

State Reps. Froelich and Sirota preview legislative priorities

BY **FREDA MIKLIN**
GOVERNMENTAL
REPORTER

On January 11, HD3 State Rep. Meg Froelich and HD9 State Rep. Emily Sirota hosted a town hall in which they previewed the 2022 legislative session that began on January 12 and is scheduled to last 120 days. Sirota wanted people to know that, “Remote participation has been extended for this legislative session. Allowing citizens to testify remotely is extremely helpful. The more people who watch us, the better job we do.”

Froelich, who is majority caucus co-chair, began with, “Two focuses of the Democratic caucus are housing and mental and behavioral health.” Also, in the area of energy and the environment, one of her committee assignments, she said, “We will be doing major work on air quality and on monitoring and modeling, so we can get a handle on our air pollution.” Froelich also plans to introduce a bill to plan one million trees across the state as a way to help the environment.

Both legislators said that they will be sponsors of a reproductive health equity bill in response to “the raft of draconian measures to curtail women’s access to reproductive health care.” Sirota sits on the health & insurance committee and



Emily Sirota has represented House District 9 in the state legislature since 2019.

the energy & environment committee, in addition to being vice-chair of the public & behavioral health & human services committee. She expects that there will be more bills dedicated to saving people money on health care, and, “We will also work on air quality, behavioral health, and affordable housing. We want to set limits for contributions to candidates for the school board at \$2,500/individual per candidate per election cycle. We also want to find a way to raise the wages of early child care providers and we want to further support Pre-K and child care and help get the new state Department of Early Childhood Education running.”

Other bills that Froelich and Sirota expect to see introduced during the session

are one that would require that schools provide water filters and hydration stations to make sure that children don’t ingest lead at drinking fountains in schools, and another that for election workers “to protect those who work to run our free and fair elections by keeping their personal information private.”

Froelich noted that, “Climate change is the biggest challenge we face as a nation and as a state,” adding, “Several legislators on the energy and environment committee are anxious to speak to the Colorado Oil and Gas Commission (COGC) about some of their policies. Sirota added, “The COGC has not denied any requests for permits.” She also addressed the larger issue, saying, “The climate crisis requires global action. We will continue to do the work here in Colorado but we all need to continue to apply pressure at the federal level.”

Moving on to health care, Sirota said, “In 2019, a bill passed to create a Health Care Cost Savings Analysis. The Colorado School of Public Health produced a report that said that a single-payer system in Colorado would cover more people and cost less than the current system. That report was finished and released a few months ago. There is still more work and study to do to see how it would be



Meg Froelich has represented House District 3 in the state legislature since 2019.

funded and what it would include.”

Froelich is a member of the transportation & local government committee. She shared, “We have been able to deploy some stimulus money toward the electrification of RTD vehicles. What we’re really trying to do is to move toward universal electrification from renewable resources. Our Office of Just Transitions is there to support coal workers in transitioning to jobs outside the fossil fuel industry. I would like to see oil and gas workers included. These are our brothers and sisters and they deserve to have a livelihood outside the oil and gas industry, just as do the coal workers.” Sirota agreed, adding, “Governor Polis has proposed funding electric school buses. He is

also proposing a reduction in some fees.”

The other area the legislators said would get a lot of attention this session is housing. Froelich noted that, “There is a chronic shortage of workforce housing, including for mental and behavioral health workers. We have a once-in-a-generation opportunity to make transformational change (due to available federal COVID relief funds) and our task force is getting advice from true experts.” She also pointed to the “need for supportive housing for behavioral and mental health patients.”

Turning to politics, Froelich pointed to changes coming to our area as a result of the work of the independent legislative redistricting commission of 2021. She noted that Greenwood Village is moving from HD3 to HD37, which will also include part of Centennial and Foxfield. That seat will have no incumbent in the November election because its current representative, Tom Sullivan, now lives in the new HD61. The new HD3 will include some or all of Cherry Hills Village, Englewood, Sheridan and southeast Denver. Froelich also noted that changes are coming because, “Six or eight people in the House are running for Senate, three are running for Congress and several are term-limited.”

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Symptoms Are The Messenger, Not The Disease! (Part 1 of 4) (Symptom Free May NOT Mean You’re Healthy!)



As annoying, disrupting, painful and/or disabling as symptoms can be, they are not the disease, but the “Messengers” of a biological system of communication sent from your suffering cells to your Brain. And if you are currently Symptom Free or your Messengers (Symptoms) went away, that does not necessarily mean you are Healthy.

A truly biochemically-healthy body is symptom free; however, you can be symptom free and still not be healthy; in the latter case, it means that the cause has not “yet” become so severe that your body must communicate to your brain, through symptoms, that it needs your help!

This is Part 1 of a 4-part article to answer the questions below, in four-upcoming issues of *The Villager*.

1. What are my Symptoms (The Messengers) communicating to me?
2. What help do my cells need?

3. What interferes with my body’s ability to heal?
4. How can killing the Messengers, by suppressing or manipulating my symptoms, make me worse?
5. When do Symptoms leave during the healing process?
6. Why do Symptoms leave before I am truly healed?
7. When can I count on Symptoms not returning?
8. Why Symptoms leaving may not be a sign that I am healed?
9. When is being in regression not the same as being healed?
10. Why are Symptoms NOT a reliable source for buying nutritional supplements?

WHAT ARE MY SYMPTOMS (MY MESSENGER) COMMUNICATING?

When your cells and tissue begin suffering with 1) nutritional deficiencies or excesses, 2) toxicity, 3) biochemical imbalances and/or 4) dysfunctions of one or more organ, gland or body system, they produce Symptoms (The Messengers) to get your brain’s attention and to motivate you to take the following actions to help your body heal itself:

- A. Identify and correct the cause of your symptoms (#1 to #4 above).

- B. Stop what is interfering with its ability to heal itself.

The human body is divinely and innately designed to heal itself and is constantly at work doing this every moment of every day, unless hindered. In fact, the human body was designed to live for hundreds of years, if not forever. However, due to the cumulative and adverse effects of our lifestyle, diet, activities, drugs, and environment that cause #1 to #4 above, the body is challenged to do so, not to mention hereditary factors and injuries through accidents, abuse, or violence.

IN OTHER WORDS....

When you cut your hand with a piece of glass, you do not stand back, point to your injury and say, “Hand Heal!” Instead, when your body has the “nutrients” to heal your hand itself, it automatically and innately sets about doing so at the moment of injury.

However, if you are not careful to remove every piece of glass from the wound, the glass “interferes” with its ability to heal itself and then a new “interference” occurs, called “infection.”

A-Z SUCCESS STORIES AND CASE HISTORIES (continued)

CARPAL TUNNEL AND DEGENERATIVE KNEE PAIN: Bill (69y) was quite satisfied with the improvement he received in both his wrists and knees through our Clinical Nutrition Therapy. In fact, he was so confident in his progress, he cancelled his knee replacement therapy that was scheduled the next month.

CONSTIPATION, IBS, SPASTIC COLON: For over 10 years, Janet (29y) had tried everything she and her various types of doctors (MD, DC, etc.) recommended, but without sustainable results, and she did not want colon surgery. So, her current physician referred her to me.

Janet had only one bowel movement every two weeks with daily spasms and diarrhea. After testing her, I identified that the cause was not colon, which was focus of the last 10-years of treatments because this was the area producing the symptoms. Instead, it was a different organ in her body that was dysfunctional and adversely affecting the function of her colon. Within 24 hours after starting our Clinical Nutrition Therapy, Janet began having daily bowel movements; after one week, no spasms; and after one month, no more diarrhea.

For more information about this A-Z section of my articles, refer to “What Clients Say,” The Villager, Part 1 (01/06/22, Page 18) and Part 2 (01/13/22 Page 12) or email me at “Villager@AdvancedClinicalNutrition.com. Subject: What Clients Say 1 and 2.

In Part 2 of this 4-Part article, on Symptoms, I will continue to answer the above 10 questions and more!

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

Dr. Smith’s clients reside in 37 U.S. states and seven international countries, so she can help you where you live, too! She continues to hold a successful track record of over 90% in helping her clients improve their health. Dr. Smith is the owner of ADVANCED CLINICAL NUTRITION in Wichita Falls, Texas (Est. 1981).

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

Symptoms Are The Messenger, Not The Disease! (Part 2 of 4) (Symptom Free May NOT Mean You’re Healthy!)



“Take Time for Your Health or Make Time for Your Disease!”

by **Dr. Donna F. Smith**
Ph.D., N.D., C.C.N., C.D.N., C.H.
AdvancedClinicalNutrition.com

Before we begin with Part 2 of this 4-Part article series, let’s continue with another in our series on **A-Z SUCCESS STORIES AND CASE HISTORIES.**

DIARRHEA: **Susie** (45y) had Chronic Diarrhea for 15 years and **Monica** (52y) could not remember how many years she had suffered with daily Diarrhea – Results from our Clinical Nutrition Therapy, for these and hundreds of others with similar health challenges, were the same – within 1-2 months no more Diarrhea! You may recall this included **Karen** (53y), who had 40 bouts of diarrhea daily for 10 years (*The Villager*, 8/26/22, *P10*).

Now, in Part 1 of this 4-Part article, I shared that Symptoms are not the Disease, but “Messengers” of a

biological system of communication from your cells to your Brain to motivate you to take the following action. I also listed 10 questions I will be answering in this 4-Part article to help you understand these Messengers. In this Part 2 of 4, I will explain A. and B. below, which answers the first three of the 10 questions.

- QUESTIONS 1 to 3 of 10:**
1. **“What Are My Symptoms Communicating to Me?” (Answer: Identify A and B),**
 2. **“What help do my Cells need from me?” (Answer: Correct A and B).**
 3. **“What interferes with my body’s ability to heal itself?” (Answer: B)**

A: IDENTIFY & CORRECT THE CAUSES OF YOUR SYMPTOMS:

In Part 1 (*The Villager*, *P10*, 01/27/22), I shared that Symptoms are caused by 1) nutritional deficiencies and/or excesses, 2) toxicity, 3) biochemical imbalances, 4) dysfunctions of organs, glands and body systems, 5)

injuries and 6) hereditary. The symptoms of Disease are simply long-term Causes 1 to 4 and/or complications from Causes 5 and 6.

To scientifically identify the clinically-formulated, concentrated whole food nutrients your body requires to correct Causes 1 to 4 above, requires a **Clinical Nutrition Analysis (CNA) of the Laboratory Reports** from testing your biochemistry (blood, urine, hair, saliva and/or stool). It is important to know that a CNA is different from a Medical Analysis or interpretation of Lab Reports, which explains why test results may be normal, showing no “medical” cause for your symptoms.

B. IDENTIFY & STOP WHAT IS INTERFERING WITH YOUR HEALING:

In Part 1, I gave an example of how overlooking the removal of all pieces of glass (or any foreign matter or object) in a wound interferes with the body’s ability to close and heal the wound. However, this is just one of many types of interferences to your innate healing process.

For example, tobacco is an interference when inhaled, and the symptoms of coughing, wheezing, mucus from your nose, congested lungs and sinuses, and pain, are the “Messengers” communicating to stop this interference. Until tobacco is discontinued, these organs cannot fully heal because tobacco “interferes” with their healing processes.

In this case, the cause of your symptoms and the interference to its healing are the same. Tobacco causes nutrient depletion and toxicity in the mouth, sinuses and lungs. Nutrients that are required to 1) remove toxins, 2) regenerate (grow) new healthy cells and replace the Tobacco-damaged cells, and 3) improve, then maintain optimal function. Tobacco, in time, also interferes with sufficient oxygen flow

OTHER EXAMPLES of interferences to healing include **tattoos, piercings, vaccination puncture sites and/or any injury that causes scarring (internally and/or externally).** In fact, today, there are many things in your lifestyle, diet, activity, drugs or environmental exposure that may be interferences to your innate healing processes, which is why it is important

to identify and remove them.

For more information and solutions to the above Interferences to Healing, you may email me for my 2-page article, titled, **“Scars, Tattoos, Piercings, Vaccination Puncture Sites and Other Interference (To Healing) Fields!”**

NUTRITION FACT #21: TOXICITY IS THE GREATEST INTERFERENCE TO HEALING TODAY!

For a copy of the above-referenced article, email: Villager@AdvancedClinicalNutrition.com.

Subject Line: Scars, Tattoos, etc.

I am here to help you, no matter what your current health concerns. My services and fees are tailored to your individual needs. First consultation is FREE! So, please call me at 940-761-4045.

Dr. Smith’s clients reside in 37 U.S. states and seven international countries. She continues to hold a successful track record of over 90% in helping her clients improve their health, as the owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas.

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

SPECIAL DISTRICTS

Offices Hours: Monday through Friday from 8:00 a.m. to 5:00 p.m.

The Self-Nomination and Acceptance Form must be returned to the Designated Election Official by 5:00 p.m. on Friday, February 25, 2022. The form can be emailed to elections@crsofcolorado.com . A Self-Nomination and Acceptance Form that is not sufficient may be amended once at any time before 3:00 p.m. on Friday, February 25, 2022. Earlier submittal is encouraged as the deadline will not permit correcting an insufficient form if received at 5:00 p.m.

Affidavit of Intent To Be A Write-In-Candidate forms must be submitted to the office of the Designated Election Official by the close of business on Monday, February 28, 2022.

NOTICE IS FURTHER GIVEN that an application for an absentee ballot may be filed with the Designated Election Official, at the contact information referenced above, no later than the close of business on Tuesday, April 26, 2022.

MARVELLA METROPOLITAN DISTRICT

Sue Blair, Designated Election Official

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Legal # 10614

NOTICE OF VACANCY ON THE BOARD OF DIRECTORS

OF EAST VIRGINIA VILLAGE METROPOLITAN DISTRICT

TO WHOM IT MAY CONCERN, and particularly to the electors of the **East Virginia Village Metropolitan District** of Arapahoe County, Colorado:

NOTICE IS HEREBY GIVEN, pursuant to Section 32-1-808, C.R.S., that a vacancy currently exists on the board of directors of the **East Virginia Village Metropolitan District** (“District”). Any qualified, eligible elector of the District interested in filling such vacancy and serving on the board of directors should file a Letter of Interest with the board of directors of the District on or before February 13, 2022, at the District Management office.

Forms of Letters of Interest are available and can be obtained from the **East Virginia Village Metropolitan District**, c/o Jennifer S. Henry at McGeady Becher P.C., 450 E. 17th Avenue, Suite 400, Denver, Colorado 80203, (303) 592 4380.

EAST VIRGINIA VILLAGE METROPOLITAN DISTRICT

By: /s/ Cindy Myers
Secretary

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Legal # 10615

CALL FOR NOMINATIONS

PROSPER METROOPLITAN DISTRICT NOS. 5-10

TO WHOM IT MAY CONCERN, and particularly to the electors of the **Prosper Metropolitan District Nos. 5, 6, 7, 8, 9 and 10** of Arapahoe County, Colorado (collectively, the “Districts”):

NOTICE IS HEREBY GIVEN pursuant to Section 1-13.5-501, C.R.S., that elections for each of the Districts will be held on Tuesday, May 3, 2022, between the hours of 7:00 a.m. and 7:00 p.m. At that time two (2) Directors will be elected to serve 3-year terms to May 6, 2025 for each of the Districts.

Self-Nomination and Acceptance Forms are available and can be obtained from Craig Sorensen, the Designated Election Official for the Districts, c/o McGeady Becher P.C., 450 E. 17th Avenue, Suite 400, Denver, Colorado 80203, Phone: 303-592-4380, email: csorensen@specialdistrictlaw.com.

The Self-Nomination and Acceptance Form or letter is to be submitted to the Designated Election Official no later than the close of business (5:00 p.m. MST) on February 25, 2022, sixty-seven (67) days prior to the regular election. Affidavits of Intent to be a Write-In Candidate must be submitted to the Designated Election Official by the close of business (5:00 p.m. MST) on February 28, 2022, sixty-four (64) days prior to the regular election.

NOTICE IS FURTHER GIVEN, pursuant to Section 1-13.5-1002, C.R.S., that applications for and return of absentee voters’ ballots may be obtained from / filed with Craig Sorensen, the Designated Election Official of the Districts (at the address/phone/email address noted above), between the hours of 8:00 a.m. and 5:00 p.m. until the close of business on the Tuesday immediately preceding the election (Tuesday, April 26, 2022).

PROSPER METROPOLITAN DISTRICT NOS. 5, 6, 7, 8, 9 AND 10

By: /s/ CRAIG SORENSEN
Designated Election Official

Published in The Villager
Published: February 3, 2022
Legal # 10616

CALL FOR NOMINATIONS PROSPER METROPOLITAN DISTRICT NOS. 1-4 PROSPER COORDINATING METROPOLITAN DISTRICT PROSPER WATER & SANITATION FINANCING METROPOLITAN DISTRICT PROSPER PARK & RECREATION FINANCING METROPOLITAN DISTRICT

PROSPER REGIONAL WATER & SANITATION SERVICE METROPOLITAN DISTRICT (COLLECTIVELY, THE “PROSPER DISTRICTS”)

TO WHOM IT MAY CONCERN, and particularly to the electors of the **Prosper Districts** of Arapahoe County, Colorado:

NOTICE IS HEREBY GIVEN pursuant to Section 1-13.5-501, C.R.S., that elections for each of the **Prosper Districts** will be held on Tuesday, May 3, 2022, between the hours of 7:00 a.m. and 7:00 p.m. At that time three (3) Directors will be elected to serve 3-year terms to May 6, 2025 for each of the Prosper Districts.

Self-Nomination and Acceptance Forms are available and can be obtained from Craig Sorensen, the Designated Election Official for the Prosper Districts, c/o McGeady Becher P.C., 450 E. 17th Avenue, Suite 400, Denver, Colorado 80203, Phone: 303-592-4380, email: csorensen@specialdistrictlaw.com.

The Self-Nomination and Acceptance Form or letter is to be submitted to the Designated Election Official no later than the close of business (5:00 p.m. MST) on February 25, 2022, sixty-seven (67) days prior to the regular election. Affidavits of Intent to be a Write-In Candidate must be submitted to the Designated Election Official by the close of business (5:00 p.m. MST) on February 28, 2022, sixty-four (64) days prior to the regular election.

NOTICE IS FURTHER GIVEN, pursuant to Section 1-13.5-1002, C.R.S., that applications for and return of absentee voters’ ballots may be obtained from / filed with Craig Sorensen, the Designated Election Official of the **Prosper Districts** (at the address/phone/email address noted above), between the hours of 8:00 a.m. and 5:00 p.m. until the close of business on the Tuesday immediately preceding the election (Tuesday, April 26, 2022).

PROSPER DISTRICTS

By: /s/ CRAIG SORENSEN
Designated Election Official

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Published: February 3, 2022
Legal # 10617

CALL FOR NOMINATIONS

TO WHOM IT MAY CONCERN, and particularly to the electors of the **Riverwalk Metropolitan District Nos. 1, 2, and 3** (the “Districts”) of Arapahoe County, Colorado.

NOTICE IS HEREBY GIVEN pursuant to Section 1-13.5-501, C.R.S., that elections will be held on May 3, 2022, between the hours of 7:00 a.m. and 7:00 p.m. At that time three (3) Directors will be elected to serve 1-year terms to May 2, 2023 and two (2) Directors will be elected to serve 3-year terms to May 6, 2025.

Self-Nomination and Acceptance Forms are available and can be obtained from Catherine V. Will, the Designated Election Official for the **Riverwalk Metropolitan District Nos. 1, 2, and 3**, c/o Catherine V. Will, McGeady Becher P.C., 450 E. 17th Avenue, Suite 400, Denver, Colorado 80203, (303) 592-4380, email: cwill@specialdistrictlaw.com.

The Self-Nomination and Acceptance Form or letter is to be submitted to the Designated Election Official no later than the close of business (5:00 p.m. MST) on February 25, 2022, sixty-seven (67) days prior to the regular election. Affidavits of Intent to be a Write-In Candidate must be submitted to the Designated Election Official by the close of business (5:00 p.m. MST) on February 28, 2022, sixty-four (64) days prior to the regular election.

NOTICE IS FURTHER GIVEN, pursuant to Section 1-13.5-1002, C.R.S., that applications for and return of absentee voters’ ballots may be obtained from / filed with Catherine V. Will, the Designated Election Official of the Districts, c/o Catherine V. Will, McGeady Becher P.C., 450 E. 17th Avenue, Suite 400, Denver, Colorado 80203, (303) 592-4380, email: cwill@specialdistrictlaw.com, between the hours of 8:00 a.m. and 5:00 p.m., until the close of business on the Tuesday immediately preceding the elections (Tuesday, April 26, 2022).

RIVERWALK METROPOLITAN DISTRICT NOS. 1, 2, AND 3

By: /s/ Catherine V. Will
Designated Election Official

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Legal # 10618

CALL FOR NOMINATIONS SUBURBAN METROPOLITAN DISTRICT

TO WHOM IT MAY CONCERN, and particularly, to the eligible electors of the **SUBURBAN METROPOLITAN DISTRICT** (“District”) of Arapahoe County, Colorado.

NOTICE IS HEREBY GIVEN that the District will conduct a regular election on the 3rd day of May, 2022, between the hours of 7:00 a.m. and 7:00 p.m. At that time, (2) two directors will be elected for a 3-year term expiring in May 2025.

In order to be a candidate for one of the director positions, a qualified individual must submit a Self-Nomination and Acceptance Form. Eligible electors of the District interested in serving on the Board of Directors may obtain a Self-Nomination and Acceptance form from the District’s Designated Election Official (DEO):

Sue Blair, DEO
elections@crsofcolorado.com
Community Resource Services of Colorado
7995 East Prentice Avenue, Suite 103E
Greenwood Village, CO 80111
Phone: 303-381-4960
Offices Hours: Monday through Friday from 8:00 a.m. to 5:00 p.m.

The Self-Nomination and Acceptance Form must be returned to the Designated Election Official by 5:00 p.m. on Friday, February 25, 2022. The form can be emailed to elections@crsofcolorado.com . A Self-Nomination and Acceptance Form that is not sufficient may be amended once at any time before 3:00 p.m. on Friday, February 25, 2022. Earlier submittal is encouraged as the deadline will not permit correcting an insufficient form if received at 5:00 p.m.

Affidavit of Intent To Be A Write-In-Candidate forms must be submitted to the office of the Designated Election Official by the close of business on Monday, February 28, 2022.

NOTICE IS FURTHER GIVEN that an application for an absentee ballot may be filed with the Designated Election Official, at the contact information referenced above, no later than the close of business on Tuesday, April 26, 2022.

SUBURBAN METROPOLITAN DISTRICT

Sue Blair, Designated Election Official

Published in The Villager
Published: February 3, 2022
Legal # 10619

CALL FOR NOMINATIONS §§ 1-13.5-501; 1-13.5-303, C.R.S.

TO WHOM IT MAY CONCERN, and, particularly, to the eligible electors of the **Willow Trace Metropolitan District**, Arapahoe County, Colorado (the “District”).

NOTICE IS HEREBY GIVEN that an election will be held on May 3, 2022, between the hours of 7:00 a.m. and 7:00 p.m. At that time, one (1) director will be elected to serve until May 2023 and two (2) directors will be elected to serve until May 2025.

Eligible electors of the District interested in serving on the board of directors may obtain a Self-Nomination and Acceptance Form from the Designated Election Official (“DEO”) at https://whitebearankle.com/.

The deadline to submit a Self-Nomination and Acceptance Form is the close of business (5:00 p.m.) on Friday, February 25, 2022. If the DEO determines a Self-Nomination and Acceptance Form is not sufficient, the form may be amended prior to 5:00 p.m. on February 25, 2022. Earlier submittal is encouraged as the deadline will not permit curing of an insufficient form after this date and time. An Affidavit of Intent to be a Write-In Candidate must be submitted to the office of the DEO by the close of business (5:00 p.m.) on Monday, February 28, 2022.

NOTICE IS FURTHER GIVEN that information on obtaining an absentee ballot may be obtained from the DEO, and applications for an absentee ballot must be filed with the DEO no later than the close of business on April 26, 2022. You may contact the DEO’s office at (303) 858-1800.

WILLOW TRACE METROPOLITAN DISTRICT

By: Designated Election Official

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Symptoms Are The Messengers, Not The Disease! (Part 3 of 4)

(Symptom Free May NOT Mean Your Healthy!)

DON'T KILL THE MESSENGERS is one of the topics in Part 3 of this 4-Part article. However, first, let's continue with another in our series on A-Z SUCCESS STORIES AND CASE HISTORIES.

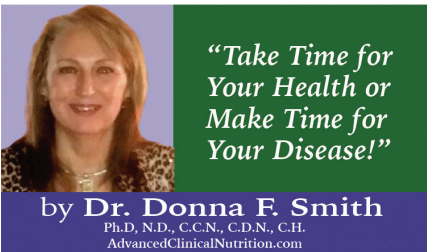
DISC (HERNIATED, SLIPPED, OR SWOLLEN): Vickie (45y) had suffered for six months with a herniated disc. Prescribed drugs and Chiropractic adjustments provided only temporary relief, which was why she was considering surgery when she was referred to me. Three months after starting Clinical Nutrition Therapy, she no longer suffered from a herniated disc and surgery was not required. (Vickie is just one of many clients who were suffering from a herniated, slipped or swollen disc until they received our Clinical Nutrition Therapy.)

QUESTIONS 4 to 8 of 10 outlined in Part 1 of 4 will be answered in Part 3, in order to help you understand why 'Symptoms are not the Disease, but "Messengers" of a biological system of communication from your cells to your Brain to motivate you to A. identify and correct their cause and B. identify and stop what is interfering with its innate self-healing processes, which were the topics of Part 2 of 4.

4. "Why suppressing or manipulating my symptoms with drugs is like Killing the Messengers?"
5. "Why do Symptoms leave during the healing process, before I am truly healed?"
6. "Why may Symptoms leave during the healing process, and then return?"
7. "Why is being Symptom Free not the same as being Healthy?"
8. "When can I count on my Symptoms not returning?"

DON'T KILL THE MESSENGERS! (Answer to Question #4): When a warning light appears on the dashboard of your vehicle, would you turn it off without identifying and correcting the cause? Of course not! Because to ignore it and let the cause continue, in time, you could be stranded on the roadside or worse. "A Symptom is to the Body as a Dashboard Warning is to your Vehicle!" And just like a warning light is not the cause, your Symptoms are not the cause of your Disease!

Yet, every day, instead of taking the action steps A. & B. above, people are turning off their warning lights by taking pharmaceutical and/or nutritional* drugs to suppress or manipulate symptoms caused by toxicity and nutritional



deficiencies or excesses and thus, in doing so, they are "Killing their Messengers," which in time, leads to life-threatening health conditions and diseases. (*Refer to "Taking Vitamins or Nutritional Drugs?" The Villager, 05/27/21, P11.)

NUTRITION FACT #22 – Identify and correct the causes of your Symptoms, rather than Killing the Messengers!

WHEN CELLS KNOW YOU GOT THEIR MESSAGE, OR NOT! (Answers #5-#8)

In the courier business, when the Messenger knows the recipient has received the message, the Messenger leaves. In the same way, when the cells start receiving the specific nutrients from the therapeutic, whole food supplements, that the client's test results indicated their body needs to correct the cause of their symptoms, symptoms begin to leave.

SYMPTOMS FREE? However, being symptom free is not

the same as being healed, so if you stop providing these nutrients before your test results indicate your body is healed, your symptoms will return. To prevent this, you must continue to provide your cells with the specific nutrients they require to complete their healing processes, i.e., until a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva, stool, etc.) indicate your test results are in "Homeostasis." [Note: Homeostasis lab ranges are different from the medical lab ranges on a Laboratory Report.]

NUTRITION FACT #23: Being Healthy means you are Symptom Free; however, being Symptoms Free does not mean you are Healthy!

The human body is in a constant state of self-healing to maintain optimal Health (aka Homeostasis). However, to operate this self-healing system requires pure and sufficient nutrients from your air, food, water and sunshine (for Vitamin K).

WHEN MESSENGERS APPEAR! However, when the body reaches a point where it can no longer maintain Homeostasis (Health) in one or more organ, gland or body system, due to years (even decades) from ongoing, accumulative toxins and nutrient deficiencies or excesses, its bio-

logical communication system produces Symptoms (The Messengers) to get your attention that it needs your help (A. & B. above) in order to continue its self-healing.

This is why you can be Symptom Free for years, even decades, but still not be Healthy. To be Healthy and Symptom Free means your biochemistry is in Homeostasis, as identified by a Clinical Nutrition Analysis of the Lab Reports from testing your biochemistry.

In Part 4 of 4, I will answer the last two of the 10 questions about "Symptoms being your Messengers, not your Disease!"

FOR HELP to improve your health concerns from where you live, please call me at 940-761-4045 or email: Villager@AdvancedClinicalNutrition.com. First Consultation Free!

Dr. Smith is the owner of **ADVANCED CLINICAL NUTRITION (Est. 1981)** in Wichita Falls, Tx, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health. *Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.*

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Kevin Edling announces run for Arapahoe County Sheriff

Kevin Edling has announced his candidacy for Arapahoe County Sheriff. Kevin has spent his entire career in public service protecting our community as a member of law enforcement and defending our country through military service. He has lived in Colorado for more than 40 years.

As a command officer with the Denver Police Department, Kevin made the decision to retire early after more than 26 years of service.

"I have seen first-hand how Denver has declined, crime rates are skyrocketing, businesses are being vandalized and politics has crippled the ability of law enforcement to do their jobs while criminals are not being held accountable," said Kevin Edling. "We can do better in Arapahoe County, and I don't want to see the same decline happen here. I pledge to serve and protect my home county and my own community with respect and integrity and to bring leadership and accountability to the Arapahoe County Sheriff's Office (ACSO)."

A proven leader and military veteran, Kevin has also served in the Colorado Air National Guard for more than 31 years at Buckley Air Force Base, Aurora, CO. He served as the Commander of the 140th Security Forces Squadron for six years completing his last deployment from the Middle east in 2018. His current assignment is Colorado Joint Force Headquarters.



Kevin's priorities include the safety of residents and schools, addressing quality of life issues for residents and businesses, decreasing property crimes, recruitment and retention of deputies, ensuring the proper resources for the

ACSO, providing excellent customer service and accountable and responsible leadership. For more information on these issues or to make a donation to elect Kevin, visit kevinedlingforsheriff.com

Kevin is an accomplished pilot, certified flight instructor and holds an Associate of Science in Criminal Justice from the Community College of the Air Force, a Bachelor of Science in Professional Aeronautics from Embry-Riddle Aeronautical University and a Master of Education with a focus on Organizational Performance and Change from Colorado State University. He volunteers with the Civil Air Patrol.

"Arapahoe County needs a professional, experienced and honest Sheriff who has the discipline necessary to address rising crime rates and other important issues related to our quality of life in our community," said former Arapahoe County Sheriff Dave Walcher. "Kevin Edling is the person we need, and he'll be responsive to our needs."

Kevin lives in Centennial (Arapahoe County) with his wife Stacey Stegman Edling. He is a proud stepdad to Dylan (former Marine) and dad to Stella, the Goldendoodle.