



Today's Website Message

From Dr. Smith

Topic: Dry Mouth Kitchen Remedy

February 6, 2020

AMAZING!!! I received a call from a lady I had never helped before that was experiencing "dry mouth." She informed me that the cause was a side effect from one of the medications her physician had prescribed. I gave her a list of two herbs and two foods that most anyone will have in their kitchen and asked her to mix them in water, gargle the solution, and when ready to swallow, swallow slowly so the solution could coat as much of the throat as possible as it was going down. Then I instructed to repeat this every four waking hours until better.

Next day, I called to see how she was doing. She reported that after doing this twice the day before, her dry mouth was gone and was still gone today, though she decided to continue the solution.

I coached her that as long as she is taking medication that produces this side effect, she will keep experiencing dry mouth. Also, what would be the wisest course of action, would be for me to help her get to the cause of why her physician is prescribing the medication so the body can heal itself. Then she can talk to her physician about weaning off the medication causing her dry mouth.

Though dry mouth may seem like a minor discomfort, it is a sign of a deeper concern. Think of it this way... When your body is internally dehydrated, how does it let you know? You get a dry mouth. Every biological process requires sufficient and pure water to function. So her dry mouth is informing her that she is internally dehydrated because of this medication and an alternative plan should be put into action before she gets worse.

Until she follows through on the above, i.e., getting to the cause OR her physician no longer prescribes this medication or any drug that causes dehydration, OR she chooses not to take this medication because of its side effects, she can rely on the "Dry Mouth Herbal/Food Remedy" I gave her to help when this side effect occurs.

I also informed her that she only needs to use this remedy when Dry Mouth occurs; once it has helped, she can stop taking it, until she has a recurrence.

To my website readers, I would like to say:

I opened this message with the word "Amazing" because as amazing as her results were, and as much as I love helping end someone's suffering, what amazed me the most, or what was the most fun for me, was creating an "original" remedy from what she had in her kitchen so she could experience the fastest results. That is right! I have never seen this remedy in any of my academic textbooks, and seriously doubt you could find this remedy in any published book sold to the general public. I even did an internet search and did not find these four ingredients listed among the herbs and foods that helps "dry mouth."



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Now, I could have asked the client to invest in the therapeutic protocol/supplements that I have recommended from years of successful clinical experience and ship them to her, however, she would have been suffering 1-2 days longer waiting for their arrival and though not expensive, still this protocol would have cost her more money. Instead, I chose to help her immediately for only the cost of the consultation, utilizing what was already available to her.

You see understanding the food chemistry or medicinal properties of herbs, foods, etc. as they relate to the human body, I knew how the properties of these four substances would affect the living tissue of the throat individually and thus taken collectively, I surmised, they could create a stronger remedy that would help her dry throat immediately, though I had no previous clinical experience that the combination of these four would help her at the time.

By the way, I was upfront with her about this being an original remedy and informed her that if it did not work, to call me back and I would provide instruction in a therapeutic protocol at no charge for the consultation and ship it out immediately.

I always have fun when I have opportunities to create my own original remedies and so far, each one I have created has worked. And with this latest, I gained additional clinical experience in a new remedy to share with the next person in the same situation.

Call me for a Free Initial Consultation and I will be glad to share the secret of the four ingredients, so you or someone you know can benefit from them.

Be Healthy By Choice!



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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.

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



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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.

Meanwhile, please browse www.AdvancedClinicalNutrition.com and feel free to subscribe to Dr. Smith's FREE Newsletter (HealthQuest e-News), and read Free Articles by Dr. Smith.

E-BOOKS BY DR. SMITH

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- **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)
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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.***

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