

What Is Inside Our Cells! Proof Drugs Don't Heal!

(Purpose of "Ask Dr. Donna" Blog)

By Donna F. Smith, Ph.D.

Did you know that the Diagram of the Metabolism and Pathways of the Human Cells was mysteriously left out of medical school text books over 40 years ago? When you look at this diagram, you can see that only nutrients are inside our cells. Nutrients are macro-nutrients (proteins, carbohydrates, fats/oils), micro-nutrients (vitamins and minerals) and water. Do you know what this means? What this means is that only nutrients can heal the body!! Drugs will never heal the human body. Drugs manipulate the metabolism and the autonomic nervous system, much like switching the Light from ON to OFF, so your biological functions are redirected. In other words, so you do not feel the pain that is still there. This is not healing the body by getting to the cause of the pain. In time, the body becomes worse, first, because the original cause was not healed and second, because of drug side effects. Drugs have their purpose – if you are injured and have a wound that needs to be stitched, we are blessed to have drugs to "temporarily" manipulate your nervous system, so you do not feel the pain of the suture (stitching).

I was 24 when God led me to the study of herbs, which then led me to the study of the nutrients in herbs. Since that time, I have not taken a drug for any health challenge that I have experienced – from the common cold, an occasional headache, burns, accidental wounds, broken knee cap, Lupus, etc. I home-birthed my son, Matt (now 23), and he has never taken a drug, only nutrients. We used herbs to heal his 3rd degree burns from walking across a floor furnace at age 1 1/2, for his one ear infection, childhood diseases, colds and flu. Yes, we even legally avoided the dangers of vaccinations.

My blog has been designed for the purpose of coaching others in how to restore and maintain their health using nutrients, and reclassifying Drugs as Emergency Use Only, such as injuries that require a bone to be reset, a bleeding wound to be stitched or for those who require surgery to remove a part of the body to save one's life. The need for surgery is a direct result from accidental injury or a lack of knowledge or neglect in applying the principles of nutritional biochemistry in one's lifestyle.

Now some of you may be in this place. You have had surgeries, a diagnosed disease or you are feeling the effects of long-term nutritional deficiencies due to poor diet, vitamin/mineral depletion from regular drug use, or exposures to chemicals and other pollutants in our air, food, and water. Symptoms of nutritional deficiencies include low energy, lack of endurance, headaches, memory loss, thyroid or other hormone imbalances, ringing in the ears, heart palpation, acid reflux and other gastro-intestinal complaints, and joint pain, just to name a few.

We cannot undo the past, nor begrudge ourselves for what we did not know or did not do. Today is a new day. Your body has a miraculous, innate healing power and when you learn how to give it what it needs to heal and stop interfering with its healing process; it will do wonders in restoring your health and maintaining optimal health for the rest of your life.

Let me close with this important note: When one begins any new journey, one always needs a good map or one gets lost along the way and either delays or prevents arriving at their destination. In this journey, the map is a Clinical Nutrition Analysis of your nutritional biochemistry, e.g., blood, saliva, urine, hair, etc. With clinical nutrition testing, there is no guessing -- you know exactly what your body needs to heal and maintain health.

Are you ready to be coached? Blog me at www.DrDonnaSmith.blogspot.com

ABOUT DR. SMITH:

Dr. Donna F. Smith, Ph.D., N.D., C.D.N., C.C.N., has a Ph.D. in Clinical Nutrition, is a Naturopathic Doctor (N.D.), a Licensed Certified Dietitian-Nutritionist (C.D.N.), a Board Certified Clinical Nutritionist (C.C.N.) and a Canadian Chartered Herbalist (CH).

Having written over 90 articles, she is also a Free Lance Nutritional Health Writer for traditional and Internet magazines, such as the American Chiropractic Magazine and Natural Health World.

As owner of **Advanced Clinical Nutrition** in Wichita Falls, Texas, Dr. Smith provides a Clinical Nutrition Analysis or interpretation of Laboratory tests (blood, saliva, urine, hair, stool) and then based upon the test results designs individualized clinical nutrition programs to identify and correct the dietary and vitamin deficiencies affecting the healthy function of the human body. Clinical Nutrition Programs include therapeutic whole food supplements and dietary plans to increase energy, prevent disease, improve health, manage weight, and enhance life and sports performance.

Dr. Smith's success rate is over 90% in helping her clients improve their health no matter what their current health concerns.

She provides her clinical nutrition services to individuals through the Internet, by U.S. mail and in office appointments. Through Dr. Smith's Clinical Nutrition Provider Program, Healthcare and Fitness Providers can offer clinical nutrition therapy for their patients and clients.

On February 6, 2009, she created the "Ask Dr. Donna" Blog.

*Watch **Dr. Smith's Secrets To Healing** which airs in the Wichita Falls, TX area on Time Warner Cable Community Access T.V. Channel 6, every Tuesday evening from 9:30 to 10 p.m., C.S.T.*

**FOR MORE INFORMATION AND
TO ORDER CLINICAL NUTRITION SERVICES:**

For More Information,

Browse Dr. Smith's website, www.AdvancedClinicalNutrition.com
and/or schedule an Inquiry Consultation with Dr. Smith at (940) 761-4045.

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