable.
- iv. As Dr. Smith has written in her article "Mercury Filling Removal," she has yet to find another professional who has discovered this unknown factor. The following two facts suggest that Dr. Marshall is not aware of this discovery either;
  1. In Dr. Marshall's writing here, he stated that the hair test "does not necessarily reflect true body stores of heavy metals." Testing tissue stores of heavy metals is not a purpose of the hair test. Hair is testing hair tissue, not other tissue of the body which is where metals are stored. When in the hair, the metals are moving out of the body, not staying there (i.e., hair is not a source for metal storage.)
  2. Stating "**does not necessarily** reflect true body stores" suggests to Dr. Smith that he has discerned some connection, i.e., that a hair test could reflect some beneficial information about tissue stores, even if it is not a test for tissue stores. However, since this would be the place to insert this unknown factor within this writing if he was aware of it, he has probably not yet made this discovery
  3. Dr. Smith will share this discovery with him at their next conference meeting.
- v. As Dr. Smith monitors this activity in client updated hair tests, she can determine the appropriate time to help the body speed up its detoxification of mercury or other metals by dispensing to the client, a specific mercury detoxification supplement program. In other words, the right timing for this detoxification program is when hair tests shows the deficient minerals levels



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have improved and at the same time, the test shows increases in metals in the hair, indicating that the body is releasing them.

- vi. If left to its own detoxification processes, the body may simply release metals in its own sweet time according to the amount of energy it has to do its own metal detoxification. This, however, is generally a slow detox process when energy is needed for other functional biochemical or biological processes or the body has a higher priority for the energy being produced, such as detoxification of parasites, its waste and infectious cells and tissue.
- vii. The latter has a higher priority because as long as they are present, live parasites keep multiplying and continue to spread and damage more and more cells and tissue, whereas, the damage from metals is localized to the tissue where it is stored. Therefore, though mercury and other metals have a damaging effect, the body considers metals a lower priority in comparison to using available energy to detoxify parasite.
- viii. Additionally, when the body is suffering from both metal and parasite toxicity, producing sufficient energy for normal biological and biochemical function, much less for detoxification, is quite a challenge. Client symptoms of ongoing tiredness to chronic fatigue is a sign of that the body is having challenges in producing sufficient energy for all of these purposes.
- ix. Monitoring the findings in updated hair tests, Dr. Smith and her client knows when they can help the client's body at this right timing to remove metals faster, i.e., when it is the right time for the client to start their mercury and other metal detoxification supplement program. Additionally, through a clinical nutrition analysis of blood and stool tests, parasites can be identified and a therapeutic supplement program can be provided to help the body detoxify parasites, too. By doing both, the client will also start experiencing an increase in energy, and tiredness and fatigue abates.
- x. Once metals, parasites, their waste and other decaying and dead cells and tissue have been detoxified, and replaced with new healthy cells and tissue, the body is able to produce more energy and this energy is now sufficient and available for both internal processes and mental and physical activity. A significant number of clients even report they have returned to the level of energy they had when they were in their 20's.
- xi. Dr. Smith also provides a **"Full Body Detoxification Supplement Program"** which will speed up the removal of toxic substances of all kinds, which



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includes parasitic waste and metabolic by-products. As stated before, if allowed to remain in the body they will store in tissue, rot and destroy the tissue where they are stored. This Full Body Detoxification clears toxic substances from the liver, gall bladder, bile duct, kidneys, bladder, stomach, small and large intestines and lymphatic system, i.e., all the elimination pathways, organs and glands.

## **Page 11, Column 1, Paragraph 5**

### **14. Page 11, Column 1, Paragraph 5 – Reference to "Quantum Reflex Analysis™ (QRA)."**

- a. Dr. Smith has completed extensive training in QRA testing and used this test for a number of years prior to closing her physical clinic on April 1, 2009, in order to provide all services virtually, by mail and through telephone consultations to local clients as she had always been providing to her long-distance clients. This decision to close her physical clinic so she could use her time for writing books, that was previously needed for in-office counseling and physical examinations, like QRA. .
- b. However, this has not impeded her effectiveness because of all the information above regarding her discovery of the unknown metal-mineral connection factor, and providing Tissue Mineral Hair Analysis, blood, stool and other biochemical tests. Lab kits are mailed to clients where they collect their specimen samples in the comfort of their own homes, send samples to our respective labs, and the Lab reports are sent to Dr. Smith for analysis.
- c. Then based on the clinical nutrition analysis of test findings, Dr. Smith then designs her client's personalized, therapeutic whole food supplement and dietary programs and UPS therapeutic supplements, dietary plans and Lab Reports to clients. Test results are then discussed at the client's Report of Findings Telephone Consultation and follow-up consultations and updated testing is provided to monitor progress, along with educational consultations to assist clients in making dietary and lifestyle changes.
- d. So though QRA is an excellent test as Dr. Marshall reports, it is not the only effective way for assessing mercury and other metals to provide timely therapeutic detoxification and nutrient repletion programs. Also, currently, there are not enough professionals like Dr. Marshall and Dr. Smith who have been





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trained in QRA so its availability is limited, i.e., it is still in its growing stages of professionals being trained in QRA.

## **Page 12**

### **15. Page 12 – Reference to "Nine Keys To Ask Your Dentist."**

As you are reading through the 17 pages of the "Making the Right Dental Choices" article, you will observe other questions to ask your dentist in addition to these key nine questions. Hopefully, you have been highlighting other questions so that you are thorough in communicating what you want your dentist to provide for you, in the event you are unable to travel to or find a local holistic dentist.

## **Page 13, Paragraphs 3, 4, 5 and 6**

### **16. Page 13, Paragraphs 3, 4, 5 and 6 – Reference to "leaky gut" and "beneficial flora."**

- a. The destruction of beneficial "friendly bacteria or flora" in the intestines by antibiotics and other drugs, causing leaky gut and Dysbiosis, has been explained in the Dental Health Program e-book on page 33 and 34.
- b. Therefore, part of the client's health restoration, mineral and other nutrient repletion and mercury detoxification programs, is correcting the leaky gut syndrome, and assisting the body in growing its own intestinal flora, which Dr. Smith's clients successfully accomplish through Dr. Smith's Dysbiosis Supplement Program, which is provided initially in the first few months of starting their clinical nutrition therapy and does not need to be repeated except in these cases:
  - i. The client takes an antibiotic or other drugs and destroys their intestinal flora again or is administered when in the hospital or emergency room for any reason.
  - ii. immediately after her client's have had mercury removed from their filling for the reasons provided in this section of this article or any dental procedure that could destroy intestinal flora..
  - iii. after having surgery for any reason.



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- c. As Dr. Smith shared on page 33 and 34, she is one of the few doctors who know which three herbs taken in a specific way will help the body grow its own intestinal flora again. Dr. Marshall is not aware of this protocol, or he would have included this information in this section of this article. In his list of two causes for leaky gut (chronic gut wall infection), he did not include a third cause, which is antibiotics and other drugs, that destroys the intestinal wall flora. Once destroyed, the state of Dysbiosis (lack of intestinal flora) allows for the gut wall to become infected, having lost its protection, and allows for overgrowth or proliferation of all types of germs and worms.

## **Page 14, Paragraph 1 and 2**

17. Page 14, Paragraph 1 and 2 - Reference to "Chlorella" – This has already be discussed in Article Review #2 on page 5.

In paragraph two, Dr. Marshall shares the fact that depression has a root cause in mercury toxicity. There are other causes, too, for depression and other brain-related symptoms, syndromes and conditions that physicians cannot explain or treat. So if you have any brain-related symptoms or diagnose and your physicians and psychiatrists have been unable to find a cause or help you completely, contact Dr. Smith for more information. This is includes depression, anxiety, phobias, ADD, ADHD, learning disabilities, short- or long-term memory loss, bran fog, mental fatigue, lack of concentration or mental clarity, Alzheimer's Disease or others.

## **Page 15**

18. Page 15 - Reference to "Anesthetics"

Though there are methods of anesthesia that are more harmful to the human body than others, all forms have biological and biochemical cellular and tissue consequences. Therefore, clients requiring anesthesia whether for dental or medical purposes, are advised to contact Dr. Smith, after returning home for a clinical nutrition chemical detoxification program. This will detoxify remaining and residual anesthetic chemicals used, repair damaged cells and tissue, assist the body in growing new healthy cells and tissue and thus, greatly minimize adverse effects.



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### 19. Page 17 - Reference to "For Implants"

In 2008, Dr. Smith attended an advanced QRA Training Conference and Dr. Marshall announced that through his and Randolph Aguilera, D.D.S. efforts a new dental material for implants that is biocompatible is now available. Therefore, Dr. Smith recommends contacting Dr. Aguilera if your local dentist diagnoses a need for dental implants.

## CONCLUSION

If you have any questions after reading this Article Review, the article, "Making The Right Dental Choices" itself and the other educational sheets that accompany it, please let Dr. Smith know.

## ABOUT DR. SMITH

**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.**

Some of her best selling e-books has 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 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



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

## E-BOOKS BY DR. SMITH

- Anti-Aging Personal Care Program (Hair, Skin, and Nails)
- Fibromyalgia – A Clinical Nutrition Syndrome" (50 Pages).
- Dr. Smith's Hair Color Restoration Program – Anti-Grey Solutions (57 Pages).
- Lyme's Disease – Clinical Nutrition Approach To Healing (27 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. This author's intention is to provide health



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care education from a nutritional biochemical perspective so you are equipped to make an informed decision.