



THE FAT FALLACY

and The 12 Biological Factors

By Dr. Donna F. Smith

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OLD WEIGHT LOSS FORMULA DOESN'T WORK!

Weight loss can no longer be achieved and/or maintained by will power, a balanced diet and exercise alone. Though these components are important in all health-oriented goals, whether it is to strengthen your heart or lose weight, there are multiple factors present today which make this "Old Formula for Weight Loss" difficult to achieve by itself, much less sustain.

Overweight people often berate themselves needlessly for lack of will power, whereas I have clinically observed since starting my Clinical Nutrition Testing and Therapy business in 1981, that it is not will power, but health improvement which is ultimately needed for successful weight loss and ideal weight management. People tend to find the will power when they know the appropriate steps to take to achieve their goal. By appropriate steps, I mean those that are safe, healthy and actually work!

Once the appropriate steps were will power, balanced diet and exercise; however, this "Old Formula" applied when the greatest percentage of our food intake came directly from our own farms, i.e., in the pre-industrial days, before chemical additives, food processing, and fast foods became a way of life.

Now, nutritional deficiencies, or excesses, and toxicity are at the core causes for weight gain.

THE CORE CAUSES OF WEIGHT GAIN

Our post-industrial way of life has led to the following core causes of weight gain.

1. Nutrient Deficiencies/Excesses and Toxicity (Stage 2) – the result of diet, lifestyle, environmental exposures and stressors*.
2. Biochemical Imbalances (Stage 3) - the result of long-term Stage 1.
3. Organ, Gland and Body System Dysfunction (Stage 4) – the result of long-term Stage 1 and 2.
4. Lifestyle practices and exposures that Interfere with the healthy function of the body's innate weight management system.



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It is also important to know that Stage 2 to 4 are the progressing stages in the development of any disease (Stage 5). In fact, disease is the decaying (rotting) and dead cells and tissues in the organs and glands experiencing long-term Stages 2, 3, and 4.

Weight gain is just simply another symptom the body may have when in Stages 2 to 4 on its way to developing disease.

You may refer to my article, “5 Stages to Health or Disease”, published in “The Villager, on 09/09/21, Page 5. This article is also post on my LinkedIn webpage. (The Villager is a 70+ year old newspaper (print and digital) in South Denver, CO.) I have been writing articles for this newspaper since March, 2021.

Yes, the same cause that in time develops disease, also, contributes to weight gain.

WEIGHT LOSS TODAY REQUIRES A NEW FORMULA

Therefore, to successfully lose weight and maintain your ideal weight today requires a new approach, a “New Formula.”

Since 1981, through clinical observation and scientific research, I have discovered twelve (12) biological dysfunctions or factors which inhibit successful weight loss and/or the subsequent maintenance of ideal weight once achieved, i.e., weight management. This article will list each and provide a brief explanation of their role in weight gain and weight loss.

Therefore, the New Formula is a **“Safe and Effective Weight Loss and Management Formula or Paradigm”** that starts with understanding “The Fat Fallacy and the 12 Biological Factors.”

Once you learn how to work with the biological (or biochemical) laws that govern weight management, you will not only lose weight, once and for all, but best of all – maintain your ideal weight.

At **Advanced Clinical Nutrition** these factors are identified and corrected for each individual, then our clients both lose weight and maintain their ideal weight, naturally and easily.

The most common client feedback I receive is: “Dr. Smith, I lost X number of pounds and I hardly noticed it!” Why? Because their focus was not on losing weight, but on improving their Health!



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A CHAIN REACTION LEADS TO WEIGHT GAIN

Clinical observations and client testing have revealed that once the body fat percentage is over 10% of normal, there starts a chain reaction of dysfunctional organs and glands, trying to work under stress of dealing with this excess fat. This process can be preceded or followed by dysfunction in the organs and glands responsible for fluid balance and food metabolism, also.

When the organs and glands responsible for food metabolism are dysfunctional, undigested food particles get stored in the fat cells, causing them to expand. However, if the body is unable to move them to the fat cells (their preferred storage place), they will settle in some other tissue in the body.

Regardless of where undigested food particles is ultimately stored, the result is the same -- the food rots...which then causes infection (inflammation) in the fat cells and/or the tissue of the organ/glands where they have settled. Fatty tissue that is comprised of multiple fat cells is called "adipose" tissue.

It is, also, important to know that "inflammation" in our cells and tissues is what causes the pain we feel – whether the inflammation is in the fat cells and adipose tissue or any other cell or tissue in the body.

If function is not restored to these organs and glands, and the infected, inflamed cells and tissue, along with any other toxin within, are not removed (detoxified) from the body, as soon as possible, at or after the point of 10% over normal fat percentage, fluid retention, and undigested and impacted food occurs. This, then, causes the cumulative effect which leads to weight gain and obesity.

PROTRUDING BELLY



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Have you ever been to a gym and walked up behind someone who looked great! From the back, the person looked toned, slim, and at their ideal weight, but then they turned sideways and you saw this protruding stomach? Perhaps I am describing you.

No matter how much they exercise their stomach muscles, no matter how much they reduce their food intake, they cannot completely lose that **protruding belly**.

In men this has been comically referred to as their “beer” belly. However, if excessive beer were the cause, then why do both men and women who do not over-indulge in this beverage have a so-called “beer belly.”

Biologically, this is referred to as “visceral fat.” This is a type of fat that accumulates around the organs in the abdominal cavity. However, within the abdominal cavity there is often more than just fat.

When a person has consumed foods, beverages, or even taken drugs, whether prescribed, over-the-counter, or illegal) that the “Gastro-Intestinal” system is unable to completely digest, undigested food lines the stomach wall (aka abdominal wall).

In human anatomy, the abdominal wall refers to the **boundary of the abdominal cavity** which serves as a separation between it and other bodily regions. These walls consist of several layers, which vary somewhat between the front, sides, and back of the abdominal wall.

As more and more undigested food becomes impacted along the stomach wall, there is the danger of a blockage or obstruction occurring, which can become fatal. Therefore, as a defense mechanism, the body pushes the wall outward to keep the pathway clear so the body can transport food, that did get digested, to the next place in the metabolic process.

Over time, this protruding stomach gets bigger and bigger and bigger due to years and years and years of build-up from layers and layers and layers of undigested food and no amount of dieting or exercise will get rid of it.

However, through our Clinical Nutrition Therapy we provide the specific therapeutic whole food nutrients that the body can use to digest the encrusted, undigested food particles embedded in and along the abdominal wall. Then, as these food particles are dissolved and detoxified, the stomach wall deflates, like a balloon losing air. Then exercising through this inflation process will help tone the stomach muscles and you have the potential of returning to a toned, muscular and flat stomach again.



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Because a protruding stomach is a concern for many, I included this section on this topic alone and repeated some of this information in the section for #1 of the 12 Biological Factors, which is its primary cause.

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Therefore, to understand the truth about how to successfully lose excess weight and maintain ideal weight, start by remember Part 1 and 2 of the “The Fat Fallacy.”

Fat Fallacy #1

Excess Weight is NOT just excess fat!

Many people today are aware that if a person is exercising sufficiently to gain muscle that weight gain can be due to muscle gain, not fat gain.

So, I am here not to share with you what you already know, but to share new information with you that you may not know.

Therefore, contrary to common belief, unwanted, abnormal weight gain is not just due to excess fat alone. It is caused by excess fluids, excess undigested food and excess fat that the body cannot eliminate without your help.

Fat Fallacy #2

Weight Gain is NOT just caused by over-eating!

You don't have to eat that much in the beginning for your body fat percentage to be over 10% of normal. And you do not have to over-eat at all to cause undigested food, fluid imbalances, and excess fat, when the organs or glands that are responsible for the metabolism of these substances is out of balance and/or dysfunctional.

So, let's start being a little more kind and understanding to those who are overweight. People often judge the overweight, thinking they are gluttons, over-eaters, or “eating” their feelings -- one of the latest insults. Though this is true for some, it is not true for all. Unless you live in their body, you have no idea what is the cause of their weight gain.

And even for those who initially gained weight from over-eating, that does not mean they still do. Because once a person starts the chain reaction of dysfunctional organs/glands, as discussed above, they can have the most perfect and balanced diet and still not lose weight or keep it off due to any one or more of the following 12 Biological Factors that applies to their weight challenge.



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THE 12 BIOLOGICAL FACTORS

When one or more of the following 12 Biological factors are present, the body will gain the weight of fat, fluid and/or undigested food and be challenged to detoxify these excess



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substances to successfully lose weight and/or lose it in a manner that it will not be regained. Let's take a look at each factor and the role it plays in weight gain and loss.

#1 – The Upper Gastro-Intestinal System (aka the Digestive System)

An Apple (or any chewed food or beverage ingested) goes through various biochemical changes from the moment you take your first bite to the moment it enters the stomach and its particles are changed into a chemical that gets picked up by the blood to be transported to and nourish all of your cells to when the apple's metabolic byproducts and waste are eliminated through bowels and kidneys.

If even one part of this process is dysfunctional, undigested food and beverage byproducts remain in the gastro-intestinal system, ferment and rot, and then become toxic to the human body.

When the body is unable to eliminate undigested food, byproducts/waste or any other type of toxin, the fat cells then become the body's primary storage place. The more toxins in the body, the more fat cells the body will grow to make a place for more and more toxins. The fatter the person, the more toxic the body.

Refer also to the section of this document titled, "Protruding Belly."

Note: For many, this dysfunction is not exclusive to the stomach, but applies to entire Upper Gastro-Intestinal (GI) System, which includes the Liver, Gall Bladder, Bile Duct, Stomach, and Duodenum, as well as the pancreas.

#2 – The Lower Gastro-Intestinal (GI) System (aka the Intestines)

The entire Gastro-Intestinal (GI) System includes the organs of the upper and lower GI System. The lower Gastro-Intestinal System consists of the small and large intestines.

If the body is unable to eliminate undigested food, fat, and fluid, they remain in the small or large intestines. The intestines will then stretch and expand to make room for this added food, fat and fluid to prevent blockage of the elimination canal. Otherwise, a blockage of the elimination canal would lead to death by auto-intoxication. This life-protecting mechanism, however, causes the stomach to protrude. Even in relatively thin people, you will notice a protruding stomach, which no amount of exercise seems to flatten. Until the undigested food, fat or fluid is removed from the stomach and intestines, the stomach will remain protruded and perpetuates weight gain.



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Note: What adversely affects the Upper GI System will in time adversely affects the Lower Gastro-Intestinal System (Small and Large Intestines). What adversely affects the Upper and the Lower GI Systems will adversely affect the “metabolism.”

So, you can see that there is a “chain reaction” in process, where one dysfunction in time leads to another, then another and then multiple dysfunctions. This article is identifying the 12 most common factors or dysfunctions in relationship to weight gain.

#3 – The Lymphatic System

When parasites (germs or worms), such as viruses, yeast, staph, strep, bacteria, and other microbials, worms and/or any other foreign substance enters the body, the immune response in the lymphatic system is responsible for neutralizing their harmful effects and eliminating them from the body. However, today because of the excessive amount of toxins from chemicals and metals in our air, water, food and drugs, the lymphatic system is overworked, and then becomes very sluggish and the metabolism slows down. This, then, can inhibit fat, fluid and food metabolism.

#4 – The Heart and Circulatory System

A weak or dysfunctional heart can cause fluids to collect in the extremities and thus fluid, not fat, causes weight gain. People may notice more weight carried in the extremities when compared to other areas of the body, e.g., some people may have edema (fluid) in their arms and legs instead of fatty tissue, or both.

#5 – Thyroid Glands

The thyroid is a key gland in metabolic function. Hypothyroidism (slow thyroid function) can cause lowering of your metabolic rate, i.e., inhibits fat burning. Thyroid hormone deficiency affects the brain and heart function. Thyroid T-1 hormone controls the electrical input and charge of the brain. Thus, the brain loses its ability to effectively communicate to areas of the body which control the processing of fat, fluid and food. This breakdown in communication results in organ, gland or body system dysfunction and promotes the storage of fat, fluid and food. Thyroid T-4 hormone controls the rhythm of the heart. The effect on weight management as a result of a dysfunctional heart is described above.

#6 – The Metabolism



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An inefficient metabolism (i.e., Kreb's Cycle, which produces energy for mobility and all your biological functions), inhibits fat burning, contributes to fat storage, and increases fat cell growth.

#7 – Kidneys, Bladder and/or Cerebral Fluid

These imbalances cause fluid retention and thus promotes weight gain from excess fluids, not excess fat.

#8 – Ovaries / Prostate

These glands, when dysfunctional, retain fat, which is easily recognizable in women and men as "fat or thick thighs."

#9 – Lack of Gamma-Linolenic Acid (GLA)

This fatty acid regulates the body's manufacturing of fat cells. Once 10% overweight, the body becomes deficient in GLA causing less biological control over the number of fat cells produced. Even after successful weight loss, fat cells may continue to increase due to the lack of GLA and thus weight is regained.

#10 – Nitric Oxide Insufficiency or Deficiency

Nitric Oxide (NO) has been shown to reduce belly fat, that some people jokingly refer to as a "Beer Belly." Nitric oxide is a vasodilator, which means it helps to expand your blood vessels, allowing more blood and oxygen into your tissues and organs. Extra blood flow helps remove waste products, so this helps remove excess fat, fluid and undigested food more efficiently. Increasing blood flow helps the muscles receive glucose.

If you have a deficiency of Nitric Oxide, obviously, your body is challenged to do the above. Therefore, when testing indicates you have NO deficiency, whole food therapeutic nitric oxide supplements helps correct this and helps you transport more blood, oxygen, and nutrients to your muscles.

Muscle is metabolic tissue, so it is always burning calories. The more muscle, the more efficient your metabolism. Muscles can burn up to 50 calories daily, even in your sleep. So by helping your muscles, Nitric Oxide is helping your body burn more fat and as stated above, move excess fat, fluids, undigested food and other waste from your body.



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NO has also been known to help erectile dysfunction (ED).

#11 – Mental, Emotional and Spiritual Distress (or Stressors)

Negative emotional/mental states can lead to ill health and weight gain from physical abuse of food, drugs, and alcohol. Yet, another frequently overlooked mental/emotional state is the person's belief about his/her “ability” to lose and maintain their ideal weight. This too affects the successful weight management.

One woman lost all but 10 pounds of her excess weight. Though she was faithful to her health improvement program, months and months passed and she could not lose those last 10 pounds.

Further evaluation revealed that though she was a middle-aged adult, she held a childhood belief that “fat” babies (fat people) was more loved. She then recognized that though this belief had served her well as a child, it was no longer useful to her as an adult. She was able to release her limiting belief and establish more useful beliefs about herself and this resulted in the successful loss of her last 10 pounds.

#12 – Harmful Electro-Magnetic Fields (EMFs)

Due to all of the artificial electricity from cell phones, land lines, all home and work electrical appliances and machines, pace makers and other medical apparatus, our human electrical (nervous) system is being bombarded every moment with harmful EMFs.

For example, when an electrical frequency from your refrigerator passes through your body, it may interrupt the autonomic nervous system's cell-to-cell message to close your ileocecal valve. This is a one-way valve (when healthy) that separates the small intestine from the large intestine so the contents of the large intestinal does not get into the small intestine.

However, should this happen and this message is not delivered or is interrupted, the value does not close and the waste from the large intestines enters into and then infects the small intestines, which leads to disease.

The above example is just one of a myriad possible adverse effects that EMFs have on the body, as a whole, as well as in relationship to interfering with the biologically and biochemical messages and processes involved in weight loss and management.



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You will be hearing more and more about harmful Electro-Magnetic Fields (EMFs) and you will want to pay attention. For more information you may go to my website and click on Client Web Portal to go to our Client Website. Then scroll down the left-column until you see the “Education – Free & Fee” webpage. With your mouse over this webpage, click on the EMF pop-out webpage.

SUMMARY OF 12 BIOLOGICAL FACTORS

So, you can see that it is not just fat that makes a person overweight, weight gain is a combination of fat, fluid and undigested food and may also have inhibiting environmental, electro-magnetic field (EMF) and mental/emotional factors.

Fat, fluid and undigested food, each have a different biochemical process for detoxification (removal). Today, many weight loss products and weight loss marketing programs advertise that they are addressing fat and fluid, however, “undigested” food particles impacted in the stomach, small intestines, pancreas and large intestines are either not addressed, rarely considered and if they are their products are ineffective.

Having discovered these 12 biological factors and then helping my clients correct each one that applies to their weight gain challenges, has been the key to successfully assisting my clients in attaining their personal weight loss and maintenance goals.

THREE WAYS SUPPLEMENTS ARE MANUFACTURED TODAY

I know how eager one can be to read an authoritative article from an expert and want to immediately go to an online or local health food or vitamin store to purchase Gamma-Linolenic Acid or Nitric Oxide, for example, if the description I gave above sounds like it applies to you.

Though I commend your enthusiasm, I highly recommend that you avoid this impulse. Why?



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1. First, because symptoms are not a reliable source for choosing your supplements. And if you currently have a sufficient amount of these nutrients in your body, you can create a biochemical imbalance from getting too much in your system, which can then lead to an organ or gland dysfunction, etc.

It's Best To Test, Before You Buy.....Vitamins or any other supplement!

2. Second, if you obtain a Clinical Nutrition Analysis of the Laboratory Report from testing your biochemistry (blood, urine, hair, saliva, stool or genetics) and it indicates you need either of these nutrients (or any other nutrient, for that matter), you have a "clinical" insufficiency or deficiency and anything sold directly to the public is not strong (potent) enough nor clinically-formulated to provide what your body needs to improve your abnormal test results.

- a. This would be like expecting an over-the-counter or online pharmaceutical drug to be as potent as a prescribed drug.

3. Third, please read my article titled, ***"The Three Ways Supplements Are Manufactured Today."*** It is available on both of our websites. Only one of the three ways supplements are manufactured actually provides nutrients the body can use to either 1) heal itself and/or 2) maintain optimal nutrient levels, or 3) both. You will also want to understand that most of what is being sold directly to the public are "Nutritional Drugs," not whole food supplements. So, Buyer Beware!

If you have any questions, give me a call. The first consultation is always FREE.

It is important to me than you are fully informed so you can make the best (right) decisions regarding anything that affects your health.

BOTTOM LINE

After reading this far in this article, have you come to the conclusion that the "bottom line" is that the areas of biochemical imbalance and organ, gland or body system dysfunction in #1 to #8 of the 12 Factors above are being caused by the nutrient deficiencies or excesses and/or toxicity in these areas of the body?



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Nutrient deficiencies/excesses and toxicity can also be root causes of #11 Mental/Emotional Dysfunction and not just one's beliefs.

And #12 Harmful Electro-Magnetic Fields (EMFs) causes interferences that can adversely affect #1 to #11.

MINOR LEADS TO MAJOR DYSFUNCTIONS & WEIGHT GAIN

People with minor dysfunctions in these 12 biological areas may find success in losing weight and maintaining their ideal weight for a time. However, a closer look reveals that though the bathroom scales indicate ideal weight, a front and rear view in the mirror indicates fat, fluid or food have collected in the stomach, thighs, waist, chest, arms and upper back areas. In other words, **the body has lost is proportional shape.**

It has bumps and rolls and dips in places not meant to be, even with an adequate exercise program. As time passes these minor dysfunctions become major dysfunctions affecting the body's ability to manage its weight, remain symptom free and prevent disease.

The lack of correcting even minor dysfunctions will eventually lead to health breakdown and weight gain.

It is much more prudent to address these in their minor stages, which will take less time, energy and money than to wait until they become major dysfunctions or worse.

In other words, before they progress from the Deficiency, Excessive, Toxicity, Imbalance or Dysfunctional Stages (#2 - #4) to The Disease Stage #5 in these organs and glands.

In the disease stage, weight gain is just one of a number of symptoms and health challenges that must be corrected to restore health...before the body will address fat, fluid and undigested food. The body has a priority system all its own. For example:

MY APPROACH (OR NEW FORMULA) TO WEIGHT MANAGEMENT



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My response to the weight loss calls I receive is that “I approach weight loss from a different point of view: The focus being on **Health Improvement** vs. Weight Loss.”

After the appropriate Clinical Nutrition Tests have been obtained to identify the areas of deficiency, excess, toxicity, imbalance and/or dysfunction, i.e., which of the 12 Biological Factors applies to each individual client, a personalized health improvement program is designed.

This program naturally provides what the body requires to correct each of the above 12 Biological Factors that inhibits effective weight management for each individual client.

Functional body systems have no choice but to release unwanted fat, fluid and food, and by doing so, the body naturally returns to its ideal weight and proportional shape.

Then exercising with this program will be more effective in helping this proportional shape become toned and firm again. After all you can become proportionate again and still not be tone and firmed without exercise, and as I often say, ***“Exercise does not come in a pill.”***

Another Word About Exercise

Most people who first contact me are so exhausted, they “cringe” at the idea that I might recommend exercising. Frankly, if they do not already have an exercise routine established that works for them, I don’t recommend they start one, **until** they experience consistent improvement in their energy levels. Otherwise, to exercise a body that is clinically-fatigued and/or adrenal-exhausted (according to their test results, not just the way they feel) is counter-productive.

What I mean by that is... Their body is already “not” producing sufficient energy for their internal biological and biochemical processes, much less for healing processes to improve their health, so to redirect what little energy they are producing to make their body move faster or harder, diminishes the amount of energy available for internal healing.



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However, as their Clinical Nutrition Therapy provides the nutrients their body requires for sufficient energy production, they will soon have energy for both internal healing AND body movement. It is at this time, we explore the right exercise for the client and they are more enthusiastic to begin routine anaerobic and aerobic exercises because it fits their schedule, personality, body type and they have the energy to do it!

Weight loss then becomes a natural process of health improvement.

And Improved health is the key to maintaining ideal body weight.

Again, this is why the most frequent comment I hear from clients is, "I lost ____ pounds and I hardly noticed it!" To me, the ideal weight management program is one where people enjoy the process of becoming healthier and are amazed at the beautiful side effect, called "weight loss."

The stress, anxiety, and obsessive focus on weight loss, which accompanies most weight loss programs, are not factors in my new approach.

So, now, the **"New Formula For Successful Weight Management"** is:

1. A wholesome, balanced diet with foods that your test results indicate are right for your specific biochemistry. Even some foods you may consider "healthy" may not be healthy for you in the beginning due to your specific biochemical imbalances and/or organ/gland or body system dysfunctions.
2. Exercise program that is designed for your personality, schedule and "body type."
3. Clinical Nutrition Testing to identify which one or more of the 12 Biological Factors applies to you and the Therapeutic Whole Food Supplements that provide the concentrated, clinically-formulated nutrients that your body can use to heal itself and correct the abnormal test findings.
4. As for will power? It will be there for you each step of the way because it comes naturally when you enjoy the process of improving your health. A Health Improvement Program (or Lifestyle) that includes losing excess weight caused by fat, fluid and undigested food and then maintaining your ideal weight because you have developed a principle-centered healthy lifestyle that supports its biological and biochemical systems for ideal weight management.



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By “principle-centered,” I mean, you will be coached on how to develop a lifestyle that is in harmony with the laws of biology, biochemistry, physiology, psychology and even quantum physics that govern the healthy function of the human body. And a healthy-functioning human body is not over-weight body.

WHY PEOPLE REGAIN WEIGHT

No weight loss product or weight loss specific program, no matter how great it sounds, will accomplish this goal, when that is the focus rather than “health improvement.” Why? because the body will rebel. Weight loss is a process of health improvement that cannot be found in a few products or a diet that forces the body to ignore its own biological and biochemical laws to force weight loss.

For example, a person may force their body into losing weight through fad diets, starvation, eating only certain foods, over exercising, yet once these practices have stopped, in time, the body will regain the weight. Why? Because the body was forced (manipulated) by extreme methods to lose weight, it was in a reactionary state and the real cause(s) for the fat, fluid and undigested food, which comprises the weight, was not corrected.

What is a reactionary state? Think of it this way, a horse reacts to a whip by galloping as fast as possible, however, when no longer being whipped, it will return to its natural pace.



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An automobile will speed down the highway when the gas pedal is pressed to the floor, but when the foot is off the pedal, it will slow and idle.

Similarly, the body will do its best, like the horse and the automobile, when forced or manipulated, but again when this stops, it will go back to its original state.

However, you must keep in mind that any time a person manipulates their body, they run the risk of causing more health challenges than what existed in the original state.

The body has its own pace (or innate process) for weight loss, just like the horse has its normal pace when not forced to move otherwise. To lose weight safely, effectively and healthfully requires working with the body, not against it. This is the key to also keeping weight off and maintaining ideal weight for the rest of your life.

Until the public understands this, they will continue to waste a lot of time, energy and money in a myriad of weight loss marketing plans and products, delaying accomplishing their goal, and running the risk of sacrificing their over-all health in the process.

Bulimia and Anorexia are two examples of this. However, the consequences in compromising the health of the human body results in myriad of adverse effects even if a person does not go to these two life-threatening extremes.

Another analogy is to think of weight loss products and programs as described above being like going out in a row boat that you know has a hole in its hull, but because someone hands you a bucket, you think you will make it to the other side. Perhaps you could if, at the same time, you can remove water with the bucket and row fast enough to stay afloat and move forward.

However, human strength would not endure so this is not a solution. So, once you stop or take a pause in dumping water with the bucket, the water increases and the boat sinks lower.

Obviously, we all know that the real solution was, from the beginning, while still ashore, repair (heal) the hole in the boat.

Similarly, without correcting the above 12 factors that apply to you or any person's weight gain, these dysfunctional factors continue to accumulate fat, fluid and undigested food and no weight loss product or program can dump these substances fast enough to keep up with the process of their ongoing accumulation.



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There is only one formula to losing weight safely, effectively and without gaining it back and that is to work with the body in the way the body has been designed to lose and manage ideal weight.

CONSEQUENCES OF FORCED WEIGHT LOSS

Therefore, again, today, many people try to force their body to lose weight by making it go against the biological and biochemical principles (or laws) that are established within to promote ideal weight.

However, the body can only be forced to go against itself for a period of time and then it rebels by regaining much, if not all or even more than, the weight that was originally lost.

And manipulating these laws causes new and even more health challenges than the person had before they started their journey of trying to defy these laws.

We learned early on in our childhood, the consequences of trying to go against the Law of Gravity. Each time we did purposely or not, we injured ourself.

Today, people are causing more internal injuries to themselves that, unlike the immediate awareness of a gravity-related injury, may not even appear (or become known) for weeks, months or years later.

However, just like we learned to work in harmony with the Law of Gravity as we matured, we stopped injuring ourselves and this is required to lose and maintain ideal weight – understand and work with the internal laws that govern weight management.



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STRESSORS*

In the section titled, "*The Core Causes of Weight Gain*," I mentioned the term "Stressors."

For a list and examples of the Seven Stressors experienced in everyday life and a FREE Evaluation of which one or more is currently affecting the health of your mind and body, as well as whether this effect is mild, moderate or severe, please do the following:

1. Go to our Visitor Website at AdvancedClinicalNutrition.com.
2. Sign up for my Newsletter, which I call the HealthQuest e-News.
3. You will receive an email with the passcodes to our Newsletter webpages. If you do not receive this email within 24 hours, please call me.
4. The Newsletter webpages can be accessed by clicking on the Home Page Button that reads "Client Web Portal."
5. This button takes you to our "Client Website."



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-
- a. Note: Because this is a vintage website design from the 1990's, it does not have the lock icon in its address. However, the website is totally secure.
 - b. The primary webpages in this website are preceded by a Number.
 - c. Any attachment or pop-out webpages are preceded by a Letter.
-
6. Scroll down the Table of Contents (left column) until you come to "Subscriber Pages." The next four primary page titles that follow the "Subscriber Pages" are for those who have signed up for our Newsletter.
 - a. By signing up, you will receive your choice of one of Four Free Evaluations:
 - i. Dietary Evaluation – evaluates how healthy your diet is.
 - ii. Supplement Evaluation – evaluates if your body needs whole food supplements.
 - iii. Toxicity Evaluation – evaluates your symptoms of toxicity.
 - iv. Stressors Evaluation – evaluates your Stressors.
 7. With your mouse over "Evaluation Forms," click on the pop-out webpage for the Questionnaire or Opinionnaire that relates to type of Evaluation (above) that you want. If Stressors is still your preferred Evaluation after reading about the above four choices, click on Stress Opinionnaire.
 8. Follow the instructions on the webpage you selected to obtain your Evaluation of Choice.
 9. If you have any challenges following these instructions, just give me a call.



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CONCLUSION

After reading this article, you may be thinking –

- “Now I understand why I have had such a hard time losing and/or keeping my weight off! Or
- “Finally, an approach to weight loss that really makes sense!” You may also be aware that “deep down” (intuitively) you always had a sense that the key to your losing and maintaining your ideal weight was related to understanding how the body works and working with it.
- You may even feel some relief if you have been feeling guilty or frustrated – thinking perhaps that there was something wrong with your will power or motivation or even your body’s ability to lose and maintain its ideal weight.

No matter how much will power or motivation a person has they will never succeed when using a popular or well-advertised weight loss product or weight loss program that does not work because it goes against biological and biochemical laws. It is they who have failed you, not you who has failed.

So, the fault lies in what you have been using or doing that was never designed to work! The fault is not your will power, or lack thereof, and certainly not in your



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ability to lose weight and keep it off. If you have a human body, and you do, you have the ability to lose weight and keep it off.

Having said the above, please note that those who have used surgical procedures to lose weight may have compromised their body's natural ability to lose weight and keep the weight off.

However, please contact me for more information about this and let's see what your potential is. The body is an amazing system, when you start working with it, rather than against it, even in cases as these.

To continue, the only thing you are guilty of (if this is an emotion you want to have) is being deceived by misleading advertisement, being impatient or misled into thinking that there is a short cut to weight loss.

So, if you recognize the truth in what I am sharing with you, which is based on decades of clinical observations, scientific facts, and clients' successful experiences, then perhaps, you are also ready to address the factors that are inhibiting your success in losing weight and/or maintaining your ideal weight, once and for all.

If so, give me a call and let's get started!

I would love to help you attain this worthwhile goal as I have successfully assisted all of my clients before you, who also had weight management challenges and who embraced this **"New Formula for Weight Management" (aka Health Improvement)**, proving to themselves it really works!

And by improving their health, they also prevented the future diseases that they were currently in the process of developing when they first called me.

DR. DONNA F. SMITH

(940) 761-4045

ADVANCEDCLINICALNUTRITION.COM



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NUTRITION FACT

*To Lose and Then Maintain Ideal Weight
Requires
Clinical Nutrition Testing and Therapy
To Identify and Correct The Biological Factors
That Inhibit Your Ability
To Lose and/or Stay at Your Ideal Weight!*

ABOUT DR. SMITH

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, is a Doctor of Naturopathy (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 and newspapers, such as **The Villager**, a South Denver, Colorado, publication and the **American Chiropractic Magazine, the largest chiropractic magazine in the United States**. You may also request a list of her best-selling e-books in a variety of topics.

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,**



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urine, saliva, stool and hair) to identify Clinical and Sub-Clinical Nutritional Deficiencies and Excesses, Biochemical Imbalances, and Organ, Gland and Body System Dysfunctions, which are the stages the body progresses through first in the development of degenerative diseases. Correcting each of these preliminary stages is the key to reversing the disease process, restoring health and preventing future disease.

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.

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 37 U.S. States and seven international countries.

For more information, to order a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry, including the Telomere Length Test, and to contact Dr. Smith, call (940) 761-4045. Meanwhile, please browse her website at www.AdvancedClinicalNutrition.com and while there subscribe to Dr. Smith's FREE Newsletter and read Free Articles by Dr. Smith. You may also follow her on www.linkedin.com/in/drdonnafsmith and www.Facebook.com/DonnaFSmithPhD.

DISCLAIMER



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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 and bioenergetic perspectives 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 identifying the nutrients the body requires to heal its cells and tissue and thereby, the organs, glands and body systems within all living beings, both human and animal. Because Public Health Education in the United States, is still focused on medical (drugs/surgery), not health (non-medical) education some of the information in this document may be new to you. ***The health of your cells determines the health of your body.***