

Drugs vs. Whole Food Supplements Comparison Chart

Dr. Donna F. Smith

IMPORTANT NOTE: True Food Supplements are Whole Food Vitamins, Minerals, Herbs, and Homeopathic Remedies. Nutritional Drugs are Synthetic, Isolates, Crystallized, Extracted or Plant-Derived Supplements. Synthetics are made by extracting a vitamin or mineral from a non-food source, like petroleum, and the others are extracted from whole foods or herbs. Nutritional Drugs can adversely affect the body like pharmaceutical drugs, even though they are not pure chemicals.

PHARMACEUTICAL AND NUTRITIONAL DRUGS
(See Definition above)

**WHOLE FOOD SUPPLEMENTS,
HERBS & HOMEOPATHICS**

Symptoms leave by suppressing symptoms and return when drugs are discontinued - all symptoms may not leave.

Symptoms leave because real cause is addressed and body heals.

Kills pain by numbing nervous system or by stimulating, suppressing or manipulating biochemistry.

Nourishes deficiencies at a cellular and tissue level, thus balancing biochemistry and restoring organ/gland function.

Multiple Side Effects – harming more areas than the one for which drug was originally prescribed. Longer the drug use, the more harm done. Ideally, use **Pharmaceutical Drugs** for short-term Emergencies only, like to kill pain to save life if had an accidental or wartime injury. Drug side effects are actually the symptoms of vitamin and mineral deficiencies caused by the drugs. **Nutritional Drugs** also cause deficiency in the very vitamin or mineral that the nutritional drug is for. Ex. Ascorbic Acid causes Vitamin C Deficiency.

Side Effects – if you have an allergy to a certain food or herb, you can have allergy to that same food or herb in a supplement.

Cleansing signs or symptoms of detoxification often mistaken for side effects.

If you have no allergies, as defined above, there are no side effects from taking whole food supplements.

Harmful to the Liver, can damage and destroy liver function. When physician runs frequent blood tests, this is a sign that the drug is extremely harmful to the liver or other areas of the body.

Healthy for the Liver and there are foods and whole food supplements designed to detoxify and assist in restoring liver function.

Body treats pharmaceutical and nutritional drugs as harmful foreign matter. What cannot be eliminated from the body, settles in tissue and rots, thus causing inflammation, which then causes pain. They also damage the cells and tissue where the drug residues have settled and this causes the cells to decay and die. When there are more decayed and dead cells in tissue than healthy ones in the organ or gland, where this is occurring, the organ or gland becomes diseased. Then if the organ/gland can be removed without killing the patient, it will be surgically removed.

Body recognizes them as whole nutrients and uses them for healing and repair.

Note: synthetic, isolated, crystallized and plant-derived vitamin and mineral supplements are not whole foods. If you are taking them without being monitored whole food supplement, nutritional health care professional, like Dr. Smith, who is a C.C.N., has a Ph.D. in Clinical Nutrition and is a Naturopathic Doctor, you will, in time, cause health challenges due to their manipulation of your biochemistry, just like pharmaceutical drugs, even though chemical drugs are more toxic. **See slide presentation on “Clinical Nutrition Works/A Case For Clinical Nutrition.**

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PHARMACEUTICAL AND NUTRITIONAL DRUGS (Comparison Chart continued)	WHOLE FOOD SUPPLEMENTS, HERBS & HOMEOPATHICS
Gives false illusion of healing due to manipulating biochemistry and bio-electrical processes. Does not get to the causes of symptoms.	Assists in healing the body by getting to the cause.
Pharma Drugs are chemicals, Synthetic Vitamins are made from non-food sources, and other Nutritional Drugs are parts of whole foods, but not the whole.	Whole foods and whole food supplements (which include whole foods, plants or herb_ are as nature made them.
Toxic , which means a poison to the body. Toxins damage and destroy healthy cells, causing them to decay and die. This leads to inflammation, pain, illness, disease, and then premature death.	Non-toxic (unless over-consumption). There are herbs that are toxic and poisonous to humans. However, these are not herbs used for nourishing and healing the human body.
Clinical Studies are selective. Pharmaceutical companies may run, for example, 10 studies on a drug and if only one of them shows any positive manipulation of symptoms and the other nine reveal the drug harms the biochemistry, they will submit the one positive study to the FDA to get drug approval. The FDA does not confirm their studies. Also, clinical studies are not performed to determine the harm for long-term use. Clinical studies , therefore, are misleading, incomplete and in time, reveal more side effects than their original study. (Continued at right)	Herbs and Foods have been used since people first existed on earth and were created for the safe and effective healing of the human body. Clinical studies are also available today on the use of vitamin and minerals supplements. Note: The results in these studies, however, are only possible when the supplements are whole foods, herbs or homeopathics. Synthetic, Isolated, Plant-Derived supplements will not do what clinical studies report.
Pharmaceutical Drugs cause injury, even death, even when properly prescribed. (Over 100,000 deaths annually, 1998). Improperly prescribed drugs not accounted. Nutritional Drugs are sold to the public without prescription or education that they are nutritional drugs, primarily supplied by two pharmaceutical companies, and sold to vitamin companies who put their name on the bottle labels.	Injury or death limited to only 148 as of 1993, and none since and this was due to a contamination of a weight loss herbal product. 148 total, to date, is nothing compared to 100,000 EVERY YEAR due to pharmaceutical drugs. Nutritional Drugs have not been studied for their harmful side effects.
Pharmaceutical and Nutritional Drugs treated as harmful invaders. They are not safe or effective.	Safe and effective when taken as instructed by Nutritional Health Care Professional
Short- and Long-term use create organ/gland dysfunctions and disease, leading pre-mature death. (Long-term use is consistent daily use for 3-12 weeks or more. Note: A therapeutic Plant-Derived or Isolated Nutritional Drug may be recommended, short-term, by health care professionals to manipulate biochemistry for a fast effect, then replaced by a whole food supplement for long-term use for complete healing in severe and chronic health states.	Long-term use of whole foods, are required to sustain and maintain health. Low-potency whole food supplements are safe for first aide. High-potency herbs, homeopathics, and whole food vitamin and mineral supplements are dispensed only under the direction of a nutritional health care professional after testing your biochemistry (blood, urine, hair, saliva and stool) to identify deficiencies that need supplementation. They are discontinued once sufficiency and healing is attained.
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