



**Curriculum Vitae**

**1981 to Present**

**Dr. Donna F. Smith**



Curriculum Vitae

**Dr. Donna F. Smith**

**(940) 761-4045**

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## **MISSION, MOTTO, SLOGAN**

**MISSION** "Healthy Citizens Are The Greatest Asset Any Country Can Have!" Churchill, 1943

**MOTTO** "Be Healthy By Choice!" • "Take Time For Your Health Now or Make Time For Your Disease Later!"

**SLOGAN** "It's Best To Test Before You Buy.....Vitamins!" (Motto/Slogans by Dr. Smith)

## **CLINICAL & WORK EXPERIENCE**

1981-Present **ADVANCED CLINICAL NUTRITION** (Est. 1981)

Websites [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) (10/04/04)  
[www.WomenSportsNutrition.com](http://www.WomenSportsNutrition.com) (08/15/99 – 09/15/10) –In Revision

Services: Vitamin Deficiency Laboratory Testing (Blood, Urine, Saliva, Hair, Stool)  
Therapeutic Supplement Programs Designed Based on Test Results  
Dietary Analysis and Dietary Plans Based on Test Results  
Personal (Lifestyle) Education Programs  
Specialized Nutritional Support Programs for Medical Diagnosis

•  
Clinic 11/81 to 03/09 – Services Provided In-Office and Virtual  
04/09 to Present Virtual Clinic – Services by Internet, Email U.S., U.P.S.

•  
Clientele Clientele – 36 U.S. States and five International Countries  
Success Rate Success Rate over 90% Assisting Clients In Improving Health

1978 -1980 Shiloh Learning Center – Kalona, Iowa  
1979-1980 Teacher - 4-6<sup>th</sup> and 7-12<sup>th</sup> – Multiple Age Group  
1978 -1979 Administrative Assistant to Principal

1969 - 1978 - Employed at various hospitals, clinics and public health services in supportive staff positions in the following locations: Wichita Falls, Texas; Ft. Worth, Texas; Honolulu, Hawaii; and Spokane, Washington.

## **ONLINE QUICK LINKS**

### **WEBSITES & BLOG & TV SHOWS**

[AdvancedClinicalNutrition.com](http://AdvancedClinicalNutrition.com) (A.C.N.)  
[DrDonnaSmith.Blogspot.com](http://DrDonnaSmith.Blogspot.com) "Ask Dr. Donna" Blog  
[DrDonnaSmith.LifeMax.net](http://DrDonnaSmith.LifeMax.net) (Mila – Plant Source Omega 3,6,9)  
[YouTube.com/DrDonnaFSmith](http://YouTube.com/DrDonnaFSmith) Dr. Smith's Secrets To Healing TV Shows  
[SelfGrowth.com/Experts/Donna F Smith PhD ND CCN.html](http://SelfGrowth.com/Experts/Donna_F_Smith_PhD_ND_CCN.html)  
[Twitter.com/DrDonnaSmith](http://Twitter.com/DrDonnaSmith)  
[Facebook.com/DonnaFSmithPhD](http://Facebook.com/DonnaFSmithPhD)  
[Linkedin.com/in/DrDonnaFSmith](http://Linkedin.com/in/DrDonnaFSmith)  
[MarketAmerica.com/DrDonnaSmith](http://MarketAmerica.com/DrDonnaSmith)



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## **DEGREES AND CERTIFICATIONS**

### **Degrees.**

- **2002 - Ph.D. in Clinical Nutrition**  
HMCW, Holistic Medicine College of Wisconsin (accredited), Specialization in Nutritional Physiology and Functional Nutritional Medicine, Dissertation on “Nutritional Physiology Diagnosis of Pathological Aspects of Blood Chemistry Profiles,” Graduated 06/27/2002.
- **1993 - Canadian Chartered Herbalist, (C.H.),** Dominion Herbal College, Barnaby, Canada, 1993
- **1988 - Doctor of Naturopathy (N.D.),** Clayton College of Natural Health, Birmingham, AL, 1988.

### **Certifications and Specialized Training**

- **1996 - Certified Dietitian-Nutritionist (C.D.N.)**  
University of the State of New York, Education Department, Licensed No. 003160, 1996.
- **1991- Board Certified Clinical Nutritionist (C.C.N.)**  
Clinical Nutrition Certification Board (CNCB), National Certification No. 203, 1991.
- **1991 - Contact Reflex Analyst (C.R.A.),**  
Parker Chiropractic College (PCC), Dallas, Texas, Dick Versendaal, D.C., Ph.D., Instructor, 1991.
- **2007 – Certified in Advanced Quantum (Physics) Reflex Analysis (QRA)**  
Robert J. Marshall, Ph.D., C.C.N., DACBN, Instructor and Originator of Quantum Reflex Analysis (QRA), Austin, TX. Certified Training in QRA Examination for Quantum Physic Nutrition (Nano-Nutrition), 2006.
- **2008 – Nutrition Response Testing (NRT)**  
Freddie Ulan, D.C., Originator of Nutrition Response Testing, Ulan Nutritional Systems. Specialized Training in Neurological Switching of the Parasympathetic and Sympathetic Nervous Systems, Clearwater, Florida. 2008.



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## **POST-GRADUATE AND CONTINUING EDUCATION STUDIES**

- **“Reclaiming Vibrant Health: Molecular Perspectives for Living Younger Longer,”** 20<sup>th</sup> Annual Scientific Symposium of the International and American Associations of Clinical Nutritionists (IAACN), Baltimore, MD, 08/18/11 – 08/20/11. 16 CEUs
- **“Masquerading Illness, Common Clinical Dilemmas & Misdiagnoses,”** 19<sup>th</sup> Annual Scientific Symposium of the International and American Associations of Clinical Nutritionists (IAACN), Las Vegas, Nevada, 08/19/10 – 08/21/10. 16 CEUs.
- **“Nutrition Response Testing,”** Freddie Ulan, D.C., C.C.N., Ulan Nutritional Systems, Instructor: Joseph Teff, D.C., Dallas, Tx, 04/12/08 to 04/13/08, 12 CEUs.
- **“Role of Clinical Nutrition in Pre- and Post-Traumatic Care,”** 17<sup>th</sup> Annual Scientific Symposium of the International and American Associations of Clinical Nutritionists (IAACN), Baltimore, Maryland, 09/04/08 – 09/07/08. 16 CEU.
- **“Incorporating Clinical Nutrition in the Medical Therapy of Chronic Disease Syndromes,”** 16<sup>th</sup> Annual Scientific Symposium of the International and American Associations of Clinical Nutritionists (IAACN), Orlando, Fl., 08/30/07 – 09/02/07. 16 CEU.
- **“Quantum Reflex Analysis (QRA) – Level I”,** Robert J. Marshall, Ph.D., C.C.N., DACBN, Premier Research Labs, Irvine, CA, 01/06/07 to 01/07/07, 18 CEUs.
- **“Quantum Reflex Analysis (QRA) – Level I – Heal The Healers Intensive”,** Robert J. Marshall, Ph.D., C.C.N., DACBN, Premier Research Labs, Charlotte, NC, 06/01/07 to 06/03/07, 18 CEUs.
- **“Quantum Reflex Analysis (QRA) – Advanced”,** Robert J. Marshall, Ph.D., C.C.N., DACBN, Premier Research Labs, Austin, Tx, 11/16/07 to 11/18/07, 18 CEUs.
- **“Exocrine Physiology: Support in Chronic Inflammatory and Auto-Immune Conditions,** 15<sup>th</sup> Annual Scientific Symposium of the International and American Associations of Clinical Nutritionists (IAACN), San Diego, CA, 09/07/06 to 09/10/06, 18 CEUs.
- **“Endocrine Physiology of Healthy Glands and Hormones,”** 14<sup>th</sup> Annual Scientific Symposium of the International and American Associations of Clinical Nutritionists (IAACN), Orlando, Fl., 09/01/05 to 09/04/05, 19 CEUs.



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- **“Nutritional Advancements in Pediatric and Adolescent Care,”** 13<sup>th</sup> Annual Scientific Symposium of the International and American Associations of Clinical Nutritionists (IAACN), New Orleans, LA., 09/02/04 to 09/05/04, 18 CEUs.
- **“Fibromyalgia and Chronic Fatigue Syndrome”** by Dr. Janet Lang, Course Approved by Texas Chiropractic College, Sponsored by Curt Hamilton, Dallas, Tx 06/12/04 - 06/13/04 12 CEU Hours.
- **“Longevity, Vitality and Anti-Aging Medicine,”** Sponsored by Curt Hamilton, Course Approved by Texas Chiropractic College, Dallas, Tx 03/13/04 - 03/14/04 12 CEU Hours.
- **“The New Balancing Female Hormones,”** by Dr. Janet Lang, Course Approved by Texas Chiropractic College, Sponsored by Curt Hamilton, Dallas, Tx 08/23/03 to 08/24/03 12 CEU Hours.
- **“Veterinary Clinical Nutrition: Are You Using It Effectively?”**, Sponsored by Standard Process Laboratories, Dallas, Tx. 06/07/03-06/08/03. 12 CEU Hours.
- **“Multiple Components of Weight Management: A Major Challenge for the 21<sup>st</sup> Century,”** Eleventh Annual IAACN National Scientific Symposium, Chicago, Illinois, 08/29/02-9/01/02, 20 CEU hours.
- **“Results and Profits in Clinical Nutrition Practice,”** Michael Wald, D.C., C.C.N., Eleventh Annual IAACN National Scientific Symposium, Chicago, Illinois, 08/28/02, 7 Workshop Hours.
- **“Advanced Applications of Natural Therapies,”** Dr. Michael Dobbins, D.C., Omni Dallas - Park West Hotel, Dallas, Texas. Fundamental Principles of Food Concentrates and Phytotherapy; Gastro-Intestinal, Female & Male Endocrine, Renal, and Cardiac Dysfunctions; Neuro-degenerative Syndromes, Arthropathies, Cancer, Respiratory (Asthma), and Weight Loss. 12 CEU hours.
- **“Expanded Therapies to Enhance The Clinical Nutrition Approach to Chronic Degenerative Illness,”** IAACN’s 10<sup>th</sup> Annual National Scientific Symposium, Orlando, Florida, 08/29/01-09/02/01, 18 CEU hours.
- **“Unmasking and Treating Chronic Infection To Manage Chronic Disease,”** 9<sup>th</sup> IAACN National Scientific Symposium, Las Vegas, Nevada, 08/24/00-08/27/00, 17 CEU hours.
- **“Degeneration and Regeneration in Our Toxic Environment,”** 8<sup>th</sup> IAACN National Scientific Symposium, Orlando, Florida, 09/02/99-09/05/99, 15 CEU hours.
- **“The Biochemical Technology of Hormonal Repletion, Longevity and Anti-Aging Protocols”**, Texas IAACN Symposium, Austin, Texas, 02/20/99-02/21/99 16 CEU hours.



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- **“Applied Clinical Nutrition and Contact Reflex Analysis Extravaganza”**, Drs. D. Versendaal, Michael Dobbins, Mark Anderson, Parker Chiropractic College, 10/29-11/1/98 - 20 hrs CEU - (Total CRA Hours - 121)
- **“Correcting Metabolic Dysfunction in Cognitive and Psychological Disorders Through Enhanced Clinical Nutrition,”** 7<sup>th</sup> IAACN National Scientific Symposium, Las Vegas, NV, 08/24/98 to 8/27/98 & Syllabus Study Course. 19 CEU
- **“Clinical Insights into Human Immunology (Basics to the Cutting Edge),”** 7<sup>th</sup> IAACN Texas Scientific Symposium, Austin, Tx 04/25/98 to 4/26/98. 12 CEU
- **“The Pathophysiology of Toxicity,”** Robert A. Rakowski, D.C., C.C.N., D.A.C.B.N., D.I.B.A.K., Dallas, Tx, 03/98. 8 hours
- **“Clinical Nutrition and Clinical Neurology,”** IAACN National Scientific Symposium, Orlando, FL, 08/28/97 to 08/31/97- Syllabus 16 CEU
- **“The Inflammatory Disorders,”** Jeffrey S. Bland, Ph.D., Dallas, Tx 1997 8 hours
- **“The Perfect Practice of Nutrition,”** Dr. Brad Rachman, Dallas, Tx 1997
- **“Diagnosis and Treatment of Arteriosclerotic Disease,”** Michael Cessna, D.C., D.A.B.C.I., Dallas, Tx, 08/12/97 to 08/13/97. 12 hours
- **“Health Coach Systems,”** Sunrise Ranch, Loveland, Co 1996 **10-Day Clinical Nutrition Therapeutic, Patient Education and Administrative Protocols/Procedures.** 80 hours
- **“Nutrition Defense In Response To Foreign Invaders; 1996 Breakthrough in Virology and Bacteriology/Microbial Health,”** 5<sup>th</sup> IAACN National Scientific Symposium, San Diego, CA, 09/06/96 to 09/08/96 & Syllabus. 14 CEU
- **“Nutrition For Hormonal Health,”** 4<sup>th</sup> IAACN National Scientific Symposium, Dallas, Tx 09/14/95 to 09/17/95 & Syllabus. 19 CEU
- **“Applied Reflexology and Trophology,”** Contact Reflex Analysis and Applied Clinical Nutrition, Dick Versendaal D.C., Ph.D., C.R.A., 06/91 and 06/92 (16 hrs), and through Parker Chiropractic College, (45 hrs) CEU 06/93, 06/94, 06/95; 02/27/99 (Also see CRA Extravaganzas)
- **“Contact Reflex Analysis & Applied Nutrition for Dental & Neuro-Emotional Perpetuators.”** Dr. Don Warren, D.D.S., F.A.H.N.P., 10/91, 10/92, 10/93, 10/94, 10/95, (40 hours); Dr. Jack Caputo, 06/95 (8 hours). 101 Total Hours



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- **“Health Coach Systems,”** Aspen, Co, 1995 **10-Day Clinical Nutrition Therapeutic, Patient Education and Administrative Protocols/Procedures.** 80 hours
- **“Women and Children Health Update,”**3<sup>rd</sup> IAACN National Scientific Symposium, Dallas, Tx 09/94 & Syllabus. 16 CEU
- **“Advanced Diagnostic Blood Interpretation and Nutritional Assessment,”** Michael Cessna, D.C., D.A.B.C.I., Houston, Tx 08/13/94 to 08/14/94. 12 CEU
- **“Clinical Pearls For The Practice,”** 3<sup>rd</sup> IAACN Texas Scientific Symposium, Dallas, Tx 04/28/94 to 05/01/94. 15 CEU
- **“Health Coach Systems,”** Phoenix, Az., 1994 **4-Day Clinical Nutrition Therapeutic, Patient Education and Administrative Protocols/Procedures.** 32 hours
- **“Geriatrics and Anti-Aging: Nutrition for A Healthy Long Life,”** 2<sup>nd</sup> IAACN National Scientific Symposium, Dallas, Tx 09/10/93 to 09/12/93 & Syllabus. 14 CEU
- **“1992 Immune Symposium,”** 1<sup>st</sup> IAACN National Scientific Symposium, Dallas DFW, Tx, 09/18/92 to 09/20/92 & Syllabus. 8 CEU
- **“NET-Neuro-Emotional Technique.”** Scott Walker, D.C., Dallas, Tx 09/92. 8 hrs.
- **Chemistry 1141 and Lab, Midwestern State University,** Wichita Falls, Tx 08/92 to 12/92, 7 hours, **and Nutrition** (Medical Professionals’ Dietetics Overview), 3 hours.
- **“Nutritional Immunology,”** IAACN Texas Scientific Symposium, Houston, Tx, 02/12/92 to 02/14/92. 15 CEU
- **“Introductory Nutrition,”** Jeffrey Bland, Ph.D., Comprehensive Nutrition Course, 1991.



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## **AWARDS**

- International Who's Who's of Entrepreneurs (1996 – 1997)
- National Who's Who's in Executives and Professionals
  - 2004-2005
  - 2002-2003
  - 1996-1997
- Continental Who's Who – Professionals and Executives – 2005
  - Premier “Lifetime” Membership
- Note: Dr. Smith's Biography in each Who's Who's Directory included in the Library of Congress, Washington, D.C.



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## **PROFESSIONAL CONSULTATIONS / REFERRAL NETWORK**

### Clinical Nutritionists

- Luke R. Bucci, Ph.D., C.C.N., C.N.S., Houston, Texas
- Joel Robbins, Ph.D., C.C.N., Tulsa, Oklahoma
- Rhonda Henry, Ph.D., Encino, California
- Robert J. Marshall, Ph.D., DACBN, C.C.N., Round Rock, Texas

### Chiropractors

- James W. Harris, D.C., Wichita Falls, Texas
- Robert J. Wolff, D.C., Vernon, Texas
- Dick Versendaal, D.C., Ph.D., C.R.A., Holland, Michigan
- Donald R. Bamer, D.C., B.S., Tulsa, Oklahoma

### Dentists

- Randolph Aguilera, D.D.S., Los Angeles, California (Holistic Dentist)
- Don Warren, D.D.S., Clinton, Arkansas (Holistic Dentist)
- Michael R. Jackson, D.D.S., Fort Worth, Texas
- William S. Neale, Jr., B.A., D.D.S., M.S., Wichita Falls, Texas

### Physical Therapists and Sports Specialists

- William H. Breland, P.T., S.C.S., Owner of Breland Health and Fitness Clubs, Wichita Falls & Burkburnett, Texas, and
- Breland Health Group (Physical Therapy), Lawton, Oklahoma

### Pharmacists

- John Williams, R.Ph., Lexington, OK 73051

### Physicians

- Roger Humphrey M.D. (deceased), Parker Square Medical Clinic, Wichita Falls, Texas
- Raymond L. Owen, M.D., P.A., Parker Square Medical Clinic, Wichita Falls, Texas
- Russell Jaffe, M.D., Ph.D., C.C.N., Reston, Virginia
- Frank McGehee, M.D., C.C.N., Huntsville, TX.



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### **MEMBERSHIPS (PAST AND PRESENT)**

- International Foundation for Nutrition and Health, San Diego, CA. 06/24/2002 – 2006~
- BBB - Better Business Bureau, Wichita Falls, Texas, Since 1999. Complaint Free Certificates, Since 1999 to Present Date.
- International and American Associations of Clinical Nutritionists (IAACN), Dallas, Texas. Since 1991 to Present Date/
- Texas IAACN Certified Clinical Nutritionists, Since 1991 to Present Date. Served as Board Secretary (1999-Present), Legislative Committee Spokesperson (1999), Texas Delegate (1994), Board Member (1993).
- National Health Federation, Wichita Falls Chapter Founder and President, 1990
- BCI - Board of Commerce and Industry, Wichita Falls, Texas, 1990-1993, 1999 - Present.
- Association of Alternative Health Care, Co-Founder, Wichita Falls, Tx, 1988

### **E-BOOKS**

- Anti-Aging Personal Care Program (Hair, Skin, and Nails) – over 230 Pages
- Dental Health Program – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (169 pages – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- Fibromyalgia – A Clinical Nutrition Syndrome” (70 Pages).
- Dr. Smith’s Hair Restoration Program – Anti-Grey and Hair Loss Solutions (61 Pages).
- Lyme’s Disease – Clinical Nutrition Approach To Healing (32 Pages).
- 15 False Assumptions the Public Makes About Supplements (17 pages)



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### **PUBLICATIONS – FREE LANCE NUTRITIONAL HEALTH WRITER**

- *The CRA Pulse,*” (CRA), CRA and Nutrition Research Foundation, Since 01/99
- *“American Chiropractic Magazine” (ACM),* Largest chiropractic magazine in the U.S.A., 01/99
- *“Natural Health World” (NHW),* Internet Magazine, [www.naturalhealthworld.com](http://www.naturalhealthworld.com), Kyle Enterprises, Inc., Since 11/98. Refer to both Articles and Newsletter (*Health Informer*) on Home Page to access articles. (Website inactive 2002~)
- *“Health Chain” (HC),* Nutritional Fitness Link Contributing Writer, Published by Breland-Henslee Physical Therapy Clinics, Wichita Falls, Tx, 04/98 - 06/99
- *“Health and Heart Newsletter,”* Wichita Falls Independent School District, Wichita Falls, Tx, Diet and Nutrition, 02/98
- *“Wichita Falls Parent Newsmagazine” (WFP),* Nutrition and Health Contributing Writer, 1993-1999.
- *“Health Quest News” (HQN),* Advanced Clinical Nutrition publication, Since 1989.
- *“The Herb Vine,”* Herbs Instead Publication, Lake Elsinore, Ca, 1981-88.
- *“Sunshine Health News,”* Ransom Hill Press, Ramona, Ca, 1989-1991
- *“Health Page,”* Times and Record News, Wichita Falls, Texas, Local Syndicated Newspaper, 1988
- *“Association of Alternative Health Care Newsletter,”* Wichita Falls, Tx, 03/89 to 04/91
- *“Spoke N Word,”* Nutrition, Herbology & Health Writer, Wichita Falls Bicycling Club, 08/88 to 02/90 - Sponsors of the famous HHH-Hotter N’Hell Hundred International Bicycling Race



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## ARTICLES

Note: Only a few articles have been listed from 1999 to 2011. For other “Articles By Dr. Smith” go to [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com).

- Holistic Dentistry – The Dangers and Healthier Alternatives For Dental Procedures, such as Root Canals, Implants and Mercury Amalgam Cavity Fillings, A.C.N. Blog, 05/26/10
- What Is Inside Our Cells Is Proof Drugs Don’t Heal!, , Medical Textbook Accompanying Diagram: “The Pathway of the Metabolism of the Cell,“ ACN 03/01/10
- Infertility (Part 1 and 2) – What Is Required To Birth A Healthy Baby, A.C.N. Blog, 01/23/10
- Vitamin D – Facts and Fiction, A.C.N. Blog & Newsletter, 12/11/09
- Three Ways Supplements Are Manufactured Today, A.C.N. 07/03/09
- How The Body Heals (Part 1, 2, and 3), A.C.N., Wichita Falls, Tx., 10/06/03
- Chart - Pharmaceutical and Nutritional Drugs vs. Whole Food Supplements, A.C.N., Wichita Falls, Tx. 01/01/99.
- What Are Parasites (Germs & Worms), A.C.N., 01/01/99.~
- ADD: Attention Deficient Disorder or A Deficient Diet, *Wichita Falls Parent Newsmagazine (WFP)*, 09/94
- Alternative To Growing Old (People Don’t Grow Old, When They Stop Regenerating Cells, They Become Old), *WFP* 07/94
- April Love Is The Power of Questions!, *WFP* 04/94
- Are Taking Vitamins and Minerals Necessary? *WFP* 11/94
- Are You Taking The Right Vitamins and Minerals? *WFP* 12/94
- Artificial Sweeteners - How Sweet It Isn’t, *NHW*, 03/99
- Best Defense Against Virus Attacks, *The Health Informer/NHW*, 04/99



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- Breast Cancer, *WFP* 04/98
- Calcium, Calcium Everywhere, But Is It Getting To Your Bones- Series, *WFP*, Part 1 (08/97); Part 2 (10/97)
- Candida Albicans (Yeast, Fungus, Mold Overgrowth in Humans), *NHW* 06/02 and *ARS - Abatement Remediation Specialists* 06/02 - written to assist their educational seminars to explain the ill effects of exposures to these airborne allergens.
- Cold Facts, The, *Sunshine Health News*, 1989
- Clinical Nutrition Works! Case History Reports, *WFP* Part 1 (04/95); Part 2 (06/95); Part 3 (08/95)
- Disease or Dis-Ease? Contact Reflex Analysis Identifies Dis-Ease, *ACM*, 01/99
- Earaches: The No. 1 Complaint of Children (A Nutritional Approach for the Prevention of Earaches), *WFP* 12/93
- Education Is The Foundation of Your Health Care, *WFP* 04/96
- Fat Fallacy and the Seven Deadly Factors, *Sunshine Health News*, 1989
- Fat Fallacy and 10 Biological Dysfunctional Factors (Rev.), *WFP* 08/94, *Health Informer/NHW* 11/98
- Fat - Where Is The Fat On Your Body, *WFP* 12/97
- Fibromyalgia: Clinical Nutrition Research Has Achieved Success For This Debilitating Syndrome, *WFP* Part 1, 06/98; Revised in *NHW*, 12/98
- Fibromyalgia: Local Fibromyalgia Patients Improve With Clinical Nutrition, *WFP* Part 2, 08/98; Revised in *NHW*, 01/99
- Fibromyalgia, Part 3, *NHW*, 02/99
- Fibromyalgia, Part 4, *NHW*, 03/99
- Finding The Cure At Home (Home Health Care Is A Preventive Health Care Approach), *WFP* 01/94



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- Good Health - A Matter of Luck or Choice? *WFP* 03/94
- Health Care Is State Management, *WFP* 06/94
- Health, American Style, *WFP* 02/98
- Healthy Lunches Promote Healthy Children, *WFP* 10/93
- Healthy American Lifestyles Nutritional Link Introduction, *Health Chain* 01/98
- Heart Disease - High Cholesterol or Liver Dysfunction, *CRA Pulse, Vol. 3 Issue 4, Spring 2002, and NHW* 05/02
- Holiday Tips To Avoid Weight Gain, *Health Informer/NHW* 01/2/2000
- How Sweet It Isn't! Aspartame and Other Artificial Sweetener Disease, *WFP* 10/98
- How To Choose The Right Vitamins For Your Body Every Time! *NHW* 11/98
- How The Body Heals Itself, *NHW* 04/99, 05/99, 06/99 3 Part Series
- Improving Health After Years of Coffee Drinking, *Health Informer/NHW* 01/01/99
- Keys To Colon Health (aka Preventing Colon Cancer), *NHW* 03/00
- Maintaining Electrolyte Balance, *Health Chain*, 09/98
- Nutrition Self-Test For Athletes (Determine if Your Nutrition Knowledge is Current or Outdated!) *WFP* 10/95
- Nutritional Herbology Series - Chickweed (Stellaria), *WFP* 06/96
- Nutritional Herbology Series - Ginger (Nature's Anti-Acid), *WFP* 08/96
- Nutritional Herbology Series - Gotu Kola - The Brain Food, *WFP* 10/96
- Nutritional Herbology Series - Echinacea (Anti-Viral), *WFP* 12/97
- Nutritional Herbology Series - Horsetail (Strong Nails), *WFP* 02/97
- Nutritional Herbology Series - White Oak Bark (Hemorrhoid Relief), *WFP* 04/97
- Nutritional Herbology Series - How I Met Achillea Millefolium (Yarrow), *WFP* 02/96
- P.S. I Love You, But Your Crabby (Nutritional Hormonal Health), *WFP* 02/94



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- Preventive Health Care and Management of Disease, *WFP* 02/95
  - Re: Supplements -- Only Whole Food Vitamins & Pure Herbs Will Assist the Body In Healing Itself!, *Health Quest News*, 06/03
  - Reverse The Disease Process Before It's Too Late, *Sunshine Health News*, 1990-1991
  - School Lunches: Food For Thought, *WFP* 08/93
  - Skin Enhancement and Anti-Aging, *NHW/Health Informer*, 11/98
  - Sleep Self-Test (Sleep Disorder Assessment), *NHW/Health Informer*, 03/99
  - Spring Fever: A Long Winter or Allergic Reaction? *WFP* 05/94
  - Taking A Calcium Supplement May Not Be Enough, *Health Chain* (07/98)
  - Tiredness - The First Sign of Biochemical Imbalance, *NHW* (01/00), *CRA Pulse* (02/00)
  - Unsuspected Signs of Allergies in Different Age Groups, *WFP* 09/93
  - Understanding Structural Health, *NHW* 12/99
  - What's In Your Food Other Than Food? *WFP* 10/94
  - Why People Are Confused About Nutrition Today! *NHW/Health Informer*, 12/98; *The CRA Pulse/CRA and Nutrition Research Foundation Newsletter* (01/99).
  - Your Body and Mind Knows How To Heal Itself, *WFP* 06/97



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### **MEDIA INTERVIEW**

#### **NEWSPAPER**

- **Despertad (Hispanic Newspaper)**, Heart Disease – High Cholesterol or Liver Dysfunction by Dr. Smith, Wichita Falls, Tx 01/10/08
- **Despertad (Hispanic Newspaper)**, Diabetes & Hypoglycemia, By Dr. Smith Interviewed by Lupita Ecott, Wichita Falls, Tx 12/10/07
- **Despertad (Hispanic Newspaper)**, Fat Fallacy (Part 2 of 2) by Dr. Smith, Wichita Falls, Tx 11/10/07.
- **Despertad (Hispanic Newspaper)**, Fat Fallacy (Part 1 of 2) by Dr. Smith, Wichita Falls, Tx 10/01/07.
- **Despertad (Hispanic Newspaper)**, Causes of Disease & the Biodynamics of Health & Disease by Dr. Smith, Wichita Falls, Tx 09/10/07
- **Despertad (Hispanic Newspaper)**, Dr. Smith Interviewed by Lupita Ecott, Wichita Falls, Tx 08/06/07
- **Times and Record News, Health Page**, Wichita Falls, Tx. Dr. Smith wrote monthly articles on a variety of nutrition and health-related topics, 2000..
- **Times and Record News**, Trish Choate, Reporter, 06/04/99. Interview in support of Governor Bush veto of SB 1525, Dietary Senate Bill. Wichita Falls, Tx.
- **Wichita Falls Parent Newsmagazine** Editor Sarah Johnson Interviews Contributing Writer, Dr. Donna F. Smith in honor of being a 1996-1997 Recipient of Two Who's Who Awards, 01/96



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### TELEVISION

Channel 3 and 6, Wichita Falls, Texas, routinely contacts Dr. Smith on the average of 1-2 times per year for interviews on various national dietary and nutritional media topics. Due to time commitments, focus on clinical practice, and to keep this Curriculum Vitae (CV) as brief as possible, interviews have not been recorded in this CV since 1999 for Channel 6 and 2005 for Channel 3.

#### Channel 6 –Public Access - Time Warner Cable T.V.

- Dr. Smith’s “Secrets To Healing” T.V. Shows, Aired 9:30 to 10:00 p.m. Tuesdays, 03/07 to 07/10~ Dr. Donna F. Smith provided weekly presentations, Co-Host: Hjordis Bradley 03/07 to 03/08. Shows now on YouTube.com.

#### Channel 3 - KFDX-TV (NBC Network)

- **Rachel Wheat, Morning Anchor, Ch3 KFDX-TV.** Interviewed Dr. Smith on “Fats/Oils.” Dr. Smith shared the Good (EFA-Omega 3 & 6), the Bad (Unsaturated/Processed), and the Ugly (Trans-Fatty Acids & Hydrogenated Fats/Oils). 02/23/05
- **Erin Hawkins, Morning Producer, Ch3 KFDX-TV.** Interviewed Dr. Smith regarding “Causes and Prevention of Colo-Rectal Cancer,” Wednesday, 6 a.m., 03/08/00. Initiated due to Mary Beth Waggoner, American Cancer Society, Announcement Stressing the Prevention Aspects of Colo-Rectal Cancer.
- “Holiday Tips To Avoid Weight Gain,” 12/14/99 5 p.m. News
- “How Thin is Too Thin,” 10/15/99, 5 p.m. News
- Megan Henderson, Interviewer - Topic: Why Are People Tired? - Dr. Smith was interviewed to answer the question of nutritional causes of tiredness posed from a National Report which stated, 37% American’s are tired to the point of interfering with normal daily activities and the cause is their nutritional lifestyle. 07/5/99
- Jessica Mazurowski, Interviewer - Topic: Governor Bush’s veto of Senate Bill 1525, 06/19/99 and 06/20/99
- Stephanie Susek, Interviewer - Topic: Healthy American Lifestyles, 02/08/99
- Stephanie Susek, Interviewer - Topic: Herbs: Safe and Effective, 01/21/99



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- Mike Kruger, Interviewer - Topic: Food Additives & Aspartame, 05/98
- Susana Schuler, Interviewer - Focus Topic: Clinical Nutrition 10/22/91
- Susana Schuler, Interviewer - Focus Topic: National Health Federation (NHF) Bi-Annual Health Seminar, 05/14/91
- Kim Stamps, Interviewer - Focus Topic: National Health Federation Bi-Annual Health Seminar, 10/23/90.
- Kim Stamps, Interviewer - Focus Topic: National Health Federation Bi-Annual Health Seminar, 05/15/90.

### Channel 6 - KAUZ-TV (CBS Network)

- Sujata Dana, Interviewer - Topic: Support Gov. Bush veto of SB 1525, 60/05/99
- Tarra Gilbert, Interviewer - Topic: E-Coli Prevention, 08/98
- Tarra Gilbert, Interviewer - Topic: July 4th Cook-Out Tips, 07/98
- Suzanne Boase, Interviewer - Midday Topic: Clinical Nutrition 10/21/91
- Mary Beth Moore, Interviewer - Midday Topic: National Health Federation Bi-Annual Health Seminar, 05/13/91
- Mary Beth Moore, Interviewer - Midday Topic: National Health Federation Bi-Annual Health Seminar, 10/22/90
- Mary Beth Moore, Interviewer - Midday Topic: National Health Federation Bi-Annual Health Seminar, 05/14/90

### Channel 10 - Gardenline,

- “Health Tip For The Week”, 04/91- 10/91
- George Spires, Interviewer - Topic: “Medicinal Usages of Herbs” 11/07/90



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### RADIO

KHB 620 AM. Greenburg, PA – Dr. Dennis Courtney, M.D. -

**Dr. Dennis Courtney, M.D. Radio Talk Show “AM Impact On Your Health” Interview Donna F. Smith, CCN on the topic of “Colon Health.”** After reading an article on the Internet in [www.naturalhealthworld.com](http://www.naturalhealthworld.com) titled, *Keys To Colon Health (aka Preventing Colon Cancer)* by Dr. Smith, Dr. Courtney invited Dr. Smith to be his Guest Speaker for his one-hour Radio Talk Show, which airs Monday, Wednesday and Fridays from 8-9 a.m. in the Pittsburgh, PA area.. Interview was held January 15, 2001.

### KWFT Radio

Susie Bradshaw, Interviewer, Midday, Monthly from 01/90-10/91



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### **INSTRUCTOR – CONTINUING EDUCATION COURSES & IN-SERVICES**

Dr. Smith has provided Continuing Education and In-Services for the following. :

- “Applied Clinical Nutrition and CRA Training” Monthly Seminar at **Parker Chiropractic College, Dallas, Texas**, sponsored by Glenn Kikel, Standard Process Inc., held the first Thursday of each month from 7-9 p.m. Focus is to enhance the clinical nutrition education of healthcare professionals, such as doctors, pharmacists, nurses, nutritionists, etc., in Texas, and provide a Continuing Hands-On Training Session for Contact Reflex Analysis (CRA) beginners to perfect their CRA skills. 01/25/01 to present.
- “The Biochemical Dynamics of Nutritional Wellness and Fitness,” **Midwestern State University, Holistic Care: Integrating Alternative Therapies, Wichita Falls, TX, 06/24/00.**
- “Achieving and Maintaining Wellness through Clinical Nutrition,” **67<sup>th</sup> Annual Meeting of the American Society of Clinical Laboratory Science (ASCLS), New Orleans, LA 07/28/99.**
- **Designed Nutrition and Contact Reflex Analysis, Beginners and Intermediate CRA Students Hands-On Workshop, 11/98 Dallas, TX.**
- **Breland-Henslee Physical Therapy Clinics, Clinical Nutrition In-service for Physical Therapists, Sports Specialists, Occupational Therapists and Staff, Wichita Falls, Tx 04/98.**
- **Wichita Falls Independent School District, “6-Week Diet and Nutrition Course for Teachers and Employees,” Wichita Falls, Tx 02/98 to 04/98**
- **Wichita Falls Independent School District Coaches In-Service, provided by Breland-Henslee Physical Therapy Clinics, “Clinical and Sports Nutrition,” Wichita Falls, Tx 06/97**
- **Columbia Southwestern Medical Center, “Clinical Nutrition Workshop for Nurses and Pharmacists”, Lawton, Ok, 05/07/97 - Three workshops at 7:45 a.m., 2:00 p.m. and 3:45 p.m.**
- **HVS Laboratories, Sheraton San Diego at Garden Terrace, San Diego, CA, September 7, 1996, 12:10-1:55 p.m., Invited to MC Luncheon sponsored by HVS Labs for all IAACN CCNs.**
- **Park Home Health Care, “Macro-nutrient Balance for Diabetics (The Science of Hyperinsulinism Balancing)”, Nurses In-Services, Iowa Park, Tx, 07/15/95**
- “Clinical Nutrition Successful Practice Pearls,” **International and American Associations of Clinical Nutritionists (IAACN) National Scientific Symposium on Nutrition For Hormonal Health, Dallas, Tx 09/15/95**



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### COMMUNITY EDUCATION – PUBLIC SPEAKING

- “The 5 Secrets To Healing Success”, Optimist Club (Noon Meeting), Wichita Falls, Tx, 04/05/11.
- On-site Clinical Nutrition Clinic, Bioelectrical Impedance Analyzer Testing, Christmas Magic, Junior League of Women, 11/10.
- On-site Clinical Nutrition Clinic, On-site Bioelectrical Impedance Analyzer Testing, Christmas Magic, Junior League of Women, 11/09.
- On-site Clinical Nutrition Clinic, On-site Bioelectrical Impedance Analyzer Testing, Christmas Magic, Junior League of Women, 11/08.
- 8<sup>th</sup> Annual Dr. Smith’s “Secrets To Healing” Seminar, Advanced Clinical Nutrition, 2108 Kemp Blvd., Wichita Falls, Tx., 07/08.
- Dr. Smith’s “Secrets To Healing” Seminar, **Royal Estates of Wichita Falls**, Kell Blvd., Wichita Falls, Tx., 04/08.
- On-site Clinical Nutrition Clinic, On-site Bioelectrical Impedance Analyzer Testing, Christmas Magic, Junior League of Women, 11/07.
- 7<sup>th</sup> Annual Dr. Smith’s “Secrets To Healing” Seminar, Advanced Clinical Nutrition, 2108 Kemp Blvd., Wichita Falls, Tx, 07/07
- 6<sup>th</sup> Annual Dr. Smith’s “Secrets To Healing” Seminar, Advanced Clinical Nutrition, 2108 Kemp Blvd., Wichita Falls, Tx, 07/06
- 5<sup>th</sup> Annual Dr. Smith’s “Secrets To Healing” Seminar, Advanced Clinical Nutrition, 2108 Kemp Blvd., Wichita Falls, Tx, 07/05
- 4<sup>th</sup> Annual Dr. Smith’s “Secrets To Healing” Seminar, **Whole Foods of Lawton**, Lawton, Ok., 2004
- 3<sup>rd</sup> Annual Dr. Smith’s “Secrets To Healing” Seminar, Advanced Clinical Nutrition, 2108 Kemp Blvd., Wichita Falls, Tx, 07/04
- 2<sup>nd</sup> Annual Dr. Smith’s “Secrets To Healing” Seminar, American National Bank, Wichita Falls, Tx, 07/03
- 1<sup>st</sup> Annual Dr. Smith’s “Secrets To Healing” Seminar, MPEC, Wichita Falls, Tx, 07/02
- “Speaking of Women’s Health, sponsored by Walmart, Lawrence Road, Wichita Falls, Tx. Provided a booth to represented Clinical Nutritionists, 9/20/03.



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- “Nutritional Support for and Nutritional Causes/Prevention of Cancer,” **American Cancer Society SACK (Sharing About Cancer Knowledge)**, Mary Beth Waggoner, Director, Wichita Falls, Texas, 06/19/03.
- “Clinical Nutrition - Women’s Health,” **Texas Department of Transportation**, Women Helping Others (WHO), Rachel Brown, Program Director, Wichita Falls, Texas, 04/22/02.
- “Making Changes That Last – Good Nutrition for Good Health,” **Breland Health and Fitness Club**, Wichita Falls, Texas, 06/01/01.
- “Supplemental Nutrition for Nursing Home Residents,” **North Texas Advocates for Nursing Home Residents (TANHR)**, Sherry Rocci, R.N., President, Wichita Falls, Texas, 04/21/01.
- “Choosing Vitamins Based Upon Scientific Nutritional Testing,” Prescription for Living Seminar, Sponsored by **Cumulus Broadcasting, Inc.**, Multiple-Purpose Events Center (MPEC), Room A, Wichita Falls, Texas, 03/11/00.
- “Healthy Food, Healthy Air, Healthy Water = Healthy Bodies,” **State of Texas Protective and Regulatory Services**, Preparation for Adult Living (PAL) Class for Teenage Boys, Stephanie Patton, M.S. P.C., Bank One, Wichita Falls, Tx, 03/4/00
- “The Dynamics of Nutritional Biochemistry,” **Worksite Wellness Alliance, Midwestern State University**, Wichita Falls, Texas, 02/15/2000.
- Prevention and Wellness, William Breland, P.T., Speaker and Introducing Donna F. Smith, C.C.N., for a “Clinical Nutrition Enhances Physical Therapy - Question/Answer Forum,” **Texas Physical Therapy Association, North Texas District, Baylor Health Center, Irving, Tx.** 10/30/99
- “Healthy American Lifestyles” (HAL), Nutritional Fitness Link Monthly and Quarterly Seminars, **Sponsored by Breland-Henslee Physical Therapy Clinics, Advanced Clinical Nutrition and Sabine and Associates**, Wichita Falls, Tx, 4/98-3/99

### Monthly Nutritional Fitness Link Seminars include:

- Increase Your Energy (Understanding Chronic Fatigue) 04/98
- Lose Fat, Gain Muscle (Understanding Weight Management) 05/98
- Bones & Joints (Understanding Arthritis & Osteoporosis) 06/98
- Diabetes/Hypoglycemia (Understanding Blood Sugar Balance) 07/98
- Circulatory System (Understanding Strokes & Heart Conditions) 08/98
- Take a Deep Breath!(Understanding General Stress Management) 09/98
- Lots of Changes (Understanding Your Pregnancy) 10/98
- Understanding Parkinson’s Disease, 11/98



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- Taking Control of Your Own Health, 1/99
  - Moods - Are You Blue?, 2/99
  - ADHD & Autism (Understanding the Problem), 3/99
  - “Body Composition Analysis and Clinical Nutrition,” **Wolff Chiropractic Clinic, Vernon, Tx, 03/29/99**
  - “Clinical Nutrition Support for Lupus”, Lupus Support Group, **HealthSouth Rehabilitation Hospital of Wichita Falls, Wichita Falls, Texas, 03/25/99**
  - “Clinical Nutrition for Multiple Sclerosis”, MS Support Group, **HealthSouth Rehabilitation Hospital of Wichita Falls, Wichita Falls, Texas, 03/06/99**
  - “Why People Are Confused About Nutrition Today”, **Parkinson’s Support Group, University Park Nursing Home, Wichita Falls, Tx, 02/25/99**
  - “How Sweet It Isn’t - The Facts on Aspartame and other Artificial Sweetener Diseases,” **Iowa Park Optimism Club, Iowa Park, Texas 01/26/99**
  - “Insights Into Fibromyalgia”, Healthy American Lifestyles’ Quarterly Seminar, Nutrition Fitness Link, Sponsored by **Breland-Henslee Physical Therapy Clinic, MPEC, Wichita Falls, Tx 05/02/98**
  - “Clinical Nutrition Support for Parkinson’s Disease”, **Wichita Falls Parkinson’s Support Group, Rehab Center, Wichita Falls, Tx 04/13/98**
  - “Introduction to Clinical Nutrition,” Celebrate Families Weekend Sponsored by **Columbia Southwestern Medical Center, Lawton, Ok. 6/97**
  - “Healthy Foods, Healthy Water, Healthy Air”, **Crockett Elementary School, 4th Grades, Wichita Falls, Tx, 04/19/96 to 05/03/96**
  - “Case Histories & Benefits of Hobon”, Luncheon Speaker and MC, Sponsored by **HVS Laboratories, Harbor Island Sheraton, San Diego, Ca, 09/07/96**
  - “Introduction to Clinical Nutrition,” **Metropolitan Business and Professional Women’s Club, Women’s Forum, Program Director, Noel Filer, Wichita Falls, Tx 04/25/95**
  - “Preventive Healthcare or Disease Management - Your Choice”, **Spring Valley Bible Church, Program Director Judie Ralls, Lawton, OK 03/25/95**
  - “Self-Help Health Seminar”, **Steven’s Plaza Shopping Center, Lawton, OK, 07/16/94**



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- “Clinical Nutrition For Menopause”, **Salvation Army Home League**, Wichita Falls, Tx 06/20/92
  - “Nutrition In The 90's”, Sponsored by **Region IX Education Center**, Wichita Falls, Tx 04/13/92
  - “Being, Doing, and Having What You Love”, **Parents Without Partners**, Wichita Falls, Tx 01/06/92
  - “Preventive Health Care Series” Wichita Falls Chapter of The **National Health Federation, Wichita Falls, Texas**
    - The Urinary System, 08/22/91
    - Skin and Hair, 06/17/91
    - Structural System, 03/28/91
    - Glandular System, 11/16/90
    - Immune System, 09/27/90
    - Nervous System, 07/26/90
    - Intestinal System, 05/24/90
    - Digestive System, 03/22/90
    - Circulatory System, 01/25/90
  - “Laws of Prosperity”, 2-Day Workshop, Sponsored by **The Learn’n Tree Health Center, Mineral Wells, Tx**, 12/08/90 - 12/09/90
  - “Seven Laws of Life, Health, and The Power of Love”, 3-Day Workshop, Sponsored by **Unity Church of Wichita Falls**, Wichita Falls, Tx 11/09/90-11/11/90.
  - “How To Have The Relationship You Love”, **Parents Without Partners**, Wichita Falls, Tx, 11/08/90
  - “Causes of Disease and The Cold Facts,” Rolling Meadows Walking Club, **Rolling Meadows Retirement Community**, Wichita Falls, Tx 10/25/90
  - “Identifying and Living With Your Metabolism” - Presented at:
    - Iowa Park Recreational Center, Iowa Park, Tx, 09/10/90
    - Christian Singles Group, YMCA, Wichita Falls, Tx, 09/09/90
    - Red River Optimist Club, Wichita Falls, Tx, 06/26/90
    - Sunrise Optimist Club, Wichita Falls, Tx, 05/31/90
    - Noon Optimist Club, Wichita Falls, Tx, 05/03/90
    - **Big Texas Regional ‘97 Parents Without Partners Convention,**
      - **Ft. Worth, Tx** 01/12/90 to 01/14/90
    - Parents Without Partners, Wichita Falls Chapter, Wichita Falls, Tx, 01/09/89
  - “Love Workshop I and II”, **Christian Singles Group, YMCA**, Wichita Falls, Tx, (I) 08/26/90 and (II) 09/02/90



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- “The Seven Laws of Life and Health”, **Christian Singles Group, YMCA, Wichita Falls, Tx** 07/08, 07/15, 07/22, 07/29, 08/05, 08/12, 08/19/90
- “Kitchen First Aide”, **Bi-Annual National Health Federation Seminar**, Sponsored by NHF Wichita Falls Chapter, 05/19/90
- “Nutrition’s Role in Health”, **Women Entrepreneurs, Wichita Falls, Tx** 04/90
- “What is Naturopathy?”, **Stephen F. Austin University, Nacogdoches, Tx**, Sponsored by The Texas Department of Agriculture and The Herb Society of Deep East Texas, 2nd Annual East Texas Herb Conference, 02/17/90 to 02/18/90.
- “What is Naturopathy?” **Insurance Women of Wichita County**, Wichita Falls, Tx, 01/10/90
- Series of Nutrition and Herbology **Continuing Education Courses, Midwestern State University, Wichita Falls, Tx**, 1989-1990
- “The Cooking Experience”, 6-Week Public Service Course, Sponsored by Advanced Clinical Nutrition, 09/89
- “Natural Health & You”, **Bi-Annual National Health Federation Health Seminar**, Sponsored by the Wichita Falls Chapter, Wichita Falls, Tx, 05/27/89
- “How To Eat Healthy In Wichita Falls”, **National Health Federation Wichita Falls Chapter**, Wichita Falls, Tx, 11/18/88
- “Internal Body Cleansing with Herbs”, **National Health Federation Wichita Falls Chapter**, Wichita Falls, Tx, 09/22/88
- “Iridology - What Eyes Reveal About Health”, **Xi Chi Gamma, Wichita Falls, Tx**, 10/30/85
- “Essential Herbs”, **Plants Unlimited Club**, Wichita Falls, Tx, 06/05/84

**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.