



Biochemical Dynamics in the Development of Degenerative Diseases

by Dr. Donna F. Smith

THE SEVEN STAGES IN DEVELOPMENT OF DISEASE & PROGRESSION TOWARDS DEATH IF NOT REVERSED

STAGES	BIOCHEMICAL DYNAMICS IN THE DEVELOPMENT OF DEGENERATIVE DISEASES	YOUR PHYSICAL AND MENTAL EXPERIENCE	
1	True Health is Biochemistry in Homeostasis	Fit, Wellness, Energetic, Mentally Alert	
2	1. Cellular & Tissue Nutritional Deficiencies (or Excesses), such as too little or much Vitamin A, Vit. C, Calcium, Zinc, Protein, Carbohydrates, etc., and 2. Cellular & Tissue Toxicity,* such as chemicals in foods additives, drugs, nail polish, dry cleaning, fluoride & chlorine in water, air pollution, etc.	Phase 1 Asymptomatic until you reach Stage 2 – Phase 2.	Phase 2 Declining Energy, Infrequent Mild Pain, Mild Allergies, Mental Fatigue
3	Biochemical Imbalances, such as electrolyte imbalances, fluid retention, dehydration, neurotransmitter imbalances, and so on.	Ongoing Tiredness not satisfied by rest or reduced activity, Infrequent Moderate Pain, Persistent Allergies or Sensitivities, Absent-Minded.	
4	Organ, Gland and Body System Dysfunctions, such as Gall Stones, Incontinent Bladder, Clogged Arteries, Heart Irregularities, or any area of the body not in optimal function, biologically and biochemically.	Fatigue, Frequent Severe Pain, Frequent Allergy Attacks, Mental Dysfunction, such as Mood Swings, Short-Term Memory Loss, Anxiety, Depression.	
5	The Two Phases of Degenerative Diseases (DD)		
Some people "feel" they are in Stage 5, Phase 2. However, a Clinical Nutrition Analysis of their Lab Reports indicate they are in Phase 1.	Disease (Stage 5) occurs when there are more decaying and/or dead cells and tissue in an organ and/or gland than healthy cells and tissue.		
	Phase 1 - Correcting Stages 2, 3 & 4 reverses the disease process and restores health. In this phase, medical test results are often normal, your physician cannot provide scientific proof that anything is wrong with you, you may be told it's all in your head and then prescribed an addictive anti-depressant, OR you may be asked to return in 6-12 months because physicians know, from their experience, that the body gets worse, not better, in time; so perhaps, something will be detectable then. From a Clinical Nutrition perspective, this gives your body time to move into Stage 5, Phase 2, the true "Disease" stage and where medical tests can now identify the long-term results of Stages 2 to Phase 1 of Stage 5 that has been occurring silently for decades; that is except for those who obtain regular Clinical Nutrition Testing to identify and correct Stages 1 to 4 and thus, prevents Stage 5.		
	Phase 2 – Symptoms are Chronic Fatigue, Chronic Pain, Chronic Allergies/Asthma, Cancers, Tumors, Cysts, and/or Mental Illnesses, i.e., in Stage 5, Phase 2, Long-Term Stages 2, 3 and 4 have progressed to clinical stages and symptoms are Chronic (Constant & Severe). Symptoms improve by correcting all that is possible in Stage 2, 3, & 4. However, there are too many decaying / dead cells to completely reverse the disease process to restore health, when in Phase 2 of Stage 5. You will improve; however, you may require Long-term supplementation to maintain the improvement and slow down the progression to Stage 6.		
6	POINT OF NO RETURN Patient may require surgical removal of the diseased organ/gland, if patient can live a little longer without it.	Symptoms are the same or even worse as in Stage 5 Phase 2!	
7	Complete Cellular Decay / Death in one or more "Vital" Organ, Gland or Body System	Death of Your Physical Body (Total Lack of Energy)	

*Toxicity is the slow poisoning of the human body due to the ingestion and exposures to chemicals, metals, germs, worms and other toxins in our food, air, water, drugs (prescribed, over-the-counter or illegal) and in the environment.

The internal "Clinical Nutrition" processes of your biochemistry occurring in each Stage from 1 to 7 (see Column #1) is outlined in Column #2 above and what you are experiencing (symptoms) in each Stage is outlined in Column #3. The above chart will help you understand how the human body develops degenerative diseases and in doing so, often experiences death prematurely. It also helps you understand what is required of you to heal your body and restore your health. In other words, if you are currently in Stages 1 to 5 (Phase 1), you have the potential through Clinical Nutrition Testing and Therapy to provide what your body requires not only to slow down this degenerative process, but regenerate (grow) new cells to restore your health and prevent future diseases.