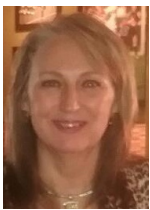


ARE YOU CONFUSED ABOUT NUTRITION TODAY?
Here's Why!

Whether you are an individual, family member, the director of a healthcare facility or corporate wellness center concerned about your health or the health of family and employees, my goal for weekly articles, starting with this one, is to fill in any gaps our readers may have, develop a solid foundation of knowledge and build on that, in addition to answering questions you don't even know to ask regarding improving/maintaining optimal health, preventing future disease and reversing current disease processes.



Dr. Donna Smith,
Ph.D., C.C.N.

So, let's start with the foundational requirements of all living beings — Diet and Nutrition. I think you would agree that your body would be dead in minutes or weeks without air, food and water.

So, doesn't it make sense that the quality and quantity of the three substance (or nutrients) that keep you alive, would also have a direct effect on your current state of health, and even be at the root cause of illness and disease?

Doesn't it make sense, then, that Diet and Nutrition are where you need to look for real answers to solving your health challenges?

"Yes, but," you may say, "there is so much confusion about diet and nutrition these days!" You are right and there is a good reason why! **They are not the same.**

People are confused today because of a lack of understanding regarding their definitions, differences in research, and professions.

Diet and Nutrition – Defined!

Simply put, **Diet** is 'what you eat and drink.'

Nutrition is biochemistry. . . the metabolism of what is consumed in the diet, what enters through body opening (eyes, ears, nose, etc.), what is absorbed through the skin and what is not being eliminated from the body, but should be.

What is the "metabolism?" It is the biochemical processes of ingestion, digestion, absorption, assimilation, and distribution of nutrients to the cells, tissues, organs, glands and body systems and then the elimination of metabolic by-products (waste) and toxins.

Two of Four Primary Differences in Dietary and Nutrition Research

Dietary research classifies calories as a nutrient ("energy") in a food item. Refined, white bread and whole grain bread contain 60-70 calories per slice and are, therefore, considered dietary equals.

Nutrition research classifies foods by Nutrient Value, which means the food contains all of its vitamins, minerals and other nutrients in their original whole food design. Nothing has been added or removed.

Dietary research evaluates the quantity of food by standard measurements in ounces, cups, quarts, gallons, etc.

Nutrition research evaluates the quantity of food by ratios of proteins to carbohydrates to fats/oils for a balanced intake of nutrients synergistically working together for biochemical balance, i.e., homeostasis.

EGG WHITES ONLY OR WHOLE EGG – CONFUSED???

Here is just one example of many confusions caused when Dietary and Nutrition Research are not understood.

Health Alerts were issued to avoid the egg yoke due to its cholesterol content and eat only egg whites.

However, **Nutrition research** advises to eat whole eggs because:

1. Eating only egg whites leads to biotin deficiency, which causes nervous system disorders (pain).
2. The human body cannot make hormones without Cholesterol and
3. Cholesterol is so important that the liver is triggered to make it when the diet does not contain sufficient cholesterol-containing foods.

The accurate Public Health Alert would have been the proper dietary preparation

of the egg instead.

Whole eggs are healthy and safe to consume when poached or boiled in its shell (soft or hard). Why? Because these methods preserve the Lecithin within the egg, which is required to metabolize Cholesterol.

The traditional dietary practice of removing the shell and heating the egg at high temperatures, like when frying an egg or making an omelet, destroys the Lecithin in the egg and therefore the cholesterol cannot be properly metabolized.

In **Nutrition research** when Cholesterol is metabolized it is transported through the blood to the cells, which is where it is supposed to go, but when it is not metabolized, it creates fatty deposits in the blood vessels that prevent sufficient blood flow through the arteries and increases the risk of heart disease. (More on the Confusion about Cholesterol in a future issue.)

In Nutrition research, it is obvious that it is not the Cholesterol in the Egg, but the lack of proper dietary education and preparation of the Egg that is the problem.

Confusion comes when Dietary and Nutritional research and practices are not clearly defined and understood.

Professions – Dietitian and Clinical Nutritionist

The general public has been more aware of Dietitians, because their profession came first. However, **Nutrition research** led to the establishment of the **Board-Certified Clinical Nutritionist (C.C.N.)** in 1983 to address the rapidly growing health challenges caused by decades of consuming processed foods; chemical additive in foods; air, water and environmental pollution; and pharmaceutical drug side effects.

Drug side effects are the symptoms of nutrient deficiencies and toxicity caused by the chemicals in pharmaceutical drugs.

The C.C.N. is trained in "**Clinical Nutrition**," which is also called, "*Functional Medicine, Orthomolecular Medicine*, and more recently "Medical Nutrition," when the medical industry began showing an interest in our field of healthcare. However, any title using the word "medicine" may be misleading to the public, since it implies using drugs and surgery, which are not included in Clinical Nutrition Therapy.

"**Clinical**" **Nutrition** refers to clinical and subclinical macro- and micro-nutrient insufficiencies, deficiencies or excesses at a cellular and tissue level, which in time leads to biochemical imbalances, then organ, gland and body system dysfunctions and eventually to disease and premature death.

That is until . . .

The Clinical Nutritionist (C.C.N., Ph.D.) applies biochemical, biological, physiological and bioenergetic principles and the findings from a Clinical Nutrition Analysis of the individual's Laboratory Reports (blood, urine, hair, saliva, stool, and genetics) to identify their specific dietary, nutritional (metabolic) and bioenergetic needs to achieve normal physiological function to promote health and longevity, and prevent disease.

Bioenergetics

In case you are not familiar with the term "bioenergetics," this is a field in biochemistry and cell biology regarding the energy flow through living systems (humans, animals, plants, etc.).

Energy originates from within the cells, travels to/from cells and projects outward from the cells, extending beyond the living system, which is known as the bioenergetic field or body. So fundamentally, we have two types of bodies – a biochemical body and a bioenergetic body. Because cadavers (which are totally void of their bioenergetic body) is the foundation of Western medical science,

some physicians and consequently the general public, are not aware of bioenergetics, much less the analysis of and treatment of the bio-energetic body.

Fundamentally, we know that the absolute lack of energy in the body is called "death." The first sign of declining health is "ongoing tiredness" as the cells become less capable of producing sufficient energy. Low-energy cells do not just make you tired, the organs and glands experiencing long-term low-energy cells become diseased because their cells and tissue, in time, decay and then die.

Consequently, the key to health and longevity is a two-step process: 1) identify and provide the cells with the macro- and micro-nutrients they require to produce energy, which is possible by obtaining a Clinical Nutrition Analysis of and Therapy for your biochemistry, and 2) remove whatever is blocking or inhibiting the flow of energy, which also leads to low-energy cells. *You are only as healthy as the health of your cells.*

The analysis of low-energy cells and then providing the bioenergetic frequencies that low-energy cells need, such as is capable with the Healy* device, has been reported to increase ATP (energy) by 500%. ATP means adenosine triphosphate. Increased ATP assists the cells in restoring bioenergetic balance within the cells and allows for an uninhibited (or free) flow of energy throughout the body.

When bioenergetic balance occurs, the nutrients (from diet and supplementation) that your body requires, as identified from the Clinical Nutrition Analysis of your biochemistry, are more efficiently received by each cell so they can make sufficient ATP on their own AND waste and toxins are more effectively removed from the body. It is then that the body is able to heal itself, maintain optimal health and prevent/reverse disease processes.

Benefits of Clinical Nutrition Testing and Therapy

The benefits from Clinical Nutrition Therapy based on your own biochemical test results include, but are not limited to, increased energy, clear skin, weight management, increased hair quantity/quality, hormone balance, strengthening of nails, wrists, ankles, joints, spine, muscles and immune system; restoring over all organ, gland and body system function, such as brain, heart, lungs, kidneys, liver, thyroid, pancreas, intestines, etc., preventing/reversing disease processes, enhanced libido and sports performance. In other words, Clinical Nutrition Therapy provides the nutrients from diet and therapeutic supplementation that each cell in the body requires to heal itself and thus improve health, no matter what your concerns.

And as effective as Clinical Nutrition Therapy is when used alone, as indicated above, when you combine it with the use of the Healy device, the biochemical and bioenergetic processes required to produce the above benefits accelerate and you will receive faster healing results.

Confusion in Diet, Nutrition and what is required to assist your body in healing itself arises when the definitions, research and even the professions of Dietetics and Clinical Nutrition (C.C.N., Ph.D.) are not clearly understood by the public and the medical industry.

For a FREE emailed copy of my complete 11-page article on the "The Differences Between Diet and Nutrition," please email me at: Villager@AdvancedClinicalNutrition.com.

Subject Line: D & N article.

*Important Note: Information in this article is provided for nutritional health purposes only and not for the diagnosis or treatment of any medical condition or disease. *The Healy device is an FDA Class 2 microcurrent medical device that has been cleared by the U.S. FDA for relief of acute, chronic, and arthritis pain and muscle soreness due to overexertion. Healy, also, has non-medical applications that use individualized frequencies to help balance your mind and body. Always use the Healy as directed.*



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