

Drug Side Effects – Cause and Prevention (Part 1 of 2)!

Ever experienced “Drug Side Effects” or know someone who has? Simply put, a Drug Side Effect is when you develop one (or more) new symptom or condition not present before taking the drug.

Ever been or know someone who has been prescribed a second drug to counter the “side effects” from the first drug? Or even, prescribed a third drug for the “side effects” from the second drug; and on and on, until taking multiple drugs for multiple new symptoms and conditions that were caused by the side effects from each drug prescribed?

In Part 1 and 2 of these articles, I will share the causes of **Drug Side Effects** and how to prevent their harmful effects, if you must take drugs, at this time.

ROOT CAUSE OF DRUG SIDE EFFECTS #1 of 2: Toxicity – All drugs are made of “chemicals” and all chemicals are toxic to the body. So, it’s no mystery that ingesting a poisonous substance has health consequences, commonly called “Drug Side Effects.” In addition to the primary chemically-active ingredients, your drugs may also include other toxic substances, such as synthetic polymers, dyes, Talc, etc.

ROOT CAUSE OF DRUG SIDE EFFECTS #2 of 2: Nutrient Depletion – What is not well known is that chemicals deplete the body of macro- and micro-nutrients, such as essential vitamins, minerals, amino acids, proteins, essential fatty acids, etc.

Antibiotics, for example, deplete Calcium, Magnesium, Potassium, Vitamin K, and certain B Vitamins (B1, B2, B3, B5 & B6), to name a few. Their common side effects include: nausea, vomiting, abdominal cramps, diarrhea, dizziness, balance and hearing problems, skin rashes, itching, swelling, trouble breathing, sinus headache, yeast infections to serious heart and lymphatic conditions, again, just to name a few.

In medicine it is called “drug-induced nutrient depletion” when the drug **blocks the absorption, storage, metabolism, or synthesis of essential nutrients in the body.** When nutrients are blocked or depleted over time, new health conditions develop and/or current health conditions get worse.

Remember in my article, “**5 Stages to Health or Disease!**” (*Villager*, 09/09/21, P5), I shared: “Other than injury or heredity, all other causes of Disease start with Toxicity and Nutritional Deficiencies or Excesses (Stage 2).” Therefore...

NUTRITION FACT #17: Drug Side Effects are symptoms and conditions caused by nutrient depletion and toxicity from the chemicals and other toxic substances in drugs.

DRUG SIDE EFFECT PREVENTION #1 of 2: Limit drug use to life-threatening emergencies only, whether prescribed or over-the-counter. This was and still is the original purpose for formulating drugs for short-term use.



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

by **Dr. Donna F. Smith**
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In emergencies, short-term use of drugs are able to save lives because of their ability to suppress symptoms and manipulate biochemistry, however, these actions on a daily basis may lead to serious side effects.

From my articles, you now know that the causes of Drug Side Effects and Disease starts with nutrient depletion and toxicity, so it may have occurred to you that there is only one reason to seek medical attention today: Life-Threatening Emergencies! Life-Threatening Emergencies include “unconsciousness, head or spinal injury, non-stop severe pain, uncontrollable bleeding, wound suturing and to cast a broken bone, which may or may not be life-threatening at the time of the injury.”

DRUG SIDE EFFECT PREVENTION #2 of 2: For all other symptoms and health concerns, choose Clinical Nutrition. For example, our Clinical Nutrition Therapy provides non-toxic, side-effect free, safe, effective, whole food, therapeutic supplements, that are clinically-formulated to provide the

nutrients your body requires to correct the causes of your symptoms and health concerns and thereby, healing itself.

These therapeutic supplements are recommended and dispensed based on a Clinical Nutrition Analysis of the Laboratory Reports from testing your biochemistry (blood, urine, saliva, hair, stool and genetics). Testing means, there is no guessing...you are provided the exact nutrients your body requires to heal itself.

NUTRITION FACT #18: **Limit Drug use to Life-Threatening Emergencies and use Clinical Nutrition to identify and provide the nutrients your body needs to correct the causes of all other symptoms and health challenges and thus, heal itself.**

For a copy of the above-referenced article, “5 Stages to Health or Disease,” you may refer to its past issues or Email: Villager@AdvancedClinicalNutrition.com.

Subject Line: 5 Stages – V+ACN

Also, please call me for a **FREE Initial Consultation for help with the above!**

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.

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Drug Side Effects – Cause and Prevention (Part 2 of 2)!

To understand Part 2, I will quickly summarize the three key points of Part 1 in this 2-Part article series:

1) **Drug Side Effects** are symptoms and health conditions caused by nutrient depletion and toxicity from the chemicals and other toxic substances in drugs. People are taking multiple drugs today to treat the side effects caused by previously-prescribed drugs, some of which they may still be taking. Thus, creating more and more new symptoms and conditions for themselves AND making previous conditions worse. However, because drugs are formulated to suppress symptoms and manipulate biochemistry, they may think each new drug is making them better.

2) **Drug Side Effect Prevention includes:** A) Limiting drug use (prescribed or over-the-counter) to the original “short-term” purpose for which they were formulated, and that is: “Life-Threatening Emergencies” and B) Using Clinical Nutrition to provide the therapeutic nutrients the body requires to actually heal itself by correcting the nutrient- and toxicity-related causes of all other symptoms and conditions that are currently not life-threatening.

3) Also, in Part 1, I defined what **Life-Threatening Emergencies** are because, today,

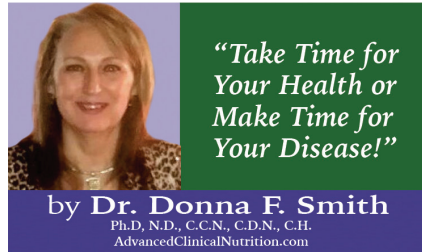
many people are taking drugs for nutrient- and toxicity-related symptoms and conditions that are not currently life-threatening, but, in time, their long-term use of drugs will make them life-threatening and may even cause irreparable damage. (See Outcome #2 below)

Now to continue with Part 2:

ON LONG-TERM DRUG THERAPY NOW? #1 and #2 below represents the Clinical Nutrition outcome for clients, who are on long-term drug therapy when they first contact me, even those who say, **“Because there is no cure, I know I will always suffer the symptoms from and/or have to take drugs for this area of my body and/or this Diagnosis!”**

[Remember the scientific fact I shared in **“Why I Write Articles for You – My Story!”** (Villager, 05/20/21, P16): “There is No Cure or No Known Cure often just means Drugs and Surgery will not cure it.”] Because the human body is innately designed to heal itself of anything, when the nutrients it requires are provided and interferences to its healing processes are removed.

And this is evident by these same clients expressing their amazement when their symptoms begin improving within weeks after starting Clinical Nutrition Therapy, and in due time,



they are able to return to their physician for help in...

#1 – NO LONGER NEED DRUGS: ... weaning off their drugs when they shared: “Why continue taking drugs for symptoms and conditions I no longer have?! OR help in...

#2 – DRUGS THERAPY REDUCED: ...reducing the strength and/or frequency of any drug their body still requires.

For those in #2: though they experienced significant improvement in their symptoms, (even up to 100% symptom free), and their Clinical Nutrition Test results indicated their body had **“healed”** itself to the best of its ability, considering the severe state of health they were in when they started their Clinical Nutrition Therapy... because of their long-term drug use, they had developed drug dependency and/or there was some permanent cellular or tissue damage from injury, heredity, or long-term drug use that prevented the area of the body from **“completely”** healing itself.

However, even in these #2 cases, my clients were satisfied with their Clinical Nutrition Therapy, having received safe and effective health improvement, originally thought not possible. Thus, these clients continue their drug therapy at a reduced strength and/or frequency (which also means less nutrient depletion and toxicity) and receive ongoing therapeutic nutritional support for A) the weaker or partially-damaged area of their body to slow-down further deterioration and B) replenishing the drug-induced nutrient depletions and removing toxins caused from their reduced, but ongoing, drug therapy.

FOR BEST RESULTS: ADD CLINICAL NUTRITION THERAPY TO YOUR DRUG THERAPY! 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, for the reasons stated in this article, rather than using Drug Therapy alone.

Here is just one of many examples Why: When Claire started her Chemotherapy, I was contacted to provide Clinical Nutrition Therapy to support her biochemistry and, in doing so, she did not lose her hair, maintained sufficient energy, had less frequent and less severe nausea

and vomiting, and her physician said she was healing faster than his other patients (who were not in Clinical Nutrition Therapy).

NUTRITION FACT #19: When taking drugs for any reason, **Clinical Nutrition Therapy is essential to replenish nutrients and to remove toxins; thereby, preventing both the development of new symptoms and conditions, as well as, making current conditions worse from Drug Side Effects.**

For a copy of the above-referenced article, **“Why I Write Articles for You – My Story,”** you may refer to its past issue or Email: Villager@AdvancedClinicalNutrition.com.

Subject Line: **Why I Write. Also, please call me for a FREE Initial Consultation for help with the above!**

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ERECTILE DYSFUNCTION & ANDROPAUSE (Causes and Healthy Solutions!)

Erectile Dysfunction, Swollen Testicles and Enlarged Prostate No More!

– Dennis, a 76-year-old Texas Farmer, suffered months from all three, before his referral to me. A Clinical Nutrition Analysis of his biochemistry identified his current nutritional deficiencies, excesses and toxicity. After three weeks of Clinical Nutrition Therapy, based on these findings, his pain left as the swelling and inflammation abated and his prostate and testicles returned to their normal size, then in three months, his erectile function was restored.

This article is for our guys and the gals who love 'em. Though erectile dysfunction can occur at any age, contrary to some beliefs, getting older is not a cause of erectile dysfunction, andropause or any other male health concern. The human body is designed to self-heal and healthfully function until the day we are called to be with our Lord. However,

if you are not providing the nutrients your body requires to optimally self-heal and function OR your diet, lifestyle, environment or other factors are interfering with its self-healing biochemical processes, then the symptoms and biological dysfunctions you are experiencing are the results.

In my July 14, 2022 article, "How Mineral Imbalances Make a Healthy Thyroid Look Sick," I shared that the focus for upcoming articles would be causes and healthy solutions to male and female hormone imbalances and dysfunctions.

The July article outlined the first step on this subject because mineral balance is required to transport hormones to the cells, whether thyroid, adrenal, or male/female hormones. A **Tissue Mineral Hair Analysis (TMHA)** is



"Take Time for Your Health or Make Time for Your Disease!"

by **Dr. Donna F. Smith**
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also a cause of erectile dysfunction.

Blood chemistry tests do not identify "cellular" mineral levels. When your blood is low in minerals, your self-healing system will transport minerals to the blood from your bones or other tissue, which then causes even more cellular mineral deficiencies. Why? Because your blood nourishes all the cells in the body; so, keeping the blood as rich, with minerals and other nutrients, as possible, is a top priority in this self-healing system.

Another overlooked factor is whether you have the minerals required for cardiovascular function; because erectile dysfunction is also associated with poor blood flow. For example, Zinc deficiency

is associated with hardening of the arteries, which increases blood pressure, and both are causes of erectile dysfunction, as well as increased risk for strokes and aneurysms.

So, if you have not kept your blood free from excess fat, trans-fats, toxins, drug residues, chemicals, heavy metals and other pollutants, you make thick, toxic blood. How well does the water flow in your home plumbing system when it is full of thick, toxic sludge? Same difference. This is why erectile function often accompanies the development of arteriosclerosis.

So, the second step is a Clinical Nutrition Analysis of the Laboratory Report from testing your blood chemistry, which is beneficial to identify, not mineral levels, but what is needed to clear these toxins, so it may return to a healthy consistency, pressure, and blood flow.

Another cause is imbalanced hormone production. If your glands are not producing sufficient DHEA, Testosterone or other hormones, then even with sufficient minerals to transport them, there is not enough to be transported to

the cells for healthy function.

Other causes, we can identify and address if they apply to you, however, the above two steps is where we want to start. My next article will include female health concerns - causes and solutions - such as why some experience menstrual bleeding beyond normal, what leads to endometriosis and breast/uterine cancer, etc.

For a Clinical Nutrition Analysis of your blood and hair, please call me at (940) 761-4045. First Consultation Free!

Dr. Smith is the owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas, 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, and she can help you, too, no matter where you live.

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2022 Mazda CX-9 is perfection on wheels

BY **H. THROTTLE**
AUTOMOTIVE COLUMNIST

A "Dream Car" came my way this week with the arrival of a Mazda CX-9 Signature model that has to be the top of the Mazda line. It should be spectacular with a suggested manufacturer's retail price of \$47,210 and worth every penny.

This "Soul Red Crystal Metallic" painted all-wheel drive has stolen my heart. The interior is laced with white leather, described as "Parchment."

Final assembly entirely in Hiroshima, Japan with entire power train and engine manufactured

locally. This is a product of pride.

The engine has 227 turbo horsepower engine connected to Skyactiv drive with eco and sport modes. The versatile transmission works perfectly together and the CX-9 is powerful. Fuel economy averages 26 mpg on freeways and 20 mpg in city traffic.

The drive train has steering wheel paddle shifters that are handy in mountain terrain. The highways heading West are full of cracks and ruts with heavy road construction in progress. Riding over the irregular road surfaces, the ride is soft and comfortable.

The seats are plush, and the ride is perfected by front and rear independent suspension and front and rear stabilizer bars.

Performance and comfort are first-class. What about safety rating? The CX9 scores a perfect overall five-star score. The five-passenger sedan has every safety device known to auto engineers; radar cruise control, sign recognition, lane departure alerts, and even driver alert warnings.

The CX9 is well-equipped for winter driving with de-ice and rain sensor windshield wipers, heated rearview mirrors, and LED fog lights. The sedan rides on 20"



and rear seat passengers.

Latest technology with a 10.25 center color screen, easy controls, full navigation system, 360 vertical view for parking lot assistance.

Mazda

alloy wheels with all-season tires.

Special features include wireless phone charger, heated leather steering wheel, heated and cooled front and rear seats, with power lumbar for driver's seat. This car is about comfort for both front

engineers have designed a masterpiece of quality and perfection in this AWD sedan. Push the power moonroof and enjoy the Colorado mountains in winter and summer months in this luxury vehicle.



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Public Notices

SPECIAL DISTRICTS

NOTICE OF FINAL PAYMENT/ FINNAL SETTLEMENT

ARAPAHOE LAKE PUBLIC PARK DISTRICT TENNIS COURT RESURFACING

Notice is hereby given that at 8:00 a.m. on Monday, August 22, 2022, **Arapahoe Lake Public Park District** shall make final payment to **Court Repair Services, Inc.** in connection with full payment for all services rendered, materials furnished and for all labor performed in and for the above-referenced Project.

1. Any person, individual, corporation, government or governmental subdivision or agency, business trust, estate, trust limited liability

unpaid claim against the Project for or on account of the furnishing of labor, materials, team hire, sustenance, provisions, provender or other supplies used or consumed by such contractor or any subcontractor in or about the performance of the work contracted to be done or that supplies laborers, rental machinery, tools, or equipment to the extent used in the prosecution of the work whose claim therefore has not been paid by the contractor or the subcontractor may, at any time up to and including the time of such final settlement for the work contracted to be done, file a verified statement of the amount due and unpaid on account of such claim.

2. All such claims will be filed with the **Arapahoe Lake Public Park District** at Seter & Vander Wall, P.C., Attn: Colin B. Mielke, 7400 E. Orchard Road, Suite 3300, Greenwood Village, CO 80111, on or before the above-mentioned date and time of final settlement.

3. Failure on the part of a creditor to file such statement prior to such final settlement will relieve Arapahoe Lake Public Park District from any and all liability for such claim.

BY ORDER OF THE BOARD OF DIRECTORS OF THE ARAPAHOE LAKE PUBLIC PARK DISTRICT

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Last Publication: August 11, 2022
Legal # 10835

NOTICE OF FINAL PAYMENT/ FINAL SETTLEMENT

ARAPAHOE LAKE PUBLIC PARK DISTRICT POOL/WADER RESURFACING

Notice is hereby given that at 8:00 a.m. on Monday, August 22, 2022, **Arapahoe Lake Public Park District** shall make final payment to **Supply Station, LLC** in connection with full payment for all services

for all labor performed in and for the above-referenced Project.

1. Any person, individual, corporation, government or governmental subdivision or agency, business trust, estate, trust limited liability company, partnership, association or other legal entity that has an unpaid claim against the Project for or on account of the furnishing of labor, materials, team hire, sustenance, provisions, provender or other supplies used or consumed by such contractor or any subcontractor in or about the performance of the work contracted to be done or that supplies laborers, rental machinery, tools, or equipment to the extent used in the prosecution of the work whose claim therefore has not been paid by the contractor or the subcontractor may, at any time up to and including the time of such final settlement for the work contracted to be done, file a verified statement of the amount due and unpaid on account of such claim.

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BY ORDER OF THE BOARD OF DIRECTORS OF THE ARAPAHOE LAKE PUBLIC PARK DISTRICT

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NOTICE TO CREDITORS

NOTICE TO CREDITORS Estate of Kerry Roy Davis, Deceased

Case Number 2022PR227

All persons having claims against the above named estate are required to present them to the personal representative or to Arapahoe County District Court of the City of Centennial, Colorado on or before November 28, 2022, or the claims may be forever barred. Rhonda Livingston 6555 Jordan Road Centennial, CO 80111 303-956-1941 Email: we4liv@aol.com Published in The Villager First Publication: July 28, 2022 Last Publication: August 11, 2022 Legal # 10830