



Body Composition Report

Understanding Columns & Rows

Dr. Donna F. Smith

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What is Body Composition?

Your Body Composition is another way of saying what your body is made of, inside and outside. So when testing body composition, you are testing the current health state of all that comprises your body composition.

Body composition consists of its:

- a. Fluids, such as: intracellular (inside cells), extracellular (outside cells), water, toxins and waste in your water, inside or outside of the cells, nutrients in your water, inside or outside of cells, etc.
2. Cells
3. Tissue
4. Muscles
5. Bones
6. Organs
7. Glands, etc.



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Why Test Body Composition?

We provide two types of services: Clinical Nutrition Therapeutic and Health Maintenance Services. Our brochures will define these terms more completely, however, in brief, our therapeutic services are required to help people heal their body and our health maintenance services help them stay healthy and prevent disease, as well as sustain the healing earned through our therapy.

Think of it this way. When your auto is not working right, you take it to the mechanic shop, who then provides “auto-therapy.” Once your auto is restored to good working order, auto-therapy does not need to be continued. However, you will soon return to auto therapy if you do not provide auto maintenance. Auto maintenance includes services, like an oil change, and products, like oil or gasoline. The same analogy applies to the human body. If your health maintenance is insufficient, you will require more Clinical Nutrition Therapy.

So, “Why Test Body Composition?” The answer to this question is more thoroughly understood when you schedule your FREE Telephone consultation with me, which is included in the fee for the Body Composition Analysis, should you choose to schedule this. In other words, I can answer this question more thoroughly after I have reviewed your specific test results and can relate your results to your current state of health or illnesses.

For now, simply put, our general purpose for the Body Composition Analysis is as a screening test to see if you are currently in need of Clinical Nutrition Testing and Therapy or Health Maintenance Services. Having scientific proof of your cellular needs, whether they are therapeutic or health maintenance, allows us to help you with exactly what your body requires to heal or to maintain optimal health.

Think of your test results as the alert icon on the dashboard of your vehicle. When the icon lights up it is warning you that it is time to take appropriate action or suffer the consequences. For your vehicle, this may mean being stranded on the side of the road, having a part malfunction and causing you to have an accident or being stopped in the middle of traffic because the vehicle will not move.

In respect to your body, this would mean the following:

1. One or more of your test results is in the Nutritional Deficiencies and/or Disease Pattern to Medical columns.
2. You are an Athlete, but not all of your test results are in the Athletic Column.

In either of the above cases, you need our Clinical Nutrition Testing and Therapeutic Services now. Otherwise, the consequences for not taking action to improve your Body Composition means dysfunction, pain, suffering, disability, and/or death for those in category #1 and/or injury or inferior performance for #2.

On the other hand, if you desire is to be healthy, but not to be an athlete, and your test results are in the Healthy Column, you do not currently need Clinical Nutrition Therapy. However, you will benefit greatly from our Health Maintenance Services to help you stay healthy and to prevent disease. Otherwise, when you receive your next Body Composition Report, you may no longer be in the Healthy Column.



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After all, as Marshall Goldsmith said, “What Got You Here Won’t Get You There...” You may wonder how that applies. What got you here today where your test results are in the Healthy Column is the sum of how you have lived your life thus far, your exposures, your beliefs, your diet, physical activity, and so on. And another part of this equation is your toxic exposure.

For example, if you are relatively young, you may not have lived long enough yet to have enough nutritional deficiencies and toxicity at a cellular level to move your body composition out of the Healthy Column and into the Nutritional Deficiencies Column at this time. However, if you do not start now learning “what you do not currently know” in respect to the **care of your human body, diet and prevention of disease**, what got you here today with test results in the Healthy Column, will not get you there (that lifestyle that keeps you in the Healthy Column) in the future.

Reading The Body Composition Report

Your **Body Composition Analysis (BCA) Report** is a two-sided report.

1. Side 1 is the actual Body Composition Analysis with your Test Results (numbers).
2. Side 2 is the “Test Results Interpretation” of your BCA report.

Side 2 includes four columns, **Athletic, Healthy, Nutritional Deficiencies, and Disease Pattern to Medical**.

Rows on Side 2 represent the title of the eleven tests or measurements of your Body Composition and your actual test results (numbers) have been hand-written next to each title for quick reference. Numbers were transferred from Side 1 of your report. My assistant has circled the numbers in the columns for each row based on your specific test results. The last column on Side 2 gives a brief description of each measurement or test.

Athletic Column

If you are an athlete (professional or amateur) or someone who exercises regularly with the goal of having an athletic body, you know you have accomplished this goal if all of your circled test numbers for each row are in the Athletic Column.

If your test result numbers are circled in both the Healthy Column and Athletic Column, you have not attained an Athletic Body Composition at a cellular and tissue level; however, you do have Healthy Body Composition. To have the strength, energy, and endurance for serious competition requires an Athletic Body Composition, which is all test result numbers in the Athletic Column.

Otherwise, your body may be more easily injured or you will not have the energy or endurance for the best competitive outcome, even if you have the knowledge and skill.



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If any of your test result numbers appear in the Nutritional Deficiencies or Disease Pattern to Medical (Condition) Columns, you do not have an athletic or healthy body composition, even if you are symptom free.

So your focus for improvement to attain the athletic body you want starts with Clinical Nutrition Testing of your biochemistry (blood, urine, hair, saliva or stool) to identify the causes that resulted in the measurements circled in the Nutritional Deficiencies column and Clinical Nutrition Therapy to correct these causes.

Doing the above, will also reverse any disease pattern you are currently in, if you have any circled test numbers in the Disease Pattern column.

By correcting the causes for measurements circled in the Nutritional Deficiencies column, you will be able to restore your Body Composition to the Healthy column; then move into the Athletic Column.

For the specifics on how to do this, simply schedule your FREE telephone consultation with me.

Healthy Column

If you are interested in having a healthy body (i.e., healthy body composition), but not an athletic body composition, then you know you have accomplished this goal when all your test results are circled under the Healthy Column. And to stay healthy, you need to know how to maintain optimal health utilizing products and services provided through our Health Maintenance Services.

If some of your test results have numbers under the Healthy and Nutritional Deficiencies, then you do not have a Healthy Body (i.e., Healthy Body Composition). To become healthy, you will want to start by identifying and correcting the causes for why you have test results in the Nutritional Deficiencies column. This is done through Clinical Nutrition Testing and Therapy.

Stages in the Development of Degenerative Diseases

Stage 1

- Nutritional Deficiencies. (Examples, Vitamin A Deficiency or Calcium Deficiency)
- Nutritional Excesses. (Examples, Excessive amounts of Vitamin A or Calcium)
- Toxicity (toxins from pollutants in air, water, food and drugs).

Stage 2 – Long-term Stage 1 leads to Stage 2

- Biochemical Imbalances. (Examples, Electrolyte Imbalance, High or Low Blood Sugar, etc.)

Stage 3 – Long-term Stage 2 leads to Stage 3

- Organ, Gland and/or Body System Dysfunctions.

Stage 1 is long-term deficiencies, excesses and toxins which cause Stage 2, biochemical imbalances. Stage 2,



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long-term biochemical imbalances, causes Stage 3. Stage 3 is the dysfunctions in the operations of the organs, glands and body systems experiencing Stage 1 and 2.

A Clinical Nutrition Analysis of your Laboratory Reports from testing your biochemistry (blood, urine, hair, saliva and stool) will identify the causes of Stage 1, 2 and 3.

A medical interpretation of the same Laboratory Reports will not identify Stage 1, 2 and 3. This is why some people are disappointed, frustrated or confused, when a physician says all their test results are normal and thus have no medical answer for their symptoms. In these cases, the physician may think the patient is depressed, a hypochondriac and thus imagining their symptoms.

By correcting the causes of Stage 1, 2 and 3, you restore your health and your Body Composition tests (or measurements) appear in the Healthy Column. This is also foundational to restoring Athletic Body Composition, though the exercise training, diet and supplementation are specialized for athletic performance, as well as over-all body health.

Stage 4 is the Disease Stage. In other words, the cells and tissue in the organs, glands or body system experiencing Stage 1, 2 and 3 are so malnourished and toxic, that the cells and tissue are decaying and dying. When there are more decaying and dead cells and tissue in an organ, gland or body system than healthy cells and tissue, this is called "Disease."

In Stage 4, your physician is able to diagnosis your disease from a medical interpretation of your Laboratory Reports and other diagnostic techniques. Still, just because you have a medically diagnosed disease does not mean your health is too far gone to improve.

When a physician says your diagnosis is incurable, this just means drugs and surgery (standard medical treatments) cannot cure that diagnosis.

The truth is: The human body is capable of healing itself from any disease, disorder or condition, when it is provided the nutrients it requires to heal itself and when you remove any interference to its healing.

Identifying your required Nutrients and Interferences to healing is the purpose for Clinical Nutrition Testing and Therapy. This is why my success rate is over 90% in helping people improve their health.

When symptoms appear and do not leave, many people think it is a disease that is causing the symptoms. However, symptoms may present, from mild to severe, in Stage 1, 2, and 3 in the process of developing any disease, disorder or condition, as well as when in Stage 4.

Now you can understand why it is confusing to both patient and physician, when the patient has symptoms, but because their biochemistry has not reached Stage 4, their physician cannot find a cause for their symptoms, nor give them a diagnosis.

Today, because people are experiencing more symptoms in Stage 1, 2 and 3, than Stage 4, patients often



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leave their physician's office wondering, "How can my test results be "normal" or "healthy," and yet I feel so lousy and/or I am always in pain."

Medically "normal or healthy" means you are disease free or do not have any life-threatening test results. It does not mean you are truly healthy.

To determine "true health" requires a Clinical Nutrition Analysis of your Lab reports and to be "healthy" means your tests results are in homeostasis.

Nutritional Deficiencies

Having your test results numbers circled in the Nutritional Deficiencies column means that you are currently in Stage 1, 2 or 3 in the process of developing a degenerative disease. Clinical Nutrition Testing will identify these stages and Clinical Nutrition Therapy will provide what your body needs to correct these stages.

This was where I was when in the process of (or disease pattern in) developing the degenerative disease called, "Lupus."

You have not yet reached Stage 4 (the actual disease state), unless some of your test results numbers are circled under the Disease Pattern to Medical Column.

If you have some test results numbers in the Healthy, Nutritional Deficiencies and Disease Pattern Columns, all of the information in each of these sections will apply to you.

It is possible to be in Stage 1, 2 and 3 (indicated by numbers in the Nutritionally Deficiencies Column) for some Body Composition measurements and in Stage 4 (indicated by numbers in the Disease Pattern Column) for other measurements. This is like having an old vehicle where some of the parts are working great (Healthy Column), some are not working so well, but you can compensate for a little while longer (Nutritional Deficiencies Column) and other parts do not work at all (Disease Pattern Column). Depending upon how vital the non-working parts are is what motivates you to take the appropriate action to fix it right now or not. For example, if your auto will not turn on, obviously, you are highly motivated to fix it now.

Disease Pattern To Medical (Condition, Disorder or Disease)

Test results with numbers circled in the Disease Pattern to Medical Column means you are currently in the process of developing a medical disease, disorder or condition or you currently have one or more diagnoses.

You may or may not have symptoms in Stage 4, though many people do.

Whether you are in the process (or pattern) towards developing a disease or currently have a diagnosed disease, the process is the same if you want to reverse this process and assist your body in healing itself. In other words, since Stage 4 is simply the severe and long-term effects of Stage 1, 2, and 3, the answer to correcting Stage 4 is to identify and correct the causes of Stage 1, 2 and 3, through Clinical Nutrition Testing and Therapy.



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BCA Report “Test Results Interpretation” (Side 2)

This document, titled “Body Composition Report, Understanding Columns & Rows” has provided a general understanding of what it means to have your test results (numbers) in the Athletic, Healthy, Nutritional Deficiencies, and Disease Pattern to Medical Columns. The last column on Side 2 of the actual Body Composition Analysis Report, the “Test Results Interpretation” side of the report, provides a brief description of each of the eleven measurements listed in the first column, from Body Cell Mass Index to Fat Free & Fat Mass.

For a more specific interpretation of each measurement and their purpose, you may call our office and schedule a FREE 60-minute telephone consultation with me.

To provide more specific information would require my review of your exact test results in order to help you thoroughly understand your current cellular and tissue state of health and body composition.

I look forward to hearing from you soon.

Until then, may God bless you,

Dr. Donna F. Smith

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About Dr. Smith

Dr. Donna Smith has a Ph.D. in Clinical Nutrition, a Doctor of Naturopathy (N.D.) degree, is 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, such as the **American Chiropractic Magazine, the largest chiropractic magazine in the United States.**

Some of her best-selling e-books has been listed below. 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, urine, saliva, stool and hair)** to identify and Clinical Nutrition Therapy to correct dietary, vitamin and mineral deficiencies adversely affecting the healthy function of the human mind and body.



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Dr. Smith has over 90% success in helping her clients improve their health, increase energy, balance hormones, improve mental function, strengthen joints, muscle, immune system, restore over-all organ/gland function (including the hair system to restore its natural color), manage weight, prevent/reverse disease and enhance life and/or sports performance. Her clientele encompasses 37 U.S. States and six international countries.

For more information, to order a clinical nutrition analysis and laboratory tests, and to contact Dr. Smith, call (940) 761-4045 or e-mail at Services@AdvancedClinicalNutrition.com. Meanwhile, please browse www.AdvancedClinicalNutrition.com to subscribe to Dr. Smith's FREE Newsletter, read Free Articles by Dr. Smith and view **Dr. Smith's Secrets To Healing** TV shows and slide presentations. You may also view Dr. Smith's TV Shows and videos on [YouTube.com/DrDonnaFSmith](https://www.youtube.com/DrDonnaFSmith), post questions on her blog at DrDonnaSmith.blogspot.com and follow her on [Twitter.com/DrDonnaSmith](https://twitter.com/DrDonnaSmith) and [Facebook.com/DonnaFSmithPhD](https://facebook.com/DonnaFSmithPhD).

E-Books By Dr. Smith

- **Comprehensive Holistic Dental Health Program** – The Dangers of Traditional Dentistry and an Introduction to Holistic Dentistry (**169 pages** – articles, charts, forms and therapeutic supplement information for acute symptoms (toothaches), chronic dental health challenges (abscesses, gum disease) and dental health (how to internally repair and strengthen teeth and gums).
- **Fibromyalgia – A Clinical Nutrition Syndrome** (70 Pages).
- **Dr. Smith's Hair Restoration Program [Anti-Grey and Hair & Scalp Solutions]** - (69 Pages).
- **Lyme's Disease – Clinical Nutrition Approach to Healing** (32 Pages).
- **15 False Assumptions the Public Makes About Food Supplements** – (15 Pages)

Disclaimer

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.