

What Clients Say About Our Clinical Nutrition – Part 1 of 2!

People are often amazed when they experience the fact that Clinical Nutrition safely and effectively helps the body improve, even in areas they thought was not possible. The science of basic biology tells us that air, food and water are three substances every human body must have or the body will die within minutes (without air) and within weeks (without water or food).

So, doesn't it make sense that the quality (pure) and quantity (biochemically-sufficient) of your air, water and food is foundational to improving and maintaining optimal health and the lack, thereof, is foundational in the development of disease?

THERAPEUTIC SUPPLEMENTATION REQUIRED: Health improvement is not just about making healthy dietary changes, but requires concentrated, therapeutic whole food supplements that contain the nutrients your body needs to heal itself.

These specific nutrients are identified through a Clinical Nutrition Analysis of Lab Reports from testing your biochemistry (blood, urine, hair,



by **Dr. Donna F. Smith**
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“Take Time for Your Health or Make Time for Your Disease!”

saliva, stool or genetics).

DIET CHANGES ALONE ARE NOT SUFFICIENT: Healthy dietary changes are essential in the maintenance of health. However, though you may slow down the biochemical processes of degeneration, healthy diet changes are not sufficient alone to provide the concentrated clinically-formulated nutrients your body requires **right now** to correct “clinical” level deficiencies, toxicity, biochemical imbalances and organ and gland dysfunctions that are producing your current symptoms.

PURPOSE OF THIS ARTICLE: So, the purpose of this article, Parts 1 and 2, is to start sharing a brief A-Z overview of the scope of my Clinical Nutrition Testing and Therapeutic Services. By sharing what our clients say, you can see that, for all ages from head to feet, Clinical

Nutrition provides safe and effective therapy for your health concerns, even those that may seem hopeless or that you have suffered with for decades.

Also, whatever letter the A-Z overview ends with in Part 2 of this article, I will start with the same or next consecutive letter to continue providing A-Z accounts of “What Our Clients Say!” as they appear in future articles.

With over 40 years of providing successful Clinical Nutrition Testing and Therapy (since 1981), each of these clients in the A-Z overview represents from hundreds to thousands of clients with similar reports.

ADD/ADHD: Ryan (10y) had the same health challenges as MaryAnn (9y), except her joint and muscle pain. You may recall MaryAnn’s case history in my article, “*Mommy, I Got My Happy Back!*” (Villager, 04/08/2021, P8). Symptoms included lack of focus, inappropriate behavior, headaches, fatigue, and Ryan was also hyperactive. And just like 9-year-old MaryAnn’s 22 symptoms, 10-year-old Ryan’s five (5) symptoms improved 100% and he was

also discharged from Clinical Nutrition Therapy after only four months.

NUTRITION FACT #20: Children heal faster because they have less years of accumulated toxins and nutritional deficiencies, compared to adults, who have multiple decades.

ANTI-AGING (DAMAGED, WRINKLED SKIN): Melynda (50y) - Before Clinical Nutrition Skin Therapy, Melynda had 11 Skin Conditions according to her Dermatologist. The 11th was wrinkles on her face that looked like multiple crossing railroad tracks. Seven (7) improved in the first month and by the 10th month, all 11 had either improved or healed.

MELYNDA’S DERMATOLOGIST REPORTED: Melynda’s Dermatologist told her that ‘in 30 years of practice, he had never tested skin that had “no impurities.” He also said that even with today’s best medical skin care products, available only through doctors, he can affect only ¼ of an inch skin depth compared to our Clinical Nutrition Skin Therapy, which his testing indicated

had nourished and detoxified to the cell level of all skin layers.’

And though we could “obviously” see it, he also scientifically confirmed that Melynda was growing new healthy skin under her damaged, wrinkled skin that was falling away.

For a copy of the above-referenced article, “Mommy, I Got My Happy Back” you may refer to its past issue or Email: Villager@AdvancedClinical-Nutrition.com.

Subject Line: Mommy. Please call me – I am here to help you, no matter what your current health concerns. My services are tailored to your individual and personal needs. First consultation is FREE!

Dr. Donna Smith holds a Ph.D. in Clinical Nutrition, is a Doctor of Naturopathy (N.D.), a Board-Certified Clinical Nutritionist (C.C.N.), a Certified Dietitian-Nutritionist (C.D.N.), a Canadian-Chartered Herbalist (C.H.) and owner of **ADVANCED CLINICAL NUTRITION** (Est. 1981) in Wichita Falls, Texas.

Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.

I like you very much, now please go

BY **DOROTHY ROSBY**

For those of us who’ve been craving a little silent night since Thanksgiving, there was World Introvert Day on January 2. And I missed it. Introverts being introverts, I guess no one was out there promoting it.

World Introvert Day has been around for more than a

decade, and I’ve just learned about it myself. Apparently, it was the brainchild of psychologist and author, Felicitas Heyne who decided rightly that introverts needed a day to go dormant after the holiday season. Had I known about it sooner I would have holed up at home on January 2. Oh wait. That’s what I did.

I’m an introvert myself, which comes as a surprise to some people who know me. That’s because they don’t understand introverts. Extroverts sometimes confuse introversion with shyness. They think all introverts blush when we talk to other people and hide in the bathroom during our own birthday parties. I’ve never done that. That’s no place to eat birthday cake.

Some extroverts think introverts are unfriendly, even rude. They think we keep our blinds closed all day and grouse at the neighborhood children to stay off our lawns. I’ll have you know the three young boys who live next door to me regularly play on my lawn. And I’m hardly ever rude, except in traffic.

Introversion is simply a difference in our brains which I won’t go into because I’m an introvert not a scientist. But I can tell you this: Introverts are renewed from within through solitude and reflection, while extroverts recharge by being around people and other outside stimuli, much of which introverts find appalling—the stimuli, not the people. We

like people, just not when they run in packs or come to our door unexpectedly.

An introvert would rather email than call someone, and when we do call, we’re not disappointed when we have to leave a message.

We like to shop in stores where there aren’t very many other customers. Unfortunately, our favorite stores don’t stay in business long.

We’d rather go to lunch with one or two friends than go to a dinner party or, heaven forbid, a mixer. Introverts are afraid mixers are how we’ll spend all eternity if we die and go to hell.

Some experts estimate that up to 50 percent of the population are introverted, though no one knows for sure because introverts tend to avoid surveyors.

According to my research, some really successful people are introverts, including Meryl Streep, Steve Martin and J.K. Rowling. Rosa Parks, Mahatma Gandhi, Albert Einstein, Eleanor Roosevelt and Abraham Lincoln were all supposedly introverts too. None of them could have accomplished all they did if they’d been out partying ev-

ery night.

Most billionaires including Warren Buffett, Elon Musk, Bill Gates and Dorothy Rosby are introverts too. I was just seeing if you were paying attention.

You extroverts who’ve read this far may be wondering why there isn’t a special holiday for you. Listen to yourself. Every holiday is for you. Name one major holiday where the tradition is to stay home and read a good book.

I’d go so far as to say, we live in an extrovert’s world. Why do you think there are stadiums, bus tours, shopping malls and open office spaces? If I worked in one of those, I’d get even less work done than I do now.

You may also be wondering how the introverts in your life will observe World Introvert Day next year and will there be a party. No there will not. That doesn’t mean we won’t be celebrating the day though. We’ll just be doing it quietly and separately.

Dorothy Rosby is the author of several humor books, including I Used to Think I Was Not That Bad and Then I Got to Know Me Better. Contact drosby@rushmore.com.



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Be sure to include your name and phone number.

Submit your letters to: gerri@villagerpublishing.com or call 303-773-8313

What Clients Say About Our Clinical Nutrition – Part 2 of 2!

Part 2 of “What Our Clients Say About Clinical Nutrition!” is to continue sharing a brief A-Z overview of the scope of my Clinical Nutrition Testing and Therapeutic Services. By sharing what our clients say, you can see that, for all ages from head to feet, Clinical Nutrition provides safe and effective therapy for your health concerns, even those that may seem hopeless or that you have suffered with for decades.

ABOUT THE A-Z OVER-VIEWS IN PART 1 AND 2:

- 1) Whatever letter the A-Z overview ends with in Part 2 of this article, I will start with the same or next consecutive letter to continue providing A-Z accounts of “What Our Clients Say!” as they appear in future articles.
- 2) With over 40 years of providing successful Clinical Nutrition Testing and Therapy (since 1981), each of these clients in the A-Z overview represents from hundreds to thousands of clients



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with similar reports.

3) The clients’ physicians diagnosed the conditions listed in the A-Z overview and the clients improvement came from clinical nutrition testing that identified the therapeutic nutrients their body required to heal itself, which were then dispensed to each client. This is why Clinical Nutrition does not (nor does it need to) treat medical conditions, disorders or diseases.

4) Regarding some of the overviews in Part 1 and 2...I have taken the liberty of paraphrasing or summarizing what my clients actually shared with me, verbally and/or in writing, in order to keep their reports and/or my case histories brief.

BLOOD PRESSURE (HIGH), BONE DENSITY (POOR) AND HYPO-THYROID: **Beatrice** (82y) attained her health goals of normal blood pressure, healthy thyroid function and even passed her Bone Density Test, which she was not sure she could do at 82.

BONE SPURS: Three months after starting their Clinical Nutrition Therapy, bone spurs dissolved on Terry’s neck (71y), Esther’s left heel (43y), and June’s right heel (48y).

BREASTS (CYSTS / TUMORS): **Carol** (57y), after having one breast removed due to cancer, she was determined to save the other one; and she did, through our Clinical Nutrition Testing & Therapeutic Services. Her comment to me was, “*I wish I had found you first.*”

CALCIFICATION (BREAST): Registered Nurse Sally (58y) was medically-diagnosed with breast calcification. Three months after starting her Clinical Nutrition Therapy, no calcified breast tissue was present.

CARPAL TUNNEL SYNDROME: **Bill** (69y) was quite satisfied with the improvement he experienced in his wrists, within just a few weeks after starting Clinical Nutrition Therapy.

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD): **Roy** (54y) had COPD with frequent bouts of Bronchitis and Pneumonia. Not only did Roy’s lung function improve after decades of smoking, he was not hospitalized even once throughout his Clinical Nutrition Therapy, though he had been hospitalized 17 times in the two (2) years prior to contacting me, when using medicine alone.

Roy is a perfect example of what I shared in my article, “*Drug Side Effects – Cause and Prevention Part 2 of 2*” (Villager, 12/23/21, P11), when I wrote... “whatever the reason for taking drugs, whether short-or long-term, your best health results will occur when you combine Clinical Nutrition Therapy with your Drug Therapy, rather than using drugs alone.” This applies to both prescribed and over-the-counter drugs.

Hubert (62y) also had COPD

with frequent bouts of Bronchitis and Pneumonia. He said he had ‘tried many different therapies before, but nothing helped him improve his lung function, until he contacted me for our Clinical Nutrition Testing and Therapeutic Services.’

For a copy of the above-referenced article, “*Drug Side Effects – Cause and Prevention, Parts 1 and 2*” you may refer to their past issues or Email: Villager@AdvancedClinicalNutrition.com.

Subject Line: *Drug Side Effects 1 & 2.*

Please call me – I am here to help you, no matter what your current health concerns. My services are tailored to your individual and personal needs. First consultation is FREE!

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Collaboration at the Capital

Continued from page 2

which would require voter approval due to TABOR. She also noted that, “We are in debt to the federal government \$1 billion.” Ransom referred to the pending increase in unemployment insurance premiums due to the deficit in that fund, but she said that, “Gov. Polis says he’s going to suspend” that increase. Rep. Van Winkle said he agreed with Ransom.

Ransom all pointed to the bipartisan policy of the Joint Budget Committee, where she is a member, to require all state departments to justify every component of their budget every year as an example of the care the legislature takes in spending taxpayer dollars.

Mayor Millet next brought up the issue of increased crime in our state.

Rep. Baisley’s explained his view of how crime should be addressed, saying, “If law enforcement pulls over my mother-in-law they should treat her with respect, but if they pull over the person who stole her car, I want them to lay down the law.”

Rep. Van Winkle said, “There are organized crime rings that recruit the homeless to steal for them in exchange for drugs. Lawmakers are working on that problem.”

Sen. Bridges said that the first bill he plans to introduce in the 2022 legislative session is a \$5 million program for behavioral health services to assist in the recruitment and retention of law enforcement officers.

Another question came from Denver South president and CEO Tom Brook, who told the legislators that companies seeking to relocate to Colorado have pointed to the lack of available housing for employees. He wanted to

Denver South CEO Tom Brook caught up with Charlie Kercheval, president of Alpine Bank DTC. Kercheval was on his way to a National Western Stock Show event.

know how the legislature plans to address that problem.

Sen. Bridges said, “We spent the summer looking at how to use \$400 million in federal funds to address the housing problem.” He said that \$150 million was planned to be used for grants for workforce housing for people like nurses, teachers and firefighters, but, Bridges added, “There will be strings attached” to the money. Those “strings” could be making changes to municipal zoning codes to allow for workforce housing to be built.

Mayor Millet joined the discussion. She cited a recently completed workforce housing project in her city that she felt was very important, saying, “People need to be careful when they talk about workforce housing. Educate yourself. This will add to everyone’s quality of life.”

Attending this important event live and representing their jurisdictions were a significant number of city council members, all of whom happened to be female—from Lone Tree, Wynne Shaw;

Listening to the panelists was Darryl Jones, Senior Vice President of Coventry Development, the company behind the RidgeGate master-planned mixed-use community in Lone Tree. Jones is a former Greenwood Village City Councilmember.

Photo by Freda Miklin

Paying close attention to the legislative update report were Centennial City Councilmembers Christine Sweetland and Robyn Carnes.

Photo by Freda Miklin

from Centennial, Candace Moon, Christine Sweetland, Robyn Carnes and Mayor Stephanie Piko; from Greenwood Village, Donna Johnston. Also in attendance and listening carefully was 18th Judicial District DA John Kellner.

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