

# 5 stages to health or disease

There are five stages the body goes through to develop any disease. When you understand these stages, you have the opportunity to correct their causes and restore Health.

When a medical interpretation of your Laboratory Reports indicates your test results are normal, this does not mean you are Healthy. This is evident by people suffering with symptoms, who still have normal medical test results.

A Medical interpretation of Laboratory Reports identifies disease and life-threatening states, it does not identify the state of Health. To truly be healthy, your test results must be in Homeostasis. Homeostasis is the condition of optimal function. Optimal function means within each organ, gland and body system, there is: 1) Nutrient Sufficient Cells, 3) Balanced Biochemistry, and 3) Minimal Toxicity because its detoxification processes are functional and routinely removing germs, toxins

and waste. Thus, it is being in Homeostasis that defines Health, not being Symptom Free or Disease Free.

A Clinical Nutrition Analysis of your Laboratory Reports identifies whether you are truly Healthy (Stage 1-Homeostasis). It will also identify which one or more of the Stages (2, 3, & 4) you are in that indicates you are currently progressing towards the development of one or more Disease (Stage 5).

Then correcting Stages 2-4 through Clinical Nutrition Therapy gives you the opportunity to actually reverse your current disease process and return to Homeostasis (True Health), i.e., to optimally restore your Health and prevent the disease from fully manifesting. This is the true definition of preventive health care.

The FIVE STAGES FROM HEALTH TO DISEASE (and vice versa), along with the primary PHYSICAL AND MENTAL EXPERIENCES a person

may have in each Stage, are:  
**STAGE 1 – TRUE HEALTH (HOMEOSTASIS).** EXPERIENCE: Fit, Energetic, Wellness, and Mentally Alert.

**STAGE 2 – CELLULAR AND TISSUE NUTRITIONAL DEFICIENCIES / EXCESSES AND TOXICITY.** There are two EXPERIENCE PHASES within STAGE 2: **PHASE 1** – Asymptomatic, i.e., STAGE 2 has not been present long enough within the body to produce symptoms, and **PHASE 2** – Declining Energy, Infrequent Mild Pain, Hormone Irregularities, Mild Allergies, Mental Fatigue, etc.

**STAGE 3 – BIOCHEMICAL IMBALANCES** (Electrolyte imbalances, dehydration, neuro-transmitter imbalances, etc.). EXPERIENCE: Ongoing Tiredness not satisfied by rest or reduced activity, Infrequent Moderate Pain, Hormone Imbalance, Persistent Allergies / Sensitivities, Absent-Minded, etc.

**STAGE 4 – ORGAN, GLAND AND BODY SYSTEM DYSFUNCTION,** such as Gall Stones, Incontinent Bladder, Irregular Heartbeats, i.e., any area of the body showing signs of not being in optimal function,

yet no medical cause can be found. EXPERIENCE: Fatigue, Frequent Severe Pain, Frequent Allergy Attacks, Male / Female System Dysfunction, Mental Dysfunction, such as Mood Swings, Short-Term Memory Loss, Anxiety, Depression, etc.

**STAGE 5 – DISEASE.** The Disease Stage (#5) is identifiable by a medical interpretation of Laboratory Reports and/or other tests. Why? Because long-term Stages 2-4 have now reached their most severe clinical stage. EXPERIENCE: Chronic Fatigue, Chronic Pain, Chronic Allergies / Asthma, Cancers, Tumors, Fibroids, Cysts, Mental Illnesses, etc. There are two PHASES within STAGE 5.

**PHASE 1** – Health Restoration is still possible by correcting the causes (Stages 2-4), which are identified through a Clinical Nutrition Analysis of your Lab Reports. Therapeutic Whole Food Supplements provides the nutrients the body can use to regenerate (grow new healthy) cells and tissue to replace malnourished, damaged, decaying and dead cells and tissue (aka disease).

**PHASE 2** – The affected area of the body has cellular and/or tissue damage that cannot be repaired. However, when part,

but not all, of an organ, gland and body system is damaged, once you correct the causes in Stages 2 to 4, there is a greater potential for the undamaged area and its symptoms to improve. In these cases, therapeutic supplementation may be required indefinitely to continue to nourish the undamaged area and thus slow down and/or prevent further deterioration.

**NUTRITION FACT #9:** Other than causes by injury or heredity, all other causes of Disease (Stage 5) are the result of long-term Stages 2, 3, and 4 occurring in the organ, gland or body system experiencing these stages.

Email Villager@Advanced-ClinicalNutrition.com for a Free Chart of these Stages. Subject Line: Stages

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 Canadian-Chartered Herbalist (C.H.) and owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas.

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

## Colorado Lottery welcomes Arnold Hanuman as its newest Lottery Commissioner

SUBMITTED BY COLORADO LOTTERY  
Arnold J. Hanuman, Esq., has been appointed by Gov. Jared Polis to fill the vacancy on the Colorado Lottery Commission created by the departure of Judge Dennis Maes at the end of his eight-year tenure.

A position that is statutorily required to be an attorney, Hanuman is the Deputy Executive Director

of the Colorado District Attorneys' Council (CDAC). Residing in Arvada, Hanuman also serves on other statewide-level working groups, including the Judiciary's Statewide Problem Solving Court Advisory Committee, and previously on Governor Hickenlooper's 2018 Improving Outcomes for Youth Statewide Taskforce.

Prior to joining CDAC in 2013, Hanuman was Deputy

District Attorney for seven years in the Boulder County District Attorney's Office in Boulder. He moved to Colorado in 2006 from Maryland, where he was Assistant State's Attorney with the Prince George's County State's Attorney's Office. Before joining the Boulder DA's office, Hanuman was a solo practitioner focusing on business, real estate, and state

and federal criminal defense where he successfully appealed a criminal case to the U.S. Supreme Court in 2009.

Lottery commissioners are appointed to four year terms and are limited to two terms.

Active in the legal community, Hanuman is also a past president of the South Asian Bar Association of Colorado (SABA-CO) and

a current member of the Board of Governors of the Colorado Bar Association. In August 2018, Hanuman became the first South Asian attorney in Colorado to be nominated by a judicial nominating commission to serve as a Judge at the District Court, opening the door for other South Asian attorneys to apply and be appointed to the Colorado bench.

## OBITUARY

### SERVICES FOR DICK SCHULTE, SEPT. 23

It is with heavy hearts that we announce the passing of Dick Schulte on August 21, 2021, while he was competing in the Triple Bypass bike race. Dick was doing what he loved, challenging himself athletically while marveling at the splendor of what he called, "God's country."

Dick grew up in Winnetka, Illinois, raised by his father, Tom, and mother, Diane, with two younger sisters, Susan and Sally. He spent his youth sailing on Lake Michigan, playing drums in his band, going on ski trips to Colorado with his family, and of course, playing soccer. His passion for the beautiful game brought him to Colorado College, where he played midfield and was a four-year letter-winner, three-time first-team all-RMISL, and is tied for 18th on the school's career scoring list.

Anyone who knew Dick knows how much he loved CC soccer. The four years he spent on the team shaped him in a multitude of ways, and he continued to be an avid supporter for the rest of his life – he never missed the first home game of the season. Dick played soccer long into his adult life and coached all of his kids at one time or another. Coaching was in his blood, and something he eventually made into a career



as an executive coach. Dick had a remarkable business career. He was a CMO, COO, co-founder, CEO, serial entrepreneur, board member, inspirational speaker, and facilitator. He most recently served as an Executive Coach at Optiv in Denver, a role he was so passionate about.

In addition to being a fierce competitor and consummate businessman, Dick was a loyal friend, trusted advisor, and above all else, devoted to his family. Dick was, is, the best man we will ever know. In our eyes, he was superman, super human. He modeled what it looked like to live a life well-lived. He taught us all to be intentional, to be adventurous, and above all else, to love one another. Losing him is an unbearable reality that those that loved him will struggle to come to terms with.

Dick is survived by his wife, Susan, children Nick, Sam, and Sarah, and five grandchildren who knew him affectionately as "Pops." The Schulte family appreciates what has already been an outpouring of love and support from Dick's community.

A memorial service for Dick will be held at Glenmoore Country Club on September 23, 2021 from 1-4 pm.

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