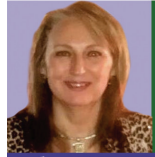


Symptoms Are The Messenger, Not The Disease! (Part 2 of 4) (Symptom Free May NOT Mean You're Healthy!)



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

by **Dr. Donna F. Smith**
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Before we begin with Part 2 of this 4-Part article series, let's continue with another in our series on **A-Z SUCCESS STORIES AND CASE HISTORIES**.

DIARRHEA: Susie (45y) had Chronic Diarrhea for 15 years and Monica (52y) could not remember how many years she had suffered with daily Diarrhea – Results from our Clinical Nutrition Therapy, for these and hundreds of others with similar health challenges, were the same – within 1-2 months no more Diarrhea! You may recall this included Karen (53y), who had 40 bouts of diarrhea daily for 10 years (*The Villager*, 8/26/22, P10).

Now, in Part 1 of this 4-Part article, I shared that Symptoms are not the Disease, but "Messengers" of a

biological system of communication from your cells to your Brain to motivate you to take the following action. I also listed 10 questions I will be answering in this 4-Part article to help you understand these Messengers. In this Part 2 of 4, I will explain A. and B. below, which answers the first three of the 10 questions.

QUESTIONS 1 to 3 of 10:

1. "What Are My Symptoms Communicating to Me?" (Answer: Identify A and B),
2. "What help do my Cells need from me?" (Answer: Correct A and B).
3. "What interferes with my body's ability to heal itself?" (Answer: B)

A: IDENTIFY & CORRECT THE CAUSES OF YOUR SYMPTOMS:

In Part 1 (*The Villager*, P10, 01/27/22), I shared that Symptoms are caused by 1) nutritional deficiencies and/or excesses, 2) toxicity, 3) biochemical imbalances, 4) dysfunctions of organs, glands and body systems, 5)

injuries and 6) hereditary. The symptoms of Disease are simply long-term Causes 1 to 4 and/or complications from Causes 5 and 6.

To scientifically identify the clinically-formulated, concentrated whole food nutrients your body requires to correct Causes 1 to 4 above, requires a **Clinical Nutrition Analysis (CNA) of the Laboratory Reports** from testing your biochemistry (blood, urine, hair, saliva and/or stool). It is important to know that a CNA is different from a Medical Analysis or interpretation of Lab Reports, which explains why test results may be normal, showing no "medical" cause for your symptoms.

B. IDENTIFY & STOP WHAT IS INTERFERING WITH YOUR HEALING:

In Part 1, I gave an example of how overlooking the removal of all pieces of glass (or any foreign matter or object) in a wound interferes with the body's ability to close and heal the wound. However, this is just one of many types of interferences to your innate healing process.

For example, tobacco is an interference when inhaled, and the symptoms of coughing, wheezing, mucus from your nose, congested lungs and sinuses, and pain, are the "Messengers" communicating to stop this interference. Until tobacco is discontinued, these organs cannot fully heal because tobacco "interferes" with their healing processes.

In this case, the cause of your symptoms and the interference to its healing are the same. Tobacco causes nutrient depletion and toxicity in the mouth, sinuses and lungs. Nutrients that are required to 1) remove toxins, 2) regenerate (grow) new healthy cells and replace the Tobacco-damaged cells, and 3) improve, then maintain optimal function. Tobacco, in time, also interferes with sufficient oxygen flow

OTHER EXAMPLES of interferences to healing include **tattoos, piercings, vaccination puncture sites and/or any injury that causes scarring (internally and/or externally)**. In fact, today, there are many things in your lifestyle, diet, activity, drugs or environmental exposure that may be interferences to your innate healing processes, which is why it is important

to identify and remove them.

For more information and solutions to the above Interferences to Healing, you may email me for my 2-page article, titled, "**Scars, Tattoos, Piercings, Vaccination Puncture Sites and Other Interference (To Healing) Fields!**"

NUTRITION FACT #21: TOXICITY IS THE GREATEST INTERFERENCE TO HEALING TODAY!

For a copy of the above-referenced article, email: Villager@AdvancedClinicalNutrition.com.

Subject Line: *Scars, Tattoos, etc. I am here to help you, no matter what your current health concerns. My services and fees are tailored to your individual needs. First consultation is FREE! So, please call me at 940-761-4045.*

Dr. Smith's clients reside in 37 U.S. states and seven international countries. She continues to hold a successful track record of over 90% in helping her clients improve their health, as the 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.

SPECIAL DISTRICTS

Offices Hours: Monday through Friday from 8:00 a.m. to 5:00 p.m.

The Self-Nomination and Acceptance Form must be returned to the Designated Election Official by 5:00 p.m. on Friday, February 25, 2022. The form can be emailed to elections@crsofcolorado.com. A Self-Nomination and Acceptance Form that is not sufficient may be amended once at any time before 3:00 p.m. on Friday, February 25, 2022. Earlier submittal is encouraged as the deadline will not permit correcting an insufficient form if received at 5:00 p.m.

Affidavit of Intent To Be A Write-In-Candidate forms must be submitted to the office of the Designated Election Official by the close of business on Monday, February 28, 2022.

NOTICE IS FURTHER GIVEN that an application for an absentee ballot may be filed with the Designated Election Official, at the contact information referenced above, no later than the close of business on Tuesday, April 26, 2022.

MARVELLA METROPOLITAN DISTRICT

Sue Blair, Designated Election Official

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**NOTICE OF VACANCY
ON THE BOARD OF DIRECTORS**

OF EAST VIRGINIA VILLAGE METROPOLITAN DISTRICT

TO WHOM IT MAY CONCERN, and particularly to the electors of the **East Virginia Village Metropolitan District** of Arapahoe County, Colorado.

NOTICE IS HEREBY GIVEN, pursuant to Section 32-1-808, C.R.S., that a vacancy currently exists on the board of directors of the **East Virginia Village Metropolitan District** ("District"). Any qualified, eligible elector of the District interested in filling such vacancy and serving on the board of directors should file a Letter of Interest with the board of directors of the District on or before February 13, 2022, at the District Management office.

Forms of Letters of Interest are available and can be obtained from the **East Virginia Village Metropolitan District**, c/o Jennifer S. Henry at McGeady Becher P.C., 450 E. 17th Avenue, Suite 400, Denver, Colorado 80203, (303) 592-4380.

EAST VIRGINIA VILLAGE METROPOLITAN DISTRICT

By: /s/ Cindy Myers
Secretary

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CALL FOR NOMINATIONS

PROSPER METROOPLITAN DISTRICT NOS. 5-10

TO WHOM IT MAY CONCERN, and particularly to the electors of the **Prosper Metropolitan District Nos. 5, 6, 7, 8, 9 and 10** of Arapahoe County, Colorado (collectively, the "Districts"):

NOTICE IS HEREBY GIVEN pursuant to Section 1-13.5-501, C.R.S., that elections for each of the Districts will be held on Tuesday, May 3, 2022, between the hours of 7:00 a.m. and 7:00 p.m. At that time two (2) Directors will be elected to serve 3-year terms to May 6, 2025 for each of the Districts.

Self-Nomination and Acceptance Forms are available and can be obtained from Craig Sorensen, the Designated Election Official for the Districts, c/o McGeady Becher P.C., 450 E. 17th Avenue, Suite 400, Denver, Colorado 80203, Phone: 303-592-4380, email: csorensen@specialdistrictlaw.com.

The Self-Nomination and Acceptance Form or letter is to be submitted to the Designated Election Official no later than the close of business (5:00 p.m. MST) on February 25, 2022, sixty-seven (67) days prior to the regular election. Affidavits of Intent to be a Write-In Candidate must be submitted to the Designated Election Official by the close of business (5:00 p.m. MST) on February 28, 2022, sixty-four (64) days prior to the regular election.

NOTICE IS FURTHER GIVEN, pursuant to Section 1-13.5-1002, C.R.S., that applications for and return of absentee voters' ballots may be obtained from / filed with Craig Sorensen, the Designated Election Official of the Districts (at the address/phone/email address noted above), between the hours of 8:00 a.m. and 5:00 p.m. until the close of business on the Tuesday immediately preceding the election (Tuesday, April 26, 2022).

PROSPER METROPOLITAN DISTRICT NOS. 5, 6, 7, 8, 9 AND 10

By: /s/ CRAIG SORENSEN
Designated Election Official

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**CALL FOR NOMINATIONS
PROSPER METROPOLITAN DISTRICT NOS. 1-4
PROSPER COORDINATING METROPOLITAN DISTRICT
PROSPER WATER & SANITATION FINANCING METROPOLITAN DISTRICT
PROSPER PARK & RECREATION FINANCING METROPOLITAN DISTRICT**

PROSPER REGIONAL WATER & SANITATION SERVICE METROPOLITAN DISTRICT (COLLECTIVELY, THE "PROSPER DISTRICTS")

TO WHOM IT MAY CONCERN, and particularly to the electors of the **Prosper Districts** of Arapahoe County, Colorado:

NOTICE IS HEREBY GIVEN pursuant to Section 1-13.5-501, C.R.S., that elections for each of the **Prosper Districts** will be held on Tuesday, May 3, 2022, between the hours of 7:00 a.m. and 7:00 p.m. At that time three (3) Directors will be elected to serve 3-year terms to May 6, 2025 for each of the Prosper Districts.

Self-Nomination and Acceptance Forms are available and can be obtained from Craig Sorensen, the Designated Election Official for the Prosper Districts, c/o McGeady Becher P.C., 450 E. 17th Avenue, Suite 400, Denver, Colorado 80203, Phone: 303-592-4380, email: csorensen@specialdistrictlaw.com.

The Self-Nomination and Acceptance Form or letter is to be submitted to the Designated Election Official no later than the close of business (5:00 p.m. MST) on February 25, 2022, sixty-seven (67) days prior to the regular election. Affidavits of Intent to be a Write-In Candidate must be submitted to the Designated Election Official by the close of business (5:00 p.m. MST) on February 28, 2022, sixty-four (64) days prior to the regular election.

NOTICE IS FURTHER GIVEN, pursuant to Section 1-13.5-1002, C.R.S., that applications for and return of absentee voters' ballots may be obtained from / filed with Craig Sorensen, the Designated Election Official of the **Prosper Districts** (at the address/phone/email address noted above), between the hours of 8:00 a.m. and 5:00 p.m. until the close of business on the Tuesday immediately preceding the election (Tuesday, April 26, 2022).

PROSPER DISTRICTS

By: /s/ CRAIG SORENSEN
Designated Election Official

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CALL FOR NOMINATIONS

TO WHOM IT MAY CONCERN, and particularly to the electors of the **Riverwalk Metropolitan District Nos. 1, 2, and 3** (the "Districts") of Arapahoe County, Colorado.

NOTICE IS HEREBY GIVEN pursuant to Section 1-13.5-501, C.R.S., that elections will be held on May 3, 2022, between the hours of 7:00 a.m. and 7:00 p.m. At that time three (3) Directors will be elected to serve 1-year terms to May 2, 2023 and two (2) Directors will be elected to serve 3-year terms to May 6, 2025.

Self-Nomination and Acceptance Forms are available and can be obtained from Catherine V. Will, the Designated Election Official for the **Riverwalk Metropolitan District Nos. 1, 2, and 3**, c/o Catherine V. Will, McGeady Becher P.C., 450 E. 17th Avenue, Suite 400, Denver, Colorado 80203, (303) 592-4380, email: cwill@specialdistrictlaw.com.

The Self-Nomination and Acceptance Form or letter is to be submitted to the Designated Election Official no later than the close of business (5:00 p.m. MST) on February 25, 2022, sixty-seven (67) days prior to the regular election. Affidavits of Intent to be a Write-In Candidate must be submitted to the Designated Election Official by the close of business (5:00 p.m. MST) on February 28, 2022, sixty-four (64) days prior to the regular election.

NOTICE IS FURTHER GIVEN, pursuant to Section 1-13.5-1002, C.R.S., that applications for and return of absentee voters' ballots may be obtained from / filed with Catherine V. Will, the Designated Election Official of the Districts, c/o Catherine V. Will, McGeady Becher P.C., 450 E. 17th Avenue, Suite 400, Denver, Colorado 80203, (303) 592-4380, email: cwill@specialdistrictlaw.com, between the hours of 8:00 a.m. and 5:00 p.m., until the close of business on the Tuesday immediately preceding the elections (Tuesday, April 26, 2022).

RIVERWALK METROPOLITAN DISTRICT NOS. 1, 2, AND 3

By: /s/ Catherine V. Will
Designated Election Official

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**CALL FOR NOMINATIONS
SUBURBAN METROPOLITAN DISTRICT**

TO WHOM IT MAY CONCERN, and particularly, to the eligible electors of the **SUBURBAN METROPOLITAN DISTRICT** ("District") of Arapahoe County, Colorado.

NOTICE IS HEREBY GIVEN that the District will conduct a regular election on the 3rd day of May, 2022, between the hours of 7:00 a.m. and 7:00 p.m. At that time, (2) two directors will be elected for a 3-year term expiring in May 2025.

In order to be a candidate for one of the director positions, a qualified individual must submit a Self-Nomination and Acceptance Form. Eligible electors of the District interested in serving on the Board of Directors may obtain a Self-Nomination and Acceptance form from the District's Designated Election Official (DEO):

Sue Blair, DEO
elections@crsofcolorado.com
Community Resource Services of Colorado
7995 East Prentice Avenue, Suite 103E
Greenwood Village, CO 80111
Phone: 303-381-4960
Offices Hours: Monday through Friday from 8:00 a.m. to 5:00 p.m.

The Self-Nomination and Acceptance Form must be returned to the Designated Election Official by 5:00 p.m. on Friday, February 25, 2022. The form can be emailed to elections@crsofcolorado.com. A Self-Nomination and Acceptance Form that is not sufficient may be amended once at any time before 3:00 p.m. on Friday, February 25, 2022. Earlier submittal is encouraged as the deadline will not permit correcting an insufficient form if received at 5:00 p.m.

Affidavit of Intent To Be A Write-In-Candidate forms must be submitted to the office of the Designated Election Official by the close of business on Monday, February 28, 2022.

NOTICE IS FURTHER GIVEN that an application for an absentee ballot may be filed with the Designated Election Official, at the contact information referenced above, no later than the close of business on Tuesday, April 26, 2022.

SUBURBAN METROPOLITAN DISTRICT

Sue Blair, Designated Election Official

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CALL FOR NOMINATIONS

§§ 1-13.5-501; 1-13.5-303, C.R.S.

TO WHOM IT MAY CONCERN, and, particularly, to the eligible electors of the **Willow Trace Metropolitan District**, Arapahoe County, Colorado (the "District").

NOTICE IS HEREBY GIVEN that an election will be held on May 3, 2022, between the hours of 7:00 a.m. and 7:00 p.m. At that time, one (1) director will be elected to serve until May 2023 and two (2) directors will be elected to serve until May 2025.

Eligible electors of the District interested in serving on the board of directors may obtain a Self-Nomination and Acceptance Form from the Designated Election Official ("DEO") at <https://whitebearankele.com/>.

The deadline to submit a Self-Nomination and Acceptance Form is the close of business (5:00 p.m.) on Friday, February 25, 2022. If the DEO determines a Self-Nomination and Acceptance Form is not sufficient, the form may be amended prior to 5:00 p.m. on February 25, 2022. Earlier submittal is encouraged as the deadline will not permit curing of an insufficient form after this date and time. An Affidavit of Intent to be a Write-In Candidate must be submitted to the office of the DEO by the close of business (5:00 p.m.) on Monday, February 28, 2022.

NOTICE IS FURTHER GIVEN that information on obtaining an absentee ballot may be obtained from the DEO, and applications for an absentee ballot must be filed with the DEO no later than the close of business on April 26, 2022. You may contact the DEO's office at (303) 858-1800.

WILLOW TRACE METROPOLITAN DISTRICT

By: Designated Election Official

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