



# What Is In Our Cells Proves What Heals Our Body

By Dr. Donna F. Smith

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***The health of your body is dependent upon the health of your cells.***



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## ABOUT THE DIAGRAM OF WHAT IS INSIDE OUR CELLS

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**Look very closely to everything in the Diagram on the next page.**

This Diagram identifies what is inside all human and animal cells. **What is inside our cells is scientific proof of what heals the human body and further verifies that as effective as pharmaceutical and nutritional drugs are in stabilizing the human body in cases of emergency (i.e., life-threatening states), they cannot and will not ever be able to heal the human body.**

This educational information applies to both humans and animals (domestic and wild); however, for brevity's sake, I will be referring more to the human body and when I state human "body," I am also referring to the human mind as these principles apply to all aspects of our being, mental, emotional and physical states and conditions.

Note: "Nutritional drugs" as defined in my article titled, "***The Three Ways Supplements Are Manufactured Today***" comprise over 95% of the supplements sold to the public today. Nutritional drugs are sold as vitamin and mineral supplements. However, like pharmaceutical drugs, Nutritional Drugs suppress and manipulate biochemistry for a specific effect, as well as they cannot nourish the human body to support its cellular and tissue repairing and regenerating processes. So this is another important article for you to read.

**DIAGRAM ON NEXT PAGE**

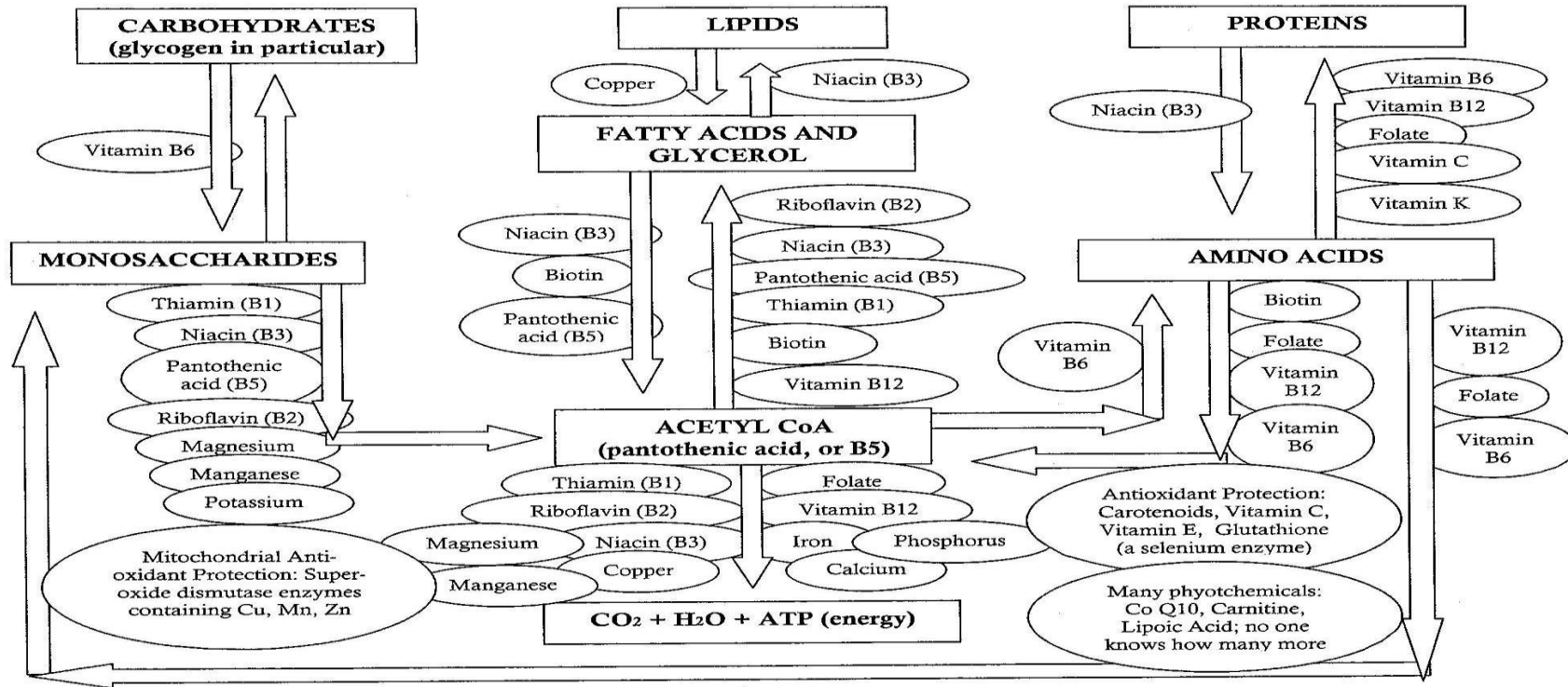


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## THE PATHWAYS OF METABOLISM INSIDE THE CELL

Carbohydrates, Fats and Proteins are broken down and ultimately turned into ATP (energy). All of these pathways can also be reversed to build up carbohydrates, fats and proteins for re-building and repairing body structures and functions. This information has been mysteriously left out of textbooks for the last 30 years or so.



## THE PATHWAYS OF METABOLISM INSIDE THE CELLS – DIAGRAM 1



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## WHAT “IS” INSIDE OF OUR CELLS?

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As you viewed “**The Pathways of Metabolism Inside The Cell,**” Diagram, did you notice that the only substances inside human and animals cells are:

- Macro-Nutrients (Proteins, Carbohydrates and Fats/Oils)
- Micro-Nutrients (Vitamins, Minerals, Enzymes, Amino Acids)
- Water – Note: though water was not shown in this diagram, water is also a substance in all cells.

You may recall from high school biology that cells make up tissue, tissue make up organs and glands, and all body systems are a group of organs and glands designed for a specific biological purpose, such as the Heart and Circulatory System, the Digestive System, and so on.

Therefore, the health of the human body is directly related to the health of each cell. Since each cell is comprised of nutrients, the health of each cell is dependent upon the purity and sufficiency of each nutrient in each cell. When a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (such as blood, saliva, hair, stool, and urine) indicates that you are deficient in one or more nutrients listed in the Diagram on the previous page, the cells that are deficient in these nutrients begin to lose energy; then they begin to decay until these cells die.

This also occurs when the cells becomes toxic, i.e., poisoned by chemicals, metals, parasites (germs/worms) and other toxic or foreign substances in our food, water, environment and drugs. Therefore, purity means keeping our cells free of excessive toxicity.

Note that I said “excessive” toxicity. The human body was required to manage a certain amount of toxicity in the process of removing metabolic waste or by-products, however, the human body was not designed to manage or process excessive toxic substances.



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**A Bioelectrical Impedance Analyzer (BIA)** tests human cells for toxicity and whether the nutrients from your foods and supplements are actually getting into your cells. Throughout the year, we provide BIA testing of your Body Composition; **please check our Seminar Announcement webpage for dates and locations.**

When the sufficiency of the nutrient or nutrients in the Diagram is restored through consuming whole food therapeutic supplements, which were dispensed based on your Clinical Nutrition Testing, and then your diet also provides these nutrients to now sustain sufficiency, and toxic substances have been removed from the body, the cells will generate energy, repair the damaged cells, if not yet fully decayed, or regenerates (i.e., grow a new healthy cells to replace the decayed or dead cells). That in a nutshell is the innate healing process that many are talking about today.

**Why is Dietary Changes Alone Not Sufficient?** Cellular nutrient deficiency is caused by insufficient nutrients in the diet. Nutrients in the cells can also be destroyed by toxicity, such as chemicals and metals in drugs and other pollutants in air, food and water. However, by the time your nutrient deficiencies become so severe that your body has to produce symptoms to get your attention that it needs help in Clinical Nutrition testing to identify and correct your deficiencies; they have become “clinical” nutrient deficiencies. In other words, the deficiencies are too severe to be corrected by dietary changes alone. If you had a clinical deficiency in Vitamin C, for example, you could not eat enough oranges in a day to restore a clinical level deficiency. Therefore, **we are fortunate that today, we have “Therapeutic” whole food nutritional supplements that have been formulated to correct “clinical” level deficiencies. Therapeutic whole food supplements are dispensed through nutritional health care professionals, like me.**

Please note that not all nutritional health care professionals dispense “whole food” therapeutic supplements. Many dispense therapeutic nutritional drugs. I will refer you again to my website to read the article titled, **“The Three Ways Supplements Are Manufactured Today!”** for more information on over-the-counter and therapeutic (or prescribed) Nutritional Drugs.



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## CELLULAR DEGENERATION ► DEGENERATIVE DISEASES

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If during the cellular decaying process, nutrient sufficiency in the cell is restored in time, the cell will be able to repair itself and produce energy again (i.e., stop the decaying process and heal itself) or it will use the nutrients to grow a new cell to replace the decayed cell, if it cannot be repaired.

If nutrient sufficient is not restored, the cell will continue to decay and then die. The decaying process of a single cell can also irritate, inflame, infect and/or interfere with the healthy function of nearby cells and tissue, which can accelerate the development of degenerative diseases.

If nutrient sufficient is not restored to the cell, the cell dies. When there are more decaying and dead cells in the tissue of an organ or gland than there are healthy cells, the tissue also begins to decay, which then increases the severity and quantity of irritation, inflammation, dysfunction and pain in the organ or gland of that tissue. It is at this stage that a physician will diagnose the organ, gland or body system as “diseased.” In fact, cells, tissue and body organs, glands and systems will progress through three stages prior to the stage of disease (i.e., the fourth stage). (These stages will be presented later in this article.)

If nutrients are not provided so the cells of the tissue can heal itself, the organ or gland dies. If this is an organ or gland that the body cannot live without, like the liver, the patient dies. If it is an organ or gland that can be surgically removed without causing immediate death to the patient, a physician will surgically remove the diseased organ or gland.

However, though this does save their immediate life and extends the life of the patient a while longer, their overall health and original longevity is compromised. The human body was designed to optimally function by using all of its body parts.



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So, just because a person does not immediately die when an organ or gland is surgically removed, this does not mean that there are not long-term consequences from its loss, such as:

- The adverse effect on the entire body because that part of the body is gone. For example, when the tonsils are removed, the entire body has lost its first line of defense against capturing and then removing incoming toxins and debris that enter through the mouth.
- The adverse effect on the function of other organs and glands dependent upon the part that was removed. For example, when the gall bladder is removed, this has an adverse effect on the function of the liver and on fat metabolism for the whole body.
- Overworking of another organ and gland that is trying to compensate for the missing part of the body by attempting to do its job. For example, when ovaries, uterus, prostate or testes are removed, the thyroid and adrenals are now overworked to produce female and male hormones.
- Reducing longevity of the patient.

If you have had one or more body parts surgically removed, please contact me right away for to be coached on lifestyle changes and supplementation that is required to help minimize these consequences.

Therefore, it is essential for every person to have their biochemistry (blood, hair, saliva, urine, and stool) tested to identify nutrient deficiencies so that you may restore nutrient sufficiency at a cellular level as quickly as possible.

## Which Type Client Are You?

Our clientele generally represents two types of people in respect to the standards they have regarding their health, which type are you?

- **Proactive** – We refer to proactive clients as Wellness Care Clients. **Wellness Care Clients** are those who have a Clinical Nutrition Analysis of the Laboratory Reports from testing their biochemistry to identify nutrient deficiencies



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and restore sufficiency before their deficiencies have been presented long enough to produce symptoms. Thus, they are able to live their life symptom free and prevent disease.

- **Reactive** - We refer to reactive clients as Critical Care Clients. **Critical Care Clients** are those who have symptoms or a diagnosed disease present when they first contact us for a Clinical Nutrition Analysis of their biochemistry to identify and correct their deficiencies, and thereby, restore the healthy function of their cells, tissue, organs, glands and body systems, before it is too late, i.e., Phase III in the Disease Stage (Stage 4).

**Important Note:** Our culture promotes a reactive standard of living and standard for health. This is observed by the fact that Public Health Education today is still focused on drugs and surgery, and not focused on prevention and non-medical education and therapies, such as Clinical Nutrition and Naturopathy. Therefore, a big part of our mission is to coach our clients on preventive health care so that as they restore their health through our Clinical Nutrition and Naturopathic Therapies, they also learn how to stay healthy for the rest of their lives and we assist them in becoming equipped so they are prepared through **“Updating Your Medicine Chest To a Health Chest.”** to respond proactively at the onset of injury or illness with the nutrients their body requires for healing.

Therefore, in addition to our Clinical Nutrition Testing and Therapeutic Services, we also have a **Personal Education Program (PEP)** to assist our clients with the dietary, lifestyle and mind-body education and implementation they need to maintain nutrient sufficiency, once attained through our therapies, address other factors in daily life that can cause disease and thereby assist our clients in staying healthy for the rest of their life and prevent future diseases.

:

There are four stages that cells, tissue, organs, glands and body systems will progress through prior to death of the human being. So knowing what these are and how to correct each stage is a key to healthy and longevity. Therefore this discussion on how Cellular Degeneration in time leads to the development of Degenerative Diseases will be continued later in this article. Right now, I want to share a shocking fact about the Diagram.





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## DIAGRAM DISAPPEARS FROM MEDICAL TEXT BOOKS

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I was first presented this Diagram in one of my continuing education clinical nutrition courses in 2003. You will notice when viewing this Diagram, it reads that the *Diagram of the Pathway of the Cell's Metabolism* was **mysteriously deleted from medical school text books over 30 years ago. Therefore, this means that this Diagram was deleted in 1973.**

The questions each of us should ask are

- Why did those in authority over what is taught in medical school not want their physicians to know that only “nutrients” are inside of our cells?
- How can we expect physicians to help us if the very foundation of their education is flawed? In other words, though Pharmaceutical Drugs and Surgery are foundational treatments for medicine, and their use is important in emergencies, when physicians are not educated in this diagram, which certainly lays a strong foundation for the science and practice of Clinical Nutrition, how would they know that every patient requires Clinical Nutrition Testing and Therapies to stay healthy, restore their health when ill, and how to prevent disease and unnecessary surgeries?

Because this diagram of what is inside our cells is missing from medical school textbooks, physicians:

- **That their treatments will provide only temporary relief** when Clinical Nutrition Therapy is not provided at the same time as medical therapy OR
- The importance of providing Clinical Nutrition Therapy as soon as the patient is discharged from the hospital, clinic or physician’s office to **assure complete healing and recovery AND**
- They do not know the importance of referring their patients to **Clinical Nutritionists (C.C.N. and C.N.)** when



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patients are **symptomatic but not in an emergency** state, in other words, when all medical tests come back normal. OR

- **Do not know that surgery can be, and should be, a last resort**, i.e., using Clinical Nutrition Therapies to restore the healthy function of organs, glands and body systems should be the first option, not to surgically remove a part of the body that is no longer responding to drugs. Over 90% of the hysterectomies performed today are elective, which means they were not performed because of some life-threatening health condition. They were performed because this was the only solution the physician offered to the patient to deal with excessive or ongoing bleeding, endometriosis and other female diagnoses. The physician was either unaware or uninterested in the fact that these diagnoses are preventable and can be healed by providing the nutrients the cells require to restore the healthy function of the reproductive system.

Note: Some Naturopathic Colleges provide curriculum in Clinical Nutrition.

## Physicians prior to the 20<sup>th</sup> Century were a combination of:

- Emergency Medical Technician or Assistant (to stabilize the patient, set and cast a broken bone)
- Herbalist. (herbs were the original “medicines” used by physicians)
- Dietician (advised on what to eat or not eat to assist in healing).
- Naturopaths (advised on using water, heat or other elements of nature to assist in healing)
- Lifestyle Coach (advised on lifestyle changes to assist in healing)
- Surgeon (amputate, suture, etc.)

## 20<sup>th</sup> Century To Present Day Physicians...

However, when educational curriculum on pharmacology was introduced in medical schools in the 1950's, curriculums related to diet, nutrition, herbs and naturopathy were eliminated. This is why physicians from the 20<sup>th</sup> Century to the present day have been educated in medical schools to think that the only options patients have when ill or injured are



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drugs and/or surgery.

**Who knows if medical students were presented this diagram “The Pathway of Metabolism Inside The Cell,” but when it was removed from medical textbooks in 1973, we were guaranteed that physicians who entered medical school from that year and later were not aware that it is nutrients that are inside our cells and thus only nutrients can actually heal the human body.**

That is, unless they discovered this on their own.

Today, more and more physicians are becoming aware that their drugs and surgery should be limited to emergencies only and thus exploring the benefits of Clinical Nutrition. These physicians are either:

- Referring their patients to a Clinical Nutritionist and Naturopathic Doctors, which I am both of these,
- Hiring an on-staff Clinical Nutritionist or
- “Trying” to provide Clinical Nutrition services within their medical facility themselves.

The reason I say “trying” is because though these physicians have good intentions, there is a minority who are actually aware and properly educated in the “whole food” concept of healing, and therefore, their nutrition knowledge or more specifically, their nutritional supplementation, knowledge has come from:

- What Nutritional Drugs Sales Representatives have told them about the synthetic or isolated vitamin and mineral products they are selling to their doctors dispensing supplements,
- Information they have gleaned from various nutrition books or on the internet, which often continues to regurgitate nutritional drugs education, or
- What they have learned from post-graduate studies in Clinical Nutrition and/or attended Nutritional Seminars, which more often are providing “Nutritional Drug” Education and not “Whole Foods” and “Whole Food Supplement”



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## Education.

Additionally, I would like to add the following: Considering that it has taken me as long to complete my studies and get my degrees as it has for any physician to get their medical degree, some questions I would ask if I were you is:

1. Considering the age of my doctor, how could my physician or chiropractor have had time after completing medical or chiropractic school to also complete sufficient studies in Clinical Nutrition to be an expert in both?
2. What qualifies my doctor to advise me on Diet and Clinical Nutrition? In other words, does my physician or chiropractor have degrees in these sciences, as well as in the science of medicine? (Refer to my article on the **Difference between Diet and Nutrition.**)
3. Who would I rather get advice from regarding Diet and Clinical Nutrition? Someone who has been trained in these sciences or someone who has been trained in medicine or chiropractic? After all, I would not go to a Clinical Nutritionist for medical advice, a drug prescription or for surgery, nor would I go to a Clinical Nutritionist for a chiropractic adjustment, so why are people going to their physician or chiropractor for advice in Clinical Nutrition and Dietetics, unless these doctors are also degreed in these sciences as well?
4. Do I really want a physician, who has invested the majority of his/her academic study and years of clinical experience in drugs and surgery, to advise me on Diet and Clinical Nutrition, when a Clinical Nutritionist has much more clinical experience successfully assisting patients in Diet and Clinical Nutrition than any physician or chiropractor, for that matter? .

To me, this would be like asking my plumber to be my electrician or vice versa.

I have observed quite a number of Chiropractors today, even more than physicians, who are providing “some” nutritional services and in each one, I have come to realize that they are either going to be a great Chiropractor, who offers Nutritional Band-aids OR will be a good Nutritionists and a mediocre Chiropractor.



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You will notice that I referred here to “Nutritionist” not Clinical Nutritionist. Today, just about anyone can be a “Nutritionist.” However, Clinical Nutrition is an intensive and complicated nutritional science and its services (testing and therapy) cannot be provided to the extent a patient requires for cellular and tissue healing, biochemical balance, organ/gland function, as well as to sustain healing and maintain optimal health for the rest of their lives, when the Nutritional Services they are being provided are secondary or as an adjunct therapy to another “primary” therapy.

In other words, the primary therapy (medicine or chiropractic) is provided to all patients and nutrition is:

- an afterthought, or
- if all else fails or
- provided for some, but not all, or
- a few supplements are dispensed or recommended to the patient for some acute symptom(s).

However, comprehensive Clinical Nutrition Services are not provided, because either the physician or chiropractor lacks the education or time to provide full Clinical Nutrition Services and at the time provide a full service of their primary care.

**Every patient has a right in any clinic, that is advertising Nutrition, to have a comprehensive Clinical Nutrition and Dietary Evaluation, treatment and follow-up plans and not just provided a few dietary suggestions and nutritional drug band-aids for acute symptoms as an additional revenue for that clinic.**

The clinics that are best at proving both are those who have an on-staff Clinical Nutritionist trained in the “whole food” concept of healing, and doctors who are freed to give their full attention to the medical, chiropractic or other primary care service they provide. In these clinics, the Clinical Nutritionist has equal standing with the Primary Care Services provided and the Clinical Nutritionist and Doctor consult on each patient case for an over-all treatment plan, utilizes both therapies for initial and follow-up care.

In these cases, medicine may even take a back seat to Clinical Nutrition Therapy if that is the best interest of the patient,



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such as for patients who are not in any life-threatening state and thus there is time to assist the patient in restoring their health.

## **PUBLIC HEALTH EDUCATION IS ABOUT MEDICINE** **NOT CLINICAL NUTRITION**

Because of the lack of introduction to Clinical Nutrition in medical schools and the fact that “Public Health Education” is still based on drugs and surgery, you understand why your physician may not know about Clinical Nutrition to refer you when you are not in a medical emergency state, and you can now understand why you and the general public has also been unaware of Clinical Nutrition Testing and Therapies until now.

In fact, the majority of the general public alive today, i.e., born in or since the 20<sup>th</sup> Century, did not become aware of other health care options in the United States other than medicine until the 1970's? Since pharmaceutical drugs were first prescribed in the 1950's, it took 20 years for their harmful side effects to adversely affect the health of enough people for the public as a whole to start looking for healthier options for their illnesses and injuries, which has led them to the Clinical Nutrition, Herbal, Naturopathic and Homeopathic Therapies I provide..

**Drug Side Effects** are the new symptoms that are produced from the nutritional deficiencies and toxicity from the chemicals and metals inside pharmaceutical drugs (prescribed and over-the-counter).

Since there is no foreseeable change in the medical agencies that govern **Public Health Education** today, it is up to us to spread the good news about nutritional science, specifically Clinical Nutrition. Clinical Nutrition includes biochemical testing to identify the nutrients that are deficient in the cells so each person has the opportunity to provide the whole food



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nutrients their individual body requires to heal (repair or regenerate cells, i.e., grow new healthy cells to replace those that cannot be repaired) and thus maintain, optional health for the rest of their lives. When more people are using Clinical Nutrition Services, the public will then have a balanced perspective on health care today, such as medical treatments (drugs and surgery) used only in cases of “true” emergencies.

## **DEFICIENT PUBLIC EDUCATION PROVEN BY SURVEYS**

Since I first started my business in 1981, I have been surveying new clients to determine how much knowledge they truly had when it came to the laws that govern the healthy function of the mind and body so I could evaluate what I needed to provide in educational services to help them have sufficient knowledge to maintain the healing they attained through my therapies.

Even as I continue to survey each new client today, you may be surprised to know that the percentages have not changed since 1981. In other words, the statistics I have provided below from these surveys have remained consistent for decades now and demonstrate the percentage of knowledge that each new client had prior to starting therapy with me and prior to receiving education from me on the following scientific principles and practices. :

1. Dietary Principles and Practices – 30 to 50 % out of 100%.
2. Lifestyle Principles and Practices – 10% out of 100%.
3. Mind-Body Principles and Practices – 0-10% out of 100%.

This means that Public Health Education has been and still is severely deficient in the knowledge that each human requires to maintain the health of their mind and body today and prevent diseases in the future.



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Are you starting to understand why, as much as you have studied on your own, and as much as you have tried to implement what you have learned, you still feel something is lacking in what you know and are doing to help yourself improve your health?

Are you starting to understand why you are still suffering from symptoms that you have been unable to “permanently” heal, and why the therapies you have tried, whether medicine, chiropractic, massage, acupuncture, etc., were unable to fulfill your expectations?

In other words, from all the knowledge you have implemented and all the other therapies you have tried, you have only received temporary relief, if any.

With all humility, the fact is that this will always be the case until you start Clinical Nutrition Therapy that has been designed from the findings of a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry and complete our **Personal Education Program (PEP)** to learn and implement what is lacking in your self-education.

## PERSONAL EDUCATION PROGRAM (PEP)

The “**Personal Education Program (PEP) – Dietary, Lifestyles and Mind-Body Connection.**” The average number of hours to accomplish all three PEPs is 16-18 hours, as they average about 4-6 hours for each of these three educational programs. PEPs are provided through telephone consultations with me, with online access to passcode-protected webpages for written supported materials for each program.

**This education as well as its consistent application in the life of every human being is a must to maintain the**





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**healing obtained through your Clinical Nutrition / Naturopathic Therapies and to prevent future diseases.**

**And as you can see according to the percentage above, the Public, which includes you, lack...**

- **50-70%** of the Education and Implementation of Dietary Principles and Practices,
- **90%** of the Education and Implementation of Lifestyle Principles and Practices, and
- **90 – 100%** of the Education and Implementation of Mind-Body Connection Principles and Practices.

**That is required to sustain healing and maintain optimal health for your lifetime.**

**The above can easily be proven to you by simply enrolling yourself in our Personal Education Program today!**

It is any wonder with such high percentages in “lack” of knowledge, why people are still suffering today and why hospitalization, drug sales and surgeries are increasing and not getting less from year-to-year.

## **What do I mean by Principle and Practices?**

A principle is a scientific law and a practice is integrating this law into your daily dietary and lifestyle daily routine until you are living and being this law unconsciously. For example, brushing your teeth is a daily unconscious routine.

A principle or law is like the Law of Gravity in the science of Physics.

The Law of Gravity does not care:

- If you know about it,
- What you think of it,
- Whether you believe in it or not,



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- If you ignore it,
- If you rebel against it
- Or even if you respect and adhere to it – i.e., design your lifestyle to be in harmony with this law.

The Law of Gravity is fixed and cannot be changed, altered, or interfered with by any force of man or nature.

So the principles (or laws) that I am sharing in the **Personal Education Program** are just as fixed as the Law of Gravity.

We learned early in life that we can injure ourselves when we violate the Law of Gravity. Every day the public is injuring themselves internally and externally because they do not know the Laws that govern the healthy function of the cells, tissue, organs, glands and systems of the human mind and body, specifically, the:

- **Dietary and Nutritional Principles (or laws)** – the principles of Dietetics and Clinical Nutrition, Sub-Clinical Nutrition and Nutrition (i.e., biochemistry and biology) and how to implement these principles in your daily dietary practices.
- **Lifestyle Principles** - the principles that we engage in or are exposed to in our daily lifestyle.
- **Mind-Body Principles** – the principles of mind and body (mental, emotional and physical) that affect health.

**Therefore, each person is the author or creator of their own illnesses and diseases, and the lack of fitness (strengthen and conditioning) of their body can also be at the root cause of their accidental injuries.**

I have taken the scientific principles in each of the above aspects of health (dietary, lifestyle and mind/body) and organized them into step-by-step application. Until the above is taught through Public Health Education, in elementary schools and colleges, people will continue to violate these laws and create their own illnesses and diseases.

**Since it does not appear that changes are going to be made soon or to the degree that is needed by these educational institutions and those that govern Public Health Education, it is your responsibility to educate**



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yourself. Interestingly, my internet research has not found anyone offering a comprehensive educational course in these principles for the general public, except me.

In other words, you too would have to go back to college for a degree in Clinical Nutrition, Dietetics, and Naturopathy to learn this information and then condense that education into practical application in daily life. Fortunately, this is not necessary because you have an advantage over the general public because you are reading this article and can learn what you need to know to maintain optimal health and prevent disease by just calling me and enrolling in the Personal Education Program.

Now, these continue my original discussion about how cellular degeneration leads to Degenerative Diseases, and then premature death.

## **DEGENERATIVE DISEASES AND PREMATURE DEATH**

Do you now understand that the reason people suffer greatly today from the symptoms of **degenerative diseases** is **because they are caused by long-term nutrient deficiencies and toxicity?** The human body goes through three stages prior to the development of degenerative disease: Another way of saying this is I have outlined below the five stages the cells, tissue, organs, glands and body systems progress through before death.

1. Stage 1 – Nutritional Deficiencies and Toxicity
2. Stage 2 – Biochemical Imbalances – caused by #1
3. Stage 3 - Dysfunction in Organs, Glands and Body Systems – caused by #2
4. Stage 4 – Disease in the Organ, Gland or Body System experiencing #1, 2 and 3.



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5. Stage 5 – Premature Death - Why premature? Because all of the above is preventable through Clinical Nutrition.

A medical diagnosis comes from a “medical” interpretation of laboratory reports, physical examinations and other tests. A medical interpretation identifies when the biochemistry has reached a life-threatening or disease stage (Stage 4 and 5). Because of the lack of public education on the above, the patient and their physician are confused when all tests come back “medically” normal and thus the physician cannot find any cause for their patient’s symptoms. However, it is important for you to understand that medically tests will always appear normal when the patient is in Stage 1, 2 or 3 in the development of a Degenerative Disease, i.e., as the degenerative process progresses towards the Disease stage.

Thus, whenever a person experiences symptoms or does not feel well, it is important to seek medical attention to either:

- Rule out being in the Disease Stage or a Life-Threatening State, or
- Receive immediate attention if you are in a life-threatening state.

However, when medical tests and exams indicate normal, it is not medical treatment you require, such as drugs to suppress or manipulate your biochemistry so you do not feel the pain, depression or other symptoms, what you need is to contact me for a Clinical Nutrition Analysis of your Laboratory Reports to identify and correct the cause.

A Clinical Nutrition interpretation of your Lab Reports, Medical Exam Interpretation Reports and other tests will identify causes that cannot be identified from a medical interpretation. A Clinical Nutrition Analysis or interpretation identifies Stage 1, 2 and 3 above and Clinical Nutrition Therapy and the Personal Education Program (PEP) provides what your body requires to correct the findings from this analysis.

It is always important to be medically testing to rule out Stage 4 (Disease). However, again if medical testing is normal, it is not wise to accept medical treatment when it has just been scientifically proven to you through these medical tests that you do not need medical treatment.



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Remember just because you utilize medical diagnostic equipment does not obligate you to use medical treatments for the findings. Periodically, I refer my clients to their physicians for testing that I do not provide, such as an M.R.I. However, just because we solicit medical testing, examinations and diagnosis, does not mean that their treatment is the best for those findings. The best treatments are what is safe, effective, and provides what your cells require to heal itself as the enclosed Diagram clearly demonstrates. However, these nutrients must be provided in their whole food form to assist in healing, otherwise, they are just suppressing and manipulating biochemistry, just as pharmaceutical drugs do.

Medical treatments (drugs and surgeries) should be the last resort, not the only options presented to patients. .

**The body requires all of its parts to function optimally and live longer In fact, the Human Body is Designed to Regenerate and Live For Hundreds of Years**

Before Noah and the Flood, the Bible reported people living hundreds of years, and after the Flood, man was promised to live at least 120 years. Ever wonder why our Global Mortality Statistics for Mankind today is 60-70 years, instead of at least 120 years? The human body is designed to “regenerate” and thus the human body does have the potential to live hundreds of years, perhaps even forever. However, through our lack of care in sustaining cellular nutrient sufficiency, the development and then integration of chemicals and metals in our food, water, environment and drugs, mental/emotional stress, violence (verbal and physical), interference fields and other factors, people are destroying themselves, prematurely.

Interference Fields are adverse Electro-Magnetic Fields (EMFs), Scars, Piercing, Tattoos, Vaccination Puncture Sites, Metal Implants and anything else that interferences with the internal flow of energy, blood, nutrients and lymph fluid. For more information on these read my webpage on “**Electro-Magnetic Fields**” and article on “**Scars, Tattoos, Piercings, Vaccination Puncture Sites and Other Interferences (To Healing) Fields.**”

However, the good news is we also have what you need to counter all of the above, so you can improve your cellular health and create a principle-centered healthy lifestyle to sustain your healing and maintain optimal health for the rest of



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your life. Therefore...

To inquiry about how you can obtain a clinical nutrition analysis of the laboratory testing of your biochemistry (blood, urine, hair, saliva and/or stool), you may call me at (940) 761-4045 or complete an **Inquiry Questionnaire** on my website at [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) and upon its receipt, you will be called to schedule an Inquiry Telephone Consultation with me..

My goal is to:

- identify your nutritional deficiencies, biochemical imbalances and organ/gland dysfunctions in Stage 1, 2, and 3 through testing your biochemistry
- provide what your body requires to heal itself,
- show you how to keep your current body parts healthy,
- coach you developing a principle-centered lifestyle through our Personal Education Program (PEP) – Dietary, Lifestyle and Mind-Body Connection, which also includes coaching on each of the interferences to your healing so that you may avoid them and thus do all you can to assure your optimal health and longevity.

## WHY OTHER THERAPIES RESULT IN “TEMPORARY” RELIEF

Are you frustrated with trying this therapy and that therapy, going to this doctor and then that doctor only to get temporarily relief, if any at all? If you want lasting health improvement; if you want your symptoms to go away and not return, then you must first understand the contents of this article and start providing what your cells need and avoid what interferes with your body's healing processes.



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And the only way to know what your cells need is through Clinical Nutrition Analysis of the Laboratory Reports from testing your own biochemistry (such as blood, urine, hair, saliva, and stool).

So if you have tried a lot of different therapies, such as medicine, chiropractic, massage, physical therapy, acupuncture, and so on, and only received temporary relief, now you know why! None of these nourish, repair and regenerate human cells and tissue.

- Now if you add Clinical Nutrition Therapy while receiving chiropractic, massage, physical therapy, acupuncture or any other nerve, muscle or structural therapy, you can speed up your over-all healing processes both in your biochemistry with our therapy and the other therapy you are receiving. Clinical Nutrition always makes other therapies work more efficiently and completely.

For examples,

- **Chiropractic and Clinical Nutrition** – Chiropractic identifies and realigns vertebrae that have moved out of place along the spine and thus are pinching nerves to various organs/glands, thereby, causing pain and interfering with the cell-to-cell communications. However, if you want to hold the adjustments received through chiropractic treatments, you must first have sufficient nutrients in the cells of your muscles, vertebrae and other parts of the Musculo-Skeletal System. Otherwise, within days, the muscles and vertebrae will return to their previous misaligned positions and pain returns. This is why many people often require an “endless” number of chiropractic treatments.
- **Massage and Clinical Nutrition** - Massage relaxes tight muscles to stimulate and improves blood, lymph and nerve circulation. However, it is through Clinical Nutrition Therapy and Dietetics that the blood becomes nutrient sufficient to nourish the cells, that T-Cells are produced sufficiently in lymphatic fluid to fight infections and nutrients required for the function of the Brain and Nervous System are obtained, and so on, in order to assure and maximize the benefits of massage.



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- **Acupuncture and Clinical Nutrition** - Acupuncture and Acupressure release blockages and restores flow of electricity in energy meridians to improve cell-to-cell communications. Clinical Nutrition Therapy provides the nutrients required for cellular energy production in order to have energy to flow through these meridians. .
- **Medicine and Clinical Nutrition** -
  - **Drugs** – since all drugs deplete the human body of nutrients and the chemicals in drugs are toxic, anyone who consumes or is injected with any drug without clinical nutrition therapy is guaranteed to be more deficient, toxic and create new healthy challenges for themselves that they did not have before taking medicines. Clinical Nutrition Therapy is essential for nutrient repletion from drugs causing nutrient depletion.
  - **Surgery** – For the same reasons above, long-term drug therapy will lead to more surgeries, and only by providing Clinical Nutrition Therapy after surgery (no matter what the reason for surgery), can the cells and tissue completely heal. Today's diet is insufficient to provide what the body requires to completely recover from any surgery, as well as any injury. How many middle-aged former athletes can tell weather changes from pain in joints that were injured during high school, college or pro-sports? These are perfect examples of “incomplete” healing. Their physicians released these former athletes when their bodies were stabilized, such as skin sutured, bones set and casted, etc., but their diet could not provide the intensive nutrients required for complete healing of damaged, sprained, broken or torn muscles or bones and/or sutured wounds. Some of these former athletes had surgery when they were injured and some did not, yet in both cases without Clinical Nutrition Therapy, neither could recover completely.

## Clinical Nutrition Therapy...

- Is foundational to improving your health, cellular repair and regeneration (healing), sustaining healing and maintaining optimal health for the rest of your life because this is cellular therapy.





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- Clinical Nutrition Testing identifies the nutrients in the “Pathways of the Metabolism Inside The Cell” which are deficient in your body and then...
- Clinical Nutrition Therapy provides therapeutic whole food supplements to restore nutrient sufficiency, as diet alone cannot improve “clinical” deficiencies.
- Clinical Nutrition Testing also identifies what is interfering with your body’s ability to healing processes and provides what is required to remove or correct these interferences to your healing, Our Clinical Nutrition Services also provides the Personal Education, Products and Tools to assist you in avoiding and/or correcting these interferences, whichever is applicable to you. Interferences, such as, EMFs, scars, toxicity, and so on. .

Once you really understand the scientific facts presented in this article, you understand how:

- Important it is to use Clinical Nutrition Testing and Therapy alone and/or with all other therapies and. To use pharmaceutical drugs in the way they were originally intended, i.e., for short-term use in true medical emergencies only. This means that once the body is stable, drugs are discontinued.
  - Through Clinical Nutrition Therapy, you can also learn how to detoxify the chemicals and metal residues your body was exposed to from diagnostic procedures and drug or surgical treatments, so that they do not have long-term adverse effects.

**What is a True Medical Emergency?** A true medical emergency is when you

- Are unconscious,
- Have uncontrollable bleeding,
- Require suturing of skin tissue
- Setting and/or Casting of a broken bone,
- Amputation,
- Or you are in an immediate life-threatening state. A life-threatening state is one where you will die within minutes or hours if you did not receive “Emergency Medical Assistance.”



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Therefore, if you are not experiencing any of the above and thus do not have a true medical emergency and all medical tests and exams have come back normal, ruling out disease or life-threatening state, then it is very important for you to contact me for a Clinical Nutrition Analysis. Otherwise, you will continue to go in circles from this physician to that physician or from one type of therapy to another, whether for chiropractic, massage, acupuncture, and so on – and receive only temporary relief, never really getting to the cause of your symptoms or assisting your body in providing the therapy where all healing begins – at a cellular level.

The keys to complete and lasting healing is to truly understand and integrate into your current health care paradigm:

- **“The Pathways of Metabolism Inside The Cell” Diagram.**
- That a Clinical Nutrition Analysis of your Laboratory Reports is required to identify your clinical cellular deficiencies and
- Clinical Nutrition Therapy is “the therapy” required to restore cellular nutritional sufficiency and for intracellular and extracellular detoxification.
- And no matter what other therapies you choose to use, adding Clinical Nutrition Testing and Therapy is a must or you will continue to waste time, money and delay your healing, because using other therapies without Clinical Nutrition only brings temporary relief symptoms, not cellular healing so your symptoms can go away on their own as a natural result or outcome from healing..

So if you are ready to end this cycle of “temporary relief” therapies, here is my contact information below.

## CONTACT INFORMATION



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I am looking forward to hearing from you so that I may assist you in improving your health, just as I have every client who has contacted me before you. Yes, that means every client since I first opened my business in 1981. At the time of this writing, our clientele resides in 36 U.S. States and six international countries and clients report experiencing their first signs of health improvement within 3-6 weeks, with some reporting as early as the first week after starting Clinical Nutrition Therapy.

## There are two ways to contact me:

1. **Complete the “Inquiry Questionnaire”** in my website at [www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com) and upon receipt of your emailed questionnaire, you will be called to schedule your FREE INQUIRY TELEPHONE CONSULTATION with me OR
2. **Call (940) 761-4045** now to schedule your Free Inquiry Telephone Consultation with me. Also, if I am available at the time of your call, I will be glad to provide this free service at that time.

[www.AdvancedClinicalNutrition.com](http://www.AdvancedClinicalNutrition.com)  
(940) 761-4045



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## ABOUT DR. SMITH

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**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.



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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 36 U.S. States and six 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 (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 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

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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).



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- **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.***