



# YARROW HAIR RINSE FOR BLONDES

By Dr. Donna F. Smith

## Yarrow Hair Rinse Recipe for Blondes

1. Gather the flower tops of the plant Yarrow. You can find pictures of the Yarrow plant online or in an herb book.  
Measure 2 cups of purified water to 1 cup of Yarrow flower tops.
2. In a pot, bring purified water to a boil and then remove the pot from the stove.
3. Then toss in your Yarrow flower tops, cover the pot with a lid and let the Yarrow steep for 20-30 minutes in the pot that has been removed from the stove.
4. Pour the contents of the pot through a strainer where only the liquid remains.
5. Let the Yarrow liquid cool down.
6. Put it in a glass bottle or Mason jar and then use as you would any hair rinse. You can even leave it in the hair without having to rinse it out.
7. It can be refrigerated to last longer. Let it reach room temperature before using.
8. Make fresh every week.
9. With the rest of your gathered Yarrow Flower Tops, you can lay them out on a cloth and let the air dry them. Then store in a dry place and they will last a long time and be ready for when you need to make more hair rinse. Dried Yarrow flower tops do not spoil.

## 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 have 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.



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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 Clinical and Sub-Clinical Nutritional Deficiencies and Excesses, Biochemical Imbalances, and Organ, Gland and Body System Dysfunctions.

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 Therapeutic Dietary Plan, which is a list of foods selected for their specific food chemistry effect on the individual's biochemistry as identified in their 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 their specimen samples and then mails them directly to our Labs.

Dr. Smith has successfully assisted every client who has contacted her in how to improve their health, no matter what their health challenge, such as, but not limited to increasing energy, balancing hormones, improving mental function, strengthening muscles, joints, and immune system, restoring over-all organ/gland and body system function (including the hair system to restore its natural color), managing weight, preventing/reversing disease processes and enhancing life and/or sports performance.

Dr. Smith's clientele resides in 37 U.S. States and seven 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 [ACNServices@AdvancedClinicalNutrition.com](mailto:ACNServices@AdvancedClinicalNutrition.com). Meanwhile, please browse [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com), subscribe to Dr. Smith's FREE Newsletter (HealthQuest e-News), read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide presentations. You may also follow Dr. Smith on [Twitter.com/DrDonnaSmith](https://twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](https://facebook.com/DonnaFSmithPhD).



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## E-BOOKS BY DR. SMITH

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- **Anti-Aging Personal Care Program (Hair, Skin, and Nails)** – Over 200 Pages
- **Comprehensive Holistic 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 & Scalp Solutions]** - (69 Pages).
- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **15 False Assumptions the Public Makes About Food Supplements** – (15 Pages)
- **Updating Your Medicine Chest To A Health Chest** (Over 250 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 care education from a nutritional biochemical perspective so you are equipped to make an informed decision regarding your health care. It is also the author's intention to help you understand the importance of Clinical Nutrition Testing and Therapy, which is foundational to healing the cells and tissue of the organs, glands and body systems within all living beings, both human and animal, a fact that has not been included in Public Health Education because in the United States, for example, Public Health Education is still focused on medicine, not health education. ***The health of your cells determines the health of your body.***